

MONITORING YOUR BLOOD PRESSURE AT HOME: INTERPRETING YOUR RESULTS



GUIDE TO INTERPRET HOME BP RESULTS REGULARLY COMMUNICATE THESE RESULTS TO YOUR DOCTOR

Average Blood Pressure Over 3-7 Days	Blood Pressure Status	Recommendation
< 100/60	Low	Call doctor to discuss.
< 135/85	Controlled	Repeat twice daily measurement for 3-7 days in three months.
< 130/80 (Some patients with diabetes or kidney disease)	Controlled	Repeat twice daily measurement for 3-7 days in three months.
< 145/85 (Patients > 80 years)	Controlled	Repeat twice daily measurement for 3-7 days in three months.
135-180/85-110	Elevated	Repeat twice daily measurement for three days. Call doctor if average is > 135/85.
> 180/110	Elevated	Call doctor to discuss.
> 200/120	Elevated	Repeat measurement in 1 minute. If still this high, call doctor

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