

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

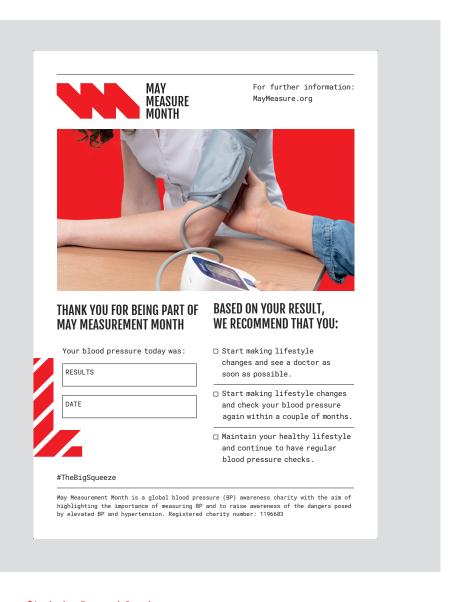
Please complete the card for each participant (where possible) by adding their systolic BP / diastolic BP, as well as the date of their reading on the front:

There are 3 tick box options

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

Systolic (mmHg)		Diastolic (mmHG)	
≥160	and/ or		≥100
(≥ 180 should			(≥ 110 should
seek medical			seek medical
attention			attention
urgently)			urgently)
140 – 159	and/		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.



Where to find the Record Card

The BP record Card can be downloaded from 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.

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