

# Blood Pressure Matters

Health Net Cal MediConnect Plan (Medicare-Medicaid Plan)



## BLOOD PRESSURE LOG

KNOW YOUR BLOOD PRESSURE READINGS				HELPFUL TIPS TO SELF-MEASURED BLOOD PRESSURE MONITORING
Blood Pressure	SYSTOLIC mmHG (top number)	AND	DIASTOLIC mmHG (bottom number)	
Normal	<120	AND	<80	<ul style="list-style-type: none"> <li>• <b>Be still.</b> Make sure you have at least 5 minutes of rest before taking your blood pressure (BP). Don't smoke, have caffeinated drinks or exercise 30 minutes before measuring.</li> <li>• <b>Sit with your back straight and supported.</b> Your feet should be flat on the floor.</li> <li>• <b>Measure at the same time every day.</b> Measure in the morning and the night.</li> <li>• <b>Take many readings and record the results.</b> Take at least two readings one minute apart and record BP levels here.</li> <li>• <b>Work together with your provider to manage your blood pressure.</b> Share results of BP log with your provider's office.</li> </ul>
Elevated	120 - 129	AND	<80	
High Blood Pressure (Stage 1 hypertension)	130 - 139	OR	80 - 89	
High blood pressure (Stage 2 hypertension)	>140	OR	>90	
High blood pressure (Contact your provider)	>180	OR	>120	
Your Blood Pressure Goal:				

Date	AM	PM

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Health Net Community Solutions, Inc. is a health plan that contracts with both Medicare and Medi-Cal to provide benefits of both programs to enrollees.