To Check Your Blood Pressure: 1) sit quietly for 4-5 minutes, with legs uncrossed and feet flat on the floor, 2) attach an automatic cuff (such as Omron brand) to your left upper arm, following the instructions that came with the cuff, 3) keep the cuff at about heart level while resting the forearm on a surface such as a table or counter, 4) avoid talking, 5) press "start" and record your BP and heart rate (pulse) using the log below. Be sure to share these results with Dr. Daub, by faxing or emailing our office or scheduling a follow-up visit.

Blood Pressure Log

Level of Severity	Systolic	Diastolic	
Normal	120	80	
Mild Hypertension	140 - 160	90 - 100	
Moderate Hypertension	160 - 180	100 - 110	
Severe Hypertension*	Above 180	Above 110	

Name:	*Contact Dr. Daub if your BP persists at this level for 24 hours or more
**************************************	My BP Goal is <!--</b-->

Date	AM		PM		Notes
	Blood Pressure	Pulse	Blood Pressure	Pulse	Notes
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