

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):

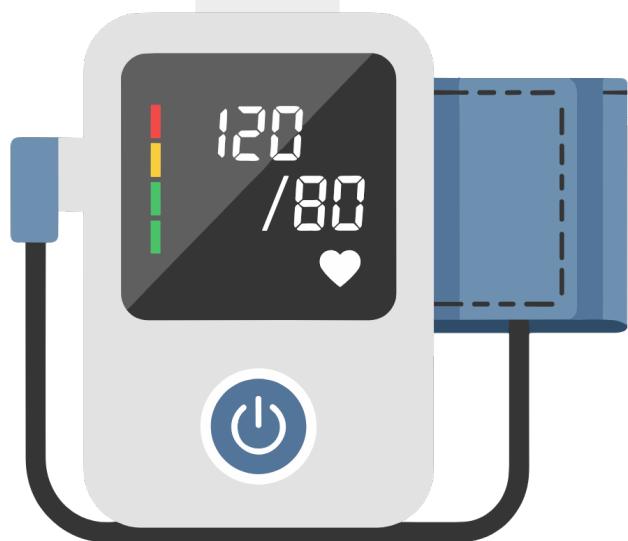
- Top number (systolic): Less than 130
- Bottom number (diastolic): Less than 80

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.



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