HLTHY [BLOOD PRESSURE DIARY]

Name _____ Date of birth _____

DAY	DATE		TIME	1ST READING			2ND READING			MEDICATION TAKEN?	NOTES, SYMPTOMS
				upper mmHg	lower mmHg	Pulse /min	upper mmHg	lower mmHg	Pulse /min		
1		Morning								yes / no	
		Evening								yes / no	
2		Morning								yes / no	
		Evening								yes / no	
3		Morning								yes / no	
		Evening								yes / no	
4		Morning								yes / no	
		Evening								yes / no	
5		Morning								yes / no	
		Evening								yes / no	
6		Morning								yes / no	
		Evening								yes / no	
7		Morning								yes / no	
		Evening								yes / no	

HOW TO MEASURE CORRECTLY

Sit down and rest for 5 minutes, back supported, legs uncrossed, arm resting at heart level. In the morning before breakfast and before taking medication, in the evening before dinner. Take 2 readings 1 minute apart each time. Always use the same arm (the one with higher readings). Do not talk during the measurement.

Arm: ☐ left ☐ right · Device: _____

WHEN TO CONTACT US

Above 180/110 mmHg: rest for 5 minutes and measure again. If it stays this high, call the practice today. With chest pain, shortness of breath, paralysis, visual or speech disturbance: call 144 immediately.
HLTHY Bern 031 859 93 93 · Zürich 044 552 55 20

TO BE COMPLETED BY THE PRACTICE

Average excluding day 1: _____ / _____ mmHg · Normal for home readings: below 135/85 mmHg