

Check Your Blood Pressure: _____

Avoid caffeine and smoking at least 30 minutes before taking your blood pressure.

Rest for 5 minutes.

Sit comfortably with your back supported and both feet on the floor. Do not cross your legs.

Blood Pressure Category	Systolic mm Hg (upper #)		Diastolic mm Hg (lower #)
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 - 180	or	90 - 120
Hypertensive Crisis (Consult your provider immediately)	higher than 180	and/or	higher than 120

If you are having chest pain, shortness of breath, back pain, numbness/weakness, change in vision or difficulty speaking, CALL 911. DO NOT WAIT.

One high reading is NOT a cause for alarm. If you get a reading that is a little higher than normal, take your blood pressure three more times.

If your **top number is 140 or higher** and/or your **bottom number is 90 or higher** for two days in a row, call to leave a message at 219-476-3678, to verify if there's a health concern or issue with your monitor.

If your blood pressure readings are suddenly **higher than 180/120**, **wait five minutes** and test again.

If your readings are still unusually high, contact us immediately at 1-888-580-1060 to speak to a HealthLinc nurse. You could be experiencing a hypertensive crisis.

If your blood pressure is **180/120** or higher and/or you have chest pain, shortness of breath, back pain, numbness/weakness, change in vision or difficulty speaking, **call 911**.

If your blood pressure is **90/60** or lower and you are experiencing confusion, weakness, fatigue, lightheadedness, blurred vision or rapid, shallow breathing, **go to the ER or call 911**. If you do not have symptoms, please call the clinic to schedule an appointment within 48 hours.

How to Use Your BP Monitor (U807)

Readings should be taken twice a day (morning and evening). After evaluation, your provider may change it to once a week.

Supported by a grant from the Federal Communications Commission (FCC) COVID-19 Round 2 Telehealth Program. Application #GRA0010582, Funding Commitment #0599.

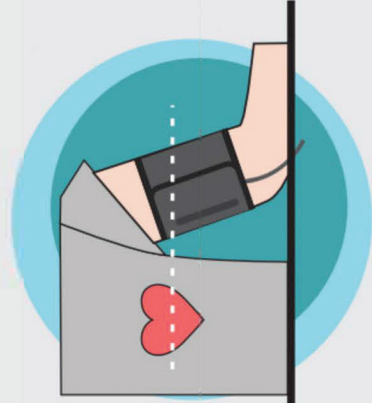
Insert the batteries into your device.

4 AA batteries



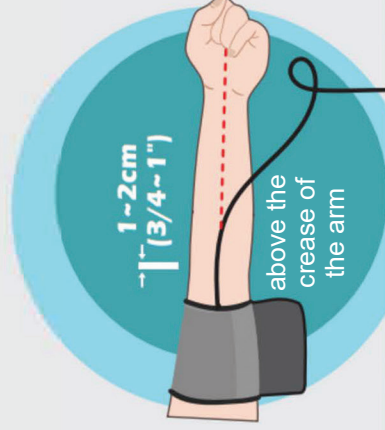
1

Support your arm (i.e. resting on a desk with a pillow or book to adjust arm height) so that the middle of the cuff is at heart level.



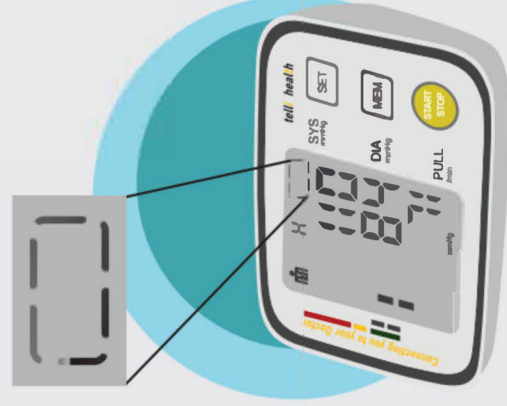
5

Place the cuff on your left or right upper arm so that the tube is aligned with your middle finger, pointing toward your palm.



3

Once you get your reading, a rectangling line will pop up.



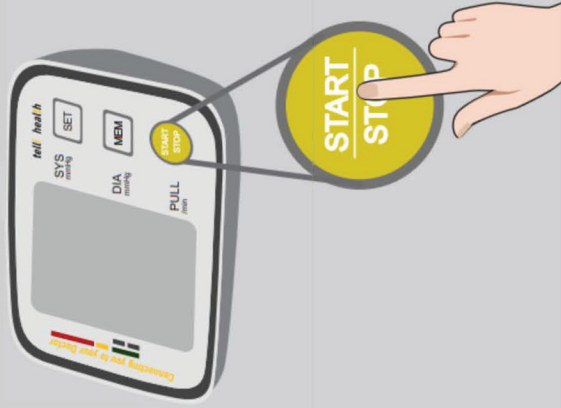
7

Connect the cuff to the left side of your device.



2

Start the measurement on your device.



6

Wrap the cuff firmly in place around your upper arm.



4

Wait until your device shows "End" and it will shut off on its own.



8