



Tips to get started:

- 1. Measure your blood pressure at the same time in the morning and evening.
- 2. Use both arms the first time you take your blood pressure. Then, use which arm has the higher value for future measures.
- 3. Contact your health professional if your blood pressure is:
Below ___ / ___ mmHg ; Above ___ / ___ mmHg



Scan this code to watch a helpful video on how to properly measure your blood pressure.

I will use my: left arm right arm

My blood pressure goal is ___ / ___ mmHg

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