



**American
Heart
Association®**

life is why®

Control your blood pressure and manage your heart health with Check. Change. *Control.*® This program uses self-monitoring and tracking of blood pressure readings at home to help you achieve and maintain a healthy heart. Sign up today to start managing your heart health!

Date: _____

Your Blood Pressure Reading:

Systolic: _____

Diastolic: _____

Pulse: _____

<http://www.ccctracker.com/>

Use Campaign Code: _____



**Check.
 Change.
 Control.®**

BLOOD PRESSURE CATEGORY	SYSTOLIC mm Hg (upper number)		DIASTOLIC mm Hg (lower number)
NORMAL	LESS THAN 120	and	LESS THAN 80
ELEVATED	120-129	and	LESS THAN 80
HIGH BLOOD PRESSURE (HYPERTENSION) STAGE 1	130-139	or	80-89
HIGH BLOOD PRESSURE (HYPERTENSION) STAGE 2	140 OR HIGHER	or	90 OR HIGHER
HYPERTENSIVE CRISIS (consult your doctor immediately)	HIGHER THAN 180	and/or	HIGHER THAN 120