Appendix 7.7

Heart and Stroke Foundation Blood Pressure Wallet Card

Blood Pressure Ranges	
Category	**Systolic/Diastolic**
Normal	120-129 / 80-84
High-Normal	130-139 / 85-89
High Blood Pressure (Hypertension)	140 / 90 or higher
High Blood Pressure in people with diabetes or kidney disease	130 / 80 or higher
High Blood Pressure with self/ home monitoring	135 / 85 or higher

What do the numbers mean?

120 / 80

Systolic
The top number occurs when your heart beats and pumps blood.

Diastolic
The bottom number occurs when your heart relaxes and fills with blood.

HP2107E
V1.2

getenough.ca

Every Day

My Heart & Stroke Blood Pressure ACTION PLAN

heartandstroke.ca/bp

To create your own interactive
My Heart & Stroke
Blood Pressure Action Plan, visit

heartandstroke.ca/risk

To take the My Heart & Stroke
Risk Assessment, visit

BLOOD PRESSURE RECORD

HEART & STROKE FOUNDATION

How to measure your blood pressure accurately:

- Do not exercise, smoke or drink coffee, tea or cola (any drink containing caffeine) in the 30 minutes before
- Do not measure your blood pressure when you are upset or in pain
- Empty your bladder or bowel
- Sit quietly with your back against a firm surface, your feet on the floor, and your arm supported on a table at heart level for 5 minutes before and during measurement
- Use the same arm each time
- Wrap the cuff snugly around your bare upper arm, 3 cm above fold of elbow, at heart level
- Do not talk during the measurement
- Show your healthcare provider your blood pressure readings, especially if your readings are higher than 140/90

Note: Ideally, you should take your blood pressure twice a day – morning and evening – and write it down.

Hypertension Canada
(www.hypertension.ca)

Look for this logo or ask a healthcare provider to help you choose the right home blood pressure monitor.

DATE DD/MM/YY	TIME AM/PM	Blood Pressure	
		Systolic	Diastolic
Example: 05 12 08	am	123	82
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Download Wallet Card at:
http://www.heartandstroke.com/atf/cf/%7B99452D8B-E7F1-4BD6-A57D-B136CE6C95B-F%7D/Blood-pressure-wallet-card-en.pdf