

## Understanding and Managing High Blood Pressure

### Did You Know?

High blood pressure (hypertension) is often called the “Silent Killer.” It usually has no warning signs, yet it can quietly damage your blood vessels and lead to:

- Heart Attack or Heart Failure
- Stroke
- Vision Loss
- Kidney Disease
- Sexual Health Problems
- Death

### Check Your Blood Pressure at Home

If you already have high blood pressure, regular home checks can help protect your health. Use an automatic upper-arm cuff (digital screen). The American Heart Association recommends people with high blood pressure to use an upper arm-cuff.

You can purchase a blood pressure monitoring using your OTC allowance through the NationsBenefits Pro Portal, or at a participating retailer such as Walmart.

Recommended models:

- Omron Series 3
- Equate 4000 Series
- A&D Medical UA660 or UA651
- Beurer Auto 400



### How to Take Your Blood Pressure Correctly

- Follow the cuff placement directions from your monitor (either arm is fine).
- Wait 30 minutes after smoking, caffeine, or exercise before taking a reading.
- Don't place the cuff over clothing.
- Sit still with your arm supported at heart level (use a pillow if needed).
- Take two readings, one minute apart.
- Write down your results — include the date and time each time you check.

Use the Blood Pressure Tracker included with this flyer to keep records for your doctor.

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## Work With Your Doctor

Home checks are important, but they don't replace your doctor visits. Your doctor will help you create a plan that may include:

- Healthy eating and regular exercise
- Weight loss (if needed)
- Blood pressure medications
- Home BP check schedule and instructions for high readings
- Lab tests for blood and urine
- Managing cholesterol and blood sugar

## What's the Goal?

According to the American Heart Association (2025):

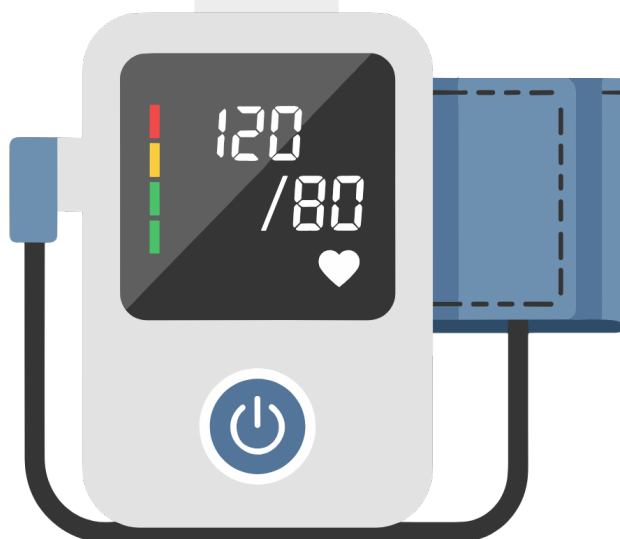
- Top number (systolic): Less than 130
- Bottom number (diastolic): Less than 80

Your doctor may set a different goal based on your personal health.

## Take Control of Your Health

Knowing your numbers is one of the best ways to protect your heart!

Learn more: <https://www.heart.org/en/health-topics/high-blood-pressure/changes-you-can-make-to-manage-high-blood-pressure>





American  
Heart  
Association.

# HOME BLOOD PRESSURE MEASUREMENT INSTRUCTIONS

## Before You Measure

- No smoking, caffeinated beverages, alcohol or exercise 30 minutes prior.
- Use a validated device with the correct cuff size. (Visit [Validate BP](#) to find a device you can trust.)
- Empty your bladder.
- Sit quietly for more than 5 minutes and do not talk.

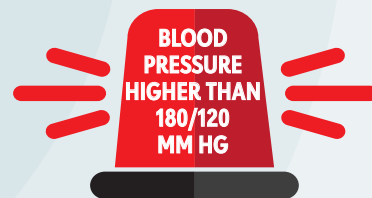
## Proper Positioning

- Sit upright with back supported, feet on floor and legs uncrossed.
- Rest your arm comfortably on a flat surface at heart level.
- Wrap the cuff on your bare skin above the bend of the elbow, not over clothing.



## During Measurement

- Stay relaxed and do not talk.
- Take at least two readings, 1 minute apart.
- Record all results once measurement is completed and share them with your health care professional to help confirm your office blood pressure category.



**MAY BE A  
HYPERTENSIVE  
EMERGENCY\***

## American Heart Association recommended office blood pressure categories

BLOOD PRESSURE CATEGORY	SYSTOLIC mm Hg (top/upper number)		DIASTOLIC mm Hg (bottom/lower number)
NORMAL	LESS THAN 120	and	LESS THAN 80
ELEVATED	120–129	and	LESS THAN 80
STAGE 1 HYPERTENSION (High Blood Pressure)	130–139	or	80–89
STAGE 2 HYPERTENSION (High Blood Pressure)	140 OR HIGHER	or	90 OR HIGHER
SEVERE HYPERTENSION (If you don't have symptoms*, call your health care professional.)	HIGHER THAN 180	and/or	HIGHER THAN 120
HYPERTENSIVE EMERGENCY (If you have any of these symptoms*, call 911.)	HIGHER THAN 180	and/or	HIGHER THAN 120

\*symptoms: chest pain, shortness of breath, back pain, numbness, weakness, change in vision or difficulty speaking

- \* Wait a few minutes and take blood pressure again.
- \* If your blood pressure is still high and there are no other signs or symptoms, contact your health care professional.
- \* If you are experiencing signs of possible organ damage, such as chest pain, shortness of breath, back pain, numbness, weakness, change in vision or difficulty speaking, call 911.

Learn more at  
[heart.org/BP](https://heart.org/BP)