

## Why should you measure your blood pressure at home?

Measuring your blood pressure at home helps you, your doctor and care team understand how well your blood pressure is controlled on a day to day basis. It also shows how lifestyle changes and medications help control your blood pressure..

Your care team may ask you to measure and record your blood pressure twice a day for at least a week before each appointment. This shows how well your blood pressure is controlled during your daily routine



*Promoting*  
**Healthy**  
*Living*

**MEASURE YOUR BLOOD  
PRESSURE AT HOME**



For further information about  
this or other services  
please contact :  
Chronic Disease Nurse  
306 882 2672 ext 2208

**HealthLine**  
HEALTHLINEONLINE.CA  
**811**

Heartland Health Region

**Heartland**  
Health Region

