

Hypertension Management Worksheet

How to check your blood pressure at home

1. **Choose your monitor:** Use a validated automatic upper-arm monitor with a cuff sized for your arm. Bring it to your appointment so your provider can check technique and accuracy.
2. **Prepare:** Avoid smoking, caffeine, and exercise for 30 minutes. Empty your bladder. Sit quietly for at least five minutes.
3. **Sit correctly:** Sit in a chair with your back supported, feet flat on the floor, and legs uncrossed. Do not sit on a bed or couch without proper support.
4. **Support your arm:** Rest your forearm on a table, palm up. Position the middle of the cuff at heart level. Keep the arm relaxed.
5. **Position the cuff:** Place it on bare upper-arm skin, not over clothing. The bottom edge should sit about 1 inch above the elbow crease. Align the artery marker as directed by your device instructions. Wrap snugly, without making it painfully tight.
6. **Measure:** Stay still and do not talk or use your phone. Take two readings one minute apart. Record both, along with pulse, time, and symptoms. Use the same arm and provider-directed schedule each day.

When to get help

If the top number is higher than 180 OR the bottom number is higher than 120, wait at least one minute and recheck. If still this high, contact a healthcare professional immediately. Call 911 if accompanied by chest pain, shortness of breath, weakness, numbness, vision changes, or difficulty speaking. Do not wait for a portal reply. Do not change medication on your own.

Source: American Heart Association, Home Blood Pressure Monitoring. Reviewed October 2026.
heart.org — Home Blood Pressure Monitoring

Home Blood Pressure Log

Name: _____ DOB: _____

My BP goal: _____ My checking schedule: _____

Medication(s) and doses: _____

Date / time	BP #1 mmHg	BP #2 mmHg	Pulse	Medication taken / symptoms

Questions: _____

Upload your completed log before your visit. This portal is not for emergencies.
Open the Thrive patient portal

