



International Society of Hypertension

MAY MEASURE MONTH

# MMM Blood Pressure Card User Guide

[MayMeasure.org](http://MayMeasure.org)

## Purpose of the Record Card

The blood pressure record cards provide all MMM participants with a record of their blood pressure (BP) measurement for future reference.

## Completing the Record Card

Please complete the card for each participant (where possible) by adding their systolic BP / diastolic BP, as well as the date of their reading on the front:



On the back of the card, there are 3 tick box option. Please tick the one that represents their blood pressure as below:

**BASED ON YOUR RESULT, WE RECOMMEND THAT YOU:**

- Start making lifestyle changes and see a doctor as soon as possible.
- Start making lifestyle changes and check your blood pressure again within a couple of months.
- Maintain your healthy lifestyle and continue to have regular blood pressure checks.

FOR FURTHER INFORMATION: [MayMeasure.org](http://MayMeasure.org)

Systolic (mmHg)		Diastolic (mmHG)
≥ 160 (≥ 180 should seek medical attention urgently)	and / or	≥ 100 (≥ 110 should seek medical attention urgently)
140 - 159	and / or	90 - 99
< 140	and	< 90

This is intended as guidance only. Advice may vary depending on a person's medical history and access to a doctor in their country.

## Where to find the Record Card

The BP record Card can be downloaded from [maymeasure.org](http://maymeasure.org)

In addition to the BP Record Card please provide the participant with a copy of the **MMM Top Tips for Healthy BP**

#SLEEVESUP 1 MAY- 30 NOV

May Measurement Month is an initiative led by the International Society of Hypertension and endorsed by The World Hypertension League