Know Your Numbers

Wishing Well Cardiac Clinic Home Monitoring Log

Name: _____

Target: _____

BLOOD PRESSURE THRESHOLDS (HOME MONITORING)

Category	Systolic *mm Hg* (Top)		Diastolic *mm Hg* (Bottom)
Normal	< 120	and	< 80
Elevated Blood Pressure *Above Optimal*	120 – 129	and	< 80
High Blood Pressure	≥ 130	**and/ or**	≥ 80

Thresholds listed above are based on current Hypertension Canada recommendations for home blood pressure monitoring and are provided for educational purposes only. Consult your healthcare provider for interpretation of your results.

HOW TO MEASURE

Before taking a reading:

- Rest quietly for 5 minutes prior to testing.
- Avoid caffeine, exercise, and smoking for 30 mins.
- Sit with feet flat on the floor, back supported.
- Keep arm supported on a flat surface at heart level.
- Take 2–3 readings (1 min apart) and record the average.

If you have concerns about your numbers, please seek medical guidance from your **family doctor**. **If you feel unwell, or are experiencing urgent symptoms (such as chest pain, severe headache, or shortness of breath), please visit your nearest emergency room immediately.** **If you are interested in booking a consultation with our cardiac clinic, you can request an appointment via our website at sanovahealth.ca**

BLOOD PRESSURE LOG

DATE	TIME	SYSTOLIC (Top Number)	DIASTOLIC (Bottom Number)	PULSE (BPM)	NOTES / SYMPTOMS / ACTIVITY

Note: *Blood pressure readings should always be interpreted in the context of your overall health and symptoms. Bring this log to your healthcare provider for review.*

This handout is provided by Sanova Health for the Wishing Well Cardiac Clinic. If your numbers indicate a medical emergency or you experience physical distress, please seek immediate care at an emergency room.