



How well do you know your blood pressure?

High blood pressure is a key risk factor for heart disease. The only way to find out if you have high blood pressure is to have it checked regularly, even if you're feeling well and healthy.

My blood pressure

Date	Time	Systolic (top number) / Diastolic (bottom number)
		/
		/
		/

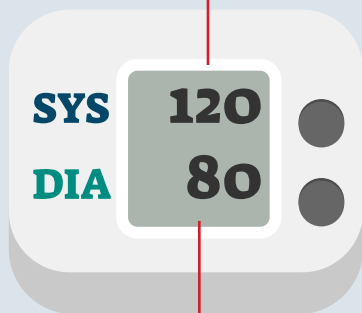
Record your blood pressure in the box and take it to your next doctor's appointment. A doctor, nurse or pharmacist can check your blood pressure. Or you can do it at home with a validated machine.

What's a healthy blood pressure reading?

Your doctor will tell you what your ideal blood pressure should be, based on your medical history.

A 'normal' blood pressure reading would be

Top number less than **120mmHg**



Bottom number less than **80mmHg**

Three simple steps to protect your heart:

1. If you're 18 or over, get your blood pressure checked at least every two years.
2. If you're aged between 35 and 75, find out your heart disease risk by using the Heart Age Calculator: hrt.how/HAC
3. If you're 45 and over, or 30 years and over for Aboriginal and/or Torres Strait Islander Peoples, see your doctor for a Heart Health Check.

Find out more about blood pressure and how to look after your heart health at heartfoundation.org.au

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