HIRSLANDEN

BLOOD PRESSURE TABLE

DATE	MEASURE-MENT TIME	SYSTOLIC BLOOD PRESSURE (mmHg)	DIASTOLIC BLOOD PRESSURE (mmHg)	PULSE (beats per minute)	COMMENT

HOW DO YOU MEASURE YOUR BLOOD PRESSURE CORRECTLY?

Have a rest for at least three to five minutes before you measure your blood pressure. Sit on a chair and make sure that you are completely relaxed with your arm resting flat at approximately heart level. That way the reading will be accurate.