



Managing your blood pressure

Regular checks may help you stay healthy



Managing blood pressure (sometimes called hypertension) may help prevent or delay heart disease, eye problems, kidney failure and more. Unfortunately, high blood pressure doesn't always have warning signs or symptoms. Many people don't even know they have it. That's why it's important to check your blood pressure regularly.

Before you start checking your blood pressure, it may be helpful to know that you'll be looking at two numbers, a top number and bottom number. A normal blood pressure reading is 120/80. And a high blood pressure reading begins at 140/90. The chart below shows all the blood pressure types. Your provider can tell you what type of blood pressure you have. If your blood pressure is ever at 180/120 or higher, call your provider right away.

| Blood Pressure | Top Number | Bottom Number |
|--|------------|---------------|
| Normal | Under 120 | Under 80 |
| Starting to Get High (Prehypertension) | 120–129 | Under 80 |
| High Stage 1 (Hypertension) | 130–139 | 80–89 |
| High Stage 2 (Hypertension) | Above 140 | Above 90 |
| Very High (Hypertensive Crisis) | Above 180 | Above 120 |

My blood pressure goal: _____ mm Hg

How to properly take your blood pressure:

- Don't smoke, exercise or drink caffeinated beverages or alcohol within 30 minutes of measurement
- Take your blood pressure twice a day, morning and late afternoon, about the same times every day
- For best results, sit comfortably with both feet on the floor for at least two minutes before taking a measurement
- When you take your blood pressure, place the bottom of the cuff above the bend of the elbow. Then, rest your arm on a table so the blood pressure cuff is at about the same height as your heart
- Write your blood pressure on this sheet and show it to your provider at every visit

| Date | AM | PM | Date | AM | PM |
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Questions?

Please talk to your provider.

Need help finding a provider? Call Member Services at **1-866-270-5785**, TTY **711**, 7 a.m. to 7 p.m., Monday – Friday.



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ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-866-270-5785, TTY 711.

注意：如果您使用繁體中文，您可以免費獲得語言援助服務。請致電 1-866-270-5785, TTY 711。

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