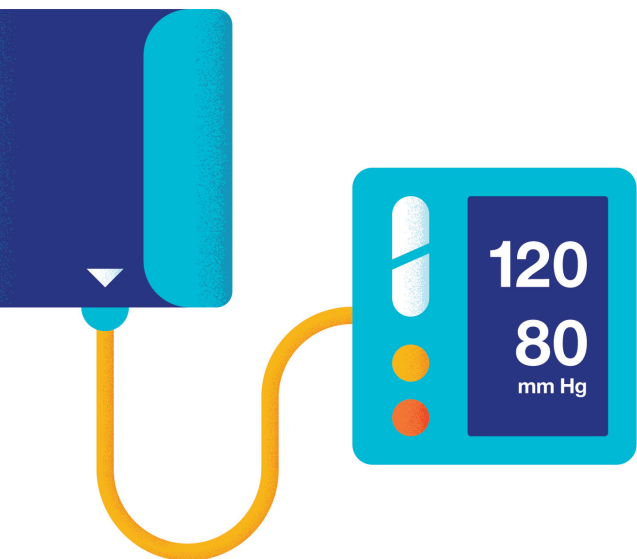


Track Your Blood Pressure

One way to help protect your heart health is to manage your blood pressure. Use the journal below to record your blood pressure readings. Your doctor will tell you how often to check your blood pressure at home.



Each reading includes two numbers:

- 1 Systolic**
Systolic is the first number of the reading. It shows how hard your blood is pushing against artery walls when your heart beats.
- 2 Diastolic**
Diastolic is the second number of the reading. It shows how hard your blood is pushing against artery walls while your heart is resting between beats.

A normal blood pressure reading is anything at or below 120/80 mm Hg.



My Blood Pressure Journal

Bring this journal to your doctor appointments so you can talk about the results.

| Date | Time | Blood Pressure |
|------|------|----------------|
| | | |
| | | |
| | | |
| | | |

This information does not substitute for the medical advice, diagnosis or treatment of your physician. Always talk to your physician or a qualified health care provider about any questions you may have regarding your medical condition.

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