



Understanding what your blood pressure means is vital in understanding how to maintain it. Gaining control is easy once you adjust your diet, activity level, sleep schedule and prescribed medications if applicable.

If a healthcare professional has diagnosed you with high blood pressure you may hear terms like **HBP** (high blood pressure) or **hypertension**. Both terms mean your blood pressure reading has been elevated repeatedly. Knowing your numbers and what those numbers mean are important to your health today and your health years from now.

## *Do you know what these numbers mean?*

# 115/70

The top number **115** – indicates the pressure your blood is exerting against the walls of your arteries each time your heart beats.

The bottom number **70** – indicates the pressure your blood is exerting against the walls of your arteries between beats (when the heart is resting).

Study the diagram below to understand where should be.

Blood Pressure Category	Systolic mm Hg (upper #)		Diastolic mm Hg (lower #)
<b>Normal</b>	<b>less than 120</b>	<b>and</b>	<b>less than 80</b>
<b>Prehypertension</b>	<b>120 – 139</b>	<b>or</b>	<b>80 – 89</b>
<b>High Blood Pressure (Hypertension) Stage 1</b>	<b>140 – 159</b>	<b>or</b>	<b>90 – 99</b>
<b>High Blood Pressure (Hypertension) Stage 2</b>	<b>160 or higher</b>	<b>or</b>	<b>100 or higher</b>
<b>Hypertensive Crisis (Emergency care needed)</b>	<b>Higher than 180</b>	<b>or</b>	<b>Higher than 110</b>

Recommended by the American Heart Association

## *Tips for taking your blood pressure*

To ensure a more accurate reading when taking your blood pressure:

- Avoid smoking and drinking caffeinated beverages 30 minutes before your blood pressure reading
- Avoid exercising 30 minutes before your blood pressure reading
- Sit still during your reading
- Sit with both feet on the floor
- Measure at the same time, every day
- When repeating wait at least 3-5 minutes between readings

It's always a great idea to regularly check your blood pressure and document it for your healthcare provider. This is extremely important if you are overweight, have diabetes or are over the age of 50.

If you have a personal history of high blood pressure, you should take your blood pressure daily (around the same time each day), documenting it for your healthcare provider.

If your blood pressure is ever greater than or equal to 180/110, wait five minutes and repeat the reading. If your blood pressure again is greater than or equal to 180/110, **you should seek emergency medical attention immediately.**

## *Tips to lower your blood pressure*

- **Dietary modifications**
  - Lower salt intake
  - Lower saturated fat intake
  - Increase water intake
  - Increase fiber intake
- **Incorporate moderate exercise into your daily routine** *(Always check with your healthcare professional before starting a new exercise routine.)*
- **Rest and restore your body**
  - Get 7–8 hours of sleep every night
  - Rest mid-day; as little as 15 minutes of quiet time has been proven to positively impact your health
- **Take your medications as prescribed**
  - Schedule an appointment with your healthcare professional before changing how much, when or how you take your medication.

## *Take the time to understand your numbers*

If you have been diagnosed with diabetes, high blood pressure, high cholesterol, asthma, COPD or a high-risk pregnancy, please call 855-404-9355 or email [advocates@wellhealthqc.com](mailto:advocates@wellhealthqc.com) to enroll in one of our Here's To Health programs for a \$0 copayment to see your specialist!