



BP TRACKER

A tool for keeping track of your blood pressure



IntermountainSM
Healthcare

Name

Phone



Healthcare provider

Name: _____

Phone number: _____

In case of EMERGENCY, call

Name: _____

Phone number: _____

**Current medications**

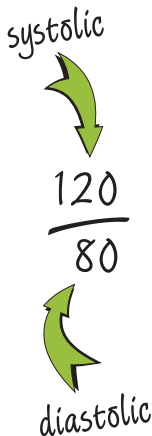
My blood pressure (BP) medications:

Medication	Dose	When to take

BP medications tried in the past:

Other medications I take (including over-the-counter medications and herbal supplements):

Allergies or problems with other medications:



What is high blood pressure?

Blood pressure is the force of blood pressing on your artery walls. A blood pressure measurement consists of 2 numbers: systolic “over” diastolic (for example, 120/80). Your systolic blood pressure (the top number) is the highest pressure in your arteries when your heart beats. The diastolic blood pressure (the bottom number) is the pressure that remains in your arteries when your heart relaxes between beats.

If EITHER your systolic or diastolic blood pressure is too high (see chart on page 5), you have **high blood pressure**. The medical term for high blood pressure is **hypertension**. Hypertension increases your risk of serious health problems like heart attack, heart failure, stroke, and kidney disease. Follow your healthcare provider’s advice to lower your blood pressure and reduce your risk.



What your BP numbers mean

CATEGORY	SYSTOLIC		DIASTOLIC	
Normal	less than 120	and	less than 80	Good news! Maintain a healthy lifestyle to keep your blood pressure within normal limits. Have your blood pressure rechecked at least every 2 years.
Prehypertension	120-139	or	80-89	Your blood pressure could be a problem. Take steps now to be physically active, control your weight, eat healthfully, quit smoking, and manage your stress. Have your blood pressure rechecked at least once a year.
Hypertension	140 or higher	or	90 or higher	You have high blood pressure. In addition to making positive lifestyle changes, you'll probably be prescribed at least one medication to help you keep your blood pressure below 140/90. Be sure to take your medication regularly as prescribed.

Managing your blood pressure with BP MAWDS

Use BP MAWDS to help you maintain a healthy blood pressure:

M

Take your **MEDICATIONS**

A

Stay **ACTIVE** each day

W

Maintain a healthy **WEIGHT**

D

Follow a healthy **DIET**

S

Stop **SMOKING** and
manage **STRESS**

Take **MEDICATIONS** as prescribed.

Perform aerobic **ACTIVITY** for at least 30 minutes per day, most days of the week.

Achieve and maintain a healthy body **WEIGHT**. Together, you and your healthcare provider can determine a target weight for you.

Follow a healthy **DIET**. Limit salt to less than 2400 mg per day. Adopt a diet rich in fruits, vegetables, and low-fat dairy products, while reducing saturated and total fat. Limit alcohol consumption to 2 drinks or less if you're a man, 1 drink or less if you're a woman or a lighter-weight man.

Stop **SMOKING** and manage your **STRESS**.

For more information on following BP MAWDS to manage your blood pressure, ask for a copy of Intermountain's *BP Basics: What you need to know to manage your blood pressure*. You can also visit intermountainhealthcare.org/BP.

Monitoring your blood pressure

Accurate and regular blood pressure measurement is vital to your treatment plan. Use this guide to record your blood pressure and follow up regularly with your healthcare provider—as often as monthly—until your blood pressure goal is reached. Take your BP Tracker with you to each appointment.

How often you measure and record your blood pressure is up to you and your healthcare provider. When you're first diagnosed, or after changes to your medications, you may be asked to take your blood pressure daily—maybe even twice a day (morning and evening). Once your blood pressure becomes more stable, you can monitor less frequently.

Here are some tips to help you get the most accurate readings:

- Sit quietly for 5 minutes or more before taking your blood pressure. Rest your arm at heart level on the arm of a chair or on a sturdy table.
- Use a home blood pressure monitor with an upper-arm cuff that inflates automatically and displays the results digitally.
- Take your home blood pressure monitor to your healthcare provider's office at least twice a year (or as needed) to compare your readings. This will ensure your monitoring is as accurate as it can be.
- Do not use tobacco products or drink caffeine within a half hour of checking your blood pressure.

How to use this diary

- 1 Fill in your target BP and target weight. For most people, target blood pressure is less than 140/90. For patients with diabetes, kidney disease, or other medical conditions, the target may be lower. Ask your care provider for a specific target for you.
- 2 Enter the date and time each time you take your blood pressure.
- 3 Record your blood pressure (systolic blood pressure/diastolic blood pressure).
- 4 Indicate (by checking the box) where you are having your blood pressure taken: by your healthcare provider, at home, or other (such as a pharmacy or grocery store).
- 5 Record your pulse if instructed by your healthcare provider. Most automated blood pressure machines will also display your pulse.
- 6 Keep track of your weight, especially if you're trying to lose weight. You may have daily fluctuations in weight. Look at your overall pattern of weight change unless instructed otherwise.

2 Date/Time	3 BP Systolic/Diastolic	Where was BP taken			5 Pulse	6 Weight
		healthcare provider	home*	other		
1/5/04 10:00 a.m.	126/82	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	73	176

Target BP _____ / _____

Target weight: _____

Where was BP taken?

healthcare provider

home*

other

Date/Time	BP Systolic/Diastolic	Where was BP taken?			Pulse	Weight
		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		
		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		
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		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		
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*Refer to page 7 for tips for taking an accurate BP at home.



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Target weight: _____

Where was BP taken?
healthcare provider
home*
other

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healthcare provider

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Remember...

Follow up with your healthcare provider.

Remember to follow up regularly with your healthcare provider. This may be as often as monthly until your blood pressure goal is reached—then every 6 months to make sure you're still on track.





You can find this tracker and other blood pressure resources at intermountainhealthcare.org/BP.



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Clinical Education Services (801) 442-2963 IHCEBP001 – 3/07