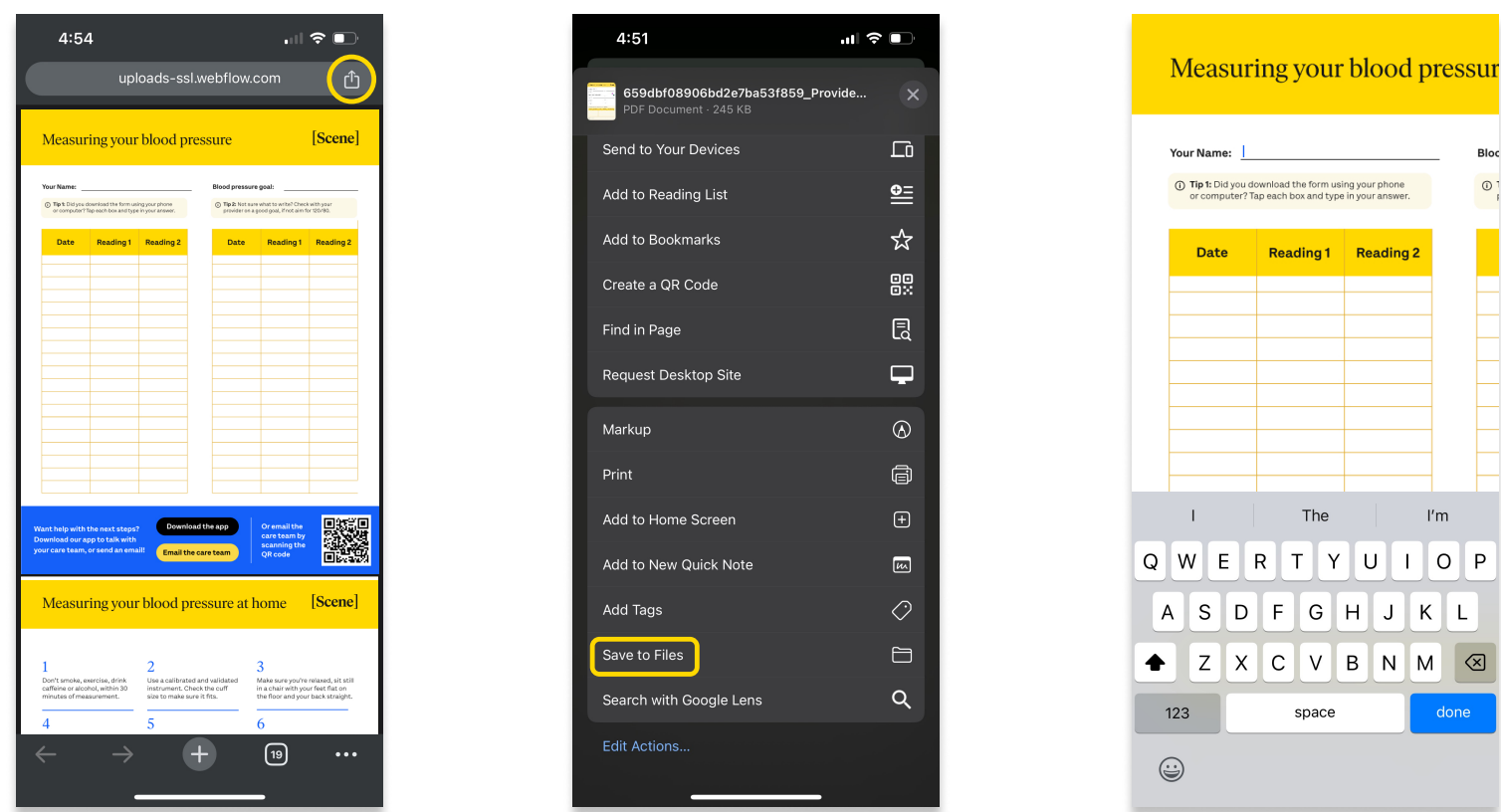


How to use this tool

If you want to use the digital version

1. If you download on desktop, once you open up the form you will see light blue boxes above the lines. Click on each blue box and type your answers into the form.
2. If you download on mobile, once you open up the form you won't see boxes but you will be able to type above each line. Zoom in, click and type your answers into the form.
3. Take it with you when you see your provider. Click the 'download the app' or 'email the care team' button on the last page to get more help.

How to download and edit on iOS



- Click the top right icon
- Select 'Save to Files'
- Open up, zoom in and edit by clicking on lines & typing

If you want to use the print version

1. Print it out and fill it in whenever you go to a new provider.
2. Take it with you when you see your provider.
3. Scan the QR code on the last page to get more help.

Extra tips

Check your blood pressure the same way each time, try to do it at the same time of day and keep the sheet where you can see it every day.

Measuring your blood pressure at home

[Scene]

- 1

Don't smoke, exercise, drink caffeine or alcohol, within 30 minutes of measurement.
- 2

Use a calibrated and validated instrument. Check the cuff size to make sure it fits.
- 3

Make sure you're relaxed, sit still in a chair with your feet flat on the floor and your back straight.
- 4

Rest in a chair for 5 minutes with your left arm resting comfortably on a flat surface at heart level.
- 5

Place the bottom of the blood pressure cuff above the bend of your elbow.
- 6

Take at least two readings 1 minute apart, record your results on the first page.

	BP category	Systolic mm Hg		Diastolic mm Hg
	Normal	Less than 120	+	Less than 80
	Elevated	120-129	+	Less than 80
	High blood pressure stage 1	130-139	or	80-90
	High blood pressure stage 2	Higher than 140	or	Higher than 90
	Hypertensive crisis	Higher than 180	+/or	Higher than 120

Measuring your blood pressure

[Scene]

Your Name: _____

Blood pressure goal: _____

Tip 1: Did you download the form using your phone or computer? Tap each box and type in your answer.

Tip 2: Not sure what to write? Check with your provider on a good goal, if not aim for 120/80.

Date	Reading 1	Reading 2

Date	Reading 1	Reading 2

Want help with the next steps?
Download our app to talk with
your care team, or send an email!

Download the app

Email the care team

Or email the
care team by
scanning the
QR code

