

# MMM Blood Pressure Card

## User Guide

### 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:

### There are 3 tick box options

Please tick the one that represents their blood pressure as below:

Systolic (mmHg)			Diastolic (mmHG)	
≥160 (≥ 180 should seek medical attention urgently)	and/ or		≥100 (≥ 110 should seek medical attention urgently)	
140 – 159			90 – 99	
≤139	and		≤89	

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



The screenshot shows the front of the record card. It features the MMM logo and 'MAY MEASURE MONTH' text. A photo shows a healthcare professional measuring a patient's blood pressure. Below the photo, there are sections for 'THANK YOU FOR BEING PART OF MAY MEASUREMENT MONTH' and 'BASED ON YOUR RESULT, WE RECOMMEND THAT YOU:'. The latter section includes three checkboxes with corresponding advice. At the bottom, there are input fields for 'RESULTS' and 'DATE', and a hashtag '#TheBigSqueeze'. A small text block at the very bottom provides background information about the charity.

### 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 factsheet available on the MMM website.

#TheBigSqueeze