Blood Pressure Matters

Health Net Cal MediConnect Plan (Medicare-Medicaid Plan)





KNOW YOUR BLOOD PRESSURE READINGS				HELPFUL TIPS TO SELF-MEASURED BLOOD PRESSURE MONITORING
Blood Pressure	SYSTOLIC mmHG (top number)		DIASTOLIC mmHG (bottom number)	Be still. Make sure you have at least 5 minutes of rest before taking your blood pressure (BP).
Normal	<120	AND	<80	Don't smoke, have caffeinated
Elevated	120 - 129	AND	<80	drinks or exercise 30 minutes before measuring. Sit with your back straight and supported. Your feet should be flat on the floor. Measure at the same time every day. Measure in the morning and the night. Take many readings and record the results. Take at least two readings one minute apart and record BP levels here. Work together with your provider to manage your blood pressure. Share results of BP log with your provider's office.
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

Date	AM	PM

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.