

Keeping Track of Your Blood Pressure Readings

Talk with your Primary Care Provider (PCP) about a plan to keep track of your blood pressure and help you stay healthy. Use the “My Blood Pressure Plan” section on the chart below to record your plan for the different readings.

When you take your blood pressure reading based on your plan, **repeat the reading 3 times, 1 to 3 minutes apart**. Use the lowest blood pressure reading to guide your next step in the chart below **or based on the plan you made with your PCP**.

Use the Blood Pressure Log (on the next page) to write down your 3 readings each time you take your blood pressure.

Systolic (upper number)		Diastolic (lower number)	Take Action	Follow-Up	My Blood Pressure Plan
Lower than 90	or	Lower than 60	Do not take your blood pressure (BP) medicine.	Call your PCP today.	
90-139	and	60-89	Take your medicines as directed.	Continue checking your BP weekly.	
140-179	or	90-110	If you have not taken your BP medicines, take them now. Wait 1 hour and recheck your BP.	Recheck BP later today. Check your BP daily.	
180-199	and/ or	Higher than 110	If you have not taken your BP medicines, take them now. Wait 1 hour and recheck your BP.	If your BP is high 1 hour after taking BP medicine, call the advice nurse or your PCP.	
200	and/ or	Higher than 120	Call advice nurse or your PCP.		

If you feel dizzy, weak, have vision changes, or do not feel well, call the advice nurse or your PCP right away.

You can call the advice nurse line 7 days a week, 24 hours a day at (866) 778-8873.

To learn more about managing your blood pressure, visit the member portal at member.partnershiphp.org.

My Blood Pressure Log

Take your BP based on your plan from your PCP. Each time you take your BP, take it 3 times, 1 to 3 minutes apart. Use the lowest blood pressure to guide your next step in the above chart **or use the advice from your PCP.**

Bring the “Keeping Track of Your Blood Pressure Readings” chart and this log to your medical appointments.



Date	Take BP 3 times (3 minutes apart)	Time	Systolic (Top Number)	Diastolic (Bottom Number)	Pulse	How am I feeling?
	BP 1					
	BP 2					
	BP 3					
	BP 1					
	BP 2					
	BP 3					
	BP 1					
	BP 2					
	BP 3					
	BP 1					
	BP 2					
	BP 3					
	BP 1					
	BP 2					
	BP 3					
	BP 1					
	BP 2					
	BP 3					
	BP 1					
	BP 2					
	BP 3					
	BP 1					
	BP 2					
	BP 3					

My Blood Pressure Log

Take your BP based on your plan from your PCP. Each time you take your BP, take it 3 times, 1 to 3 minutes apart. Use the lowest blood pressure to guide your next step in the above chart **or use the advice from your PCP.**

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	BP 1					
	BP 2					
	BP 3					
	BP 1					
	BP 2					
	BP 3					