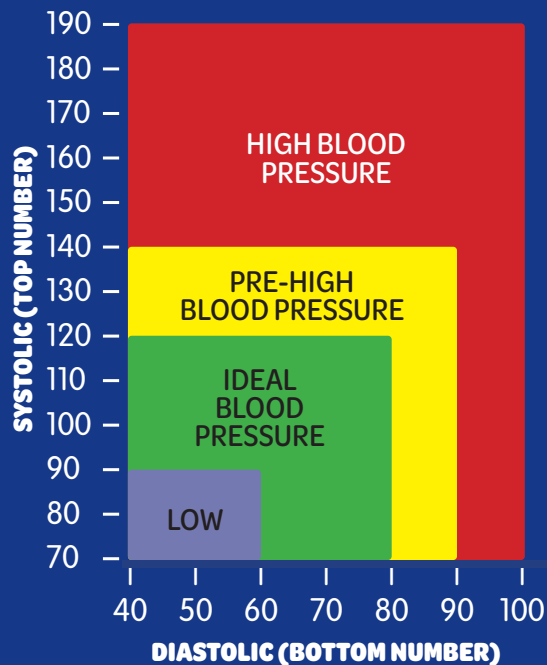


Do you have high blood pressure?



Home blood pressure readings should be 5mmHg lower than in clinic for each measurement.

Blood Pressure UK is an operating name of the Blood Pressure Association. Charity Registration No. 1058944

Get regular checks and Know Your Numbers!®

Write down your numbers as exactly as they are on your machine. Look at the blood pressure chart to see what your numbers mean, and follow our guidelines for home blood pressure testing to see what action you should take.



Blood Pressure UK

Helping you to lower your blood pressure

Blood Pressure Reading	1	2	3	Average
Date/time:	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
Systolic (top number)	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
Diastolic (bottom number)	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>

We are here to support you

High blood pressure is a serious condition but it can be successfully treated. Blood Pressure UK provides information and support for people with high blood pressure.

For a free information pack please email kyn@bloodpressureuk.org

For more information or if you have a question or concern about high blood pressure, please visit our website at www.bloodpressureuk.org or email us at help@bloodpressureuk.org