

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

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

HP2107E  
V1.2

getenough.ca



To create your own interactive  
My Heart & Stroke  
Blood Pressure Action Plan™, visit  
[heartandstroke.ca/bp](http://heartandstroke.ca/bp)

To take the My Heart & Stroke  
Risk Assessment™, visit  
[heartandstroke.ca/risk](http://heartandstroke.ca/risk)



**BLOOD PRESSURE  
RECORD**



### 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](http://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>