



Join the...

*Hyp*ertension Program 

CFHC
CHICAGO FAMILY
HEALTH CENTER

HIGH BLOOD PRESSURE

Blood pressure is the force of blood pushing against blood vessel walls. High blood pressure (HBP) means the pressure in your arteries is higher than it should be.

Blood pressure is written as two numbers, such as 112/78 mm Hg. The top number (systolic) is the pressure when the heart beats. The bottom number (diastolic) is the pressure when the heart rests between beats. Normal blood pressure is below 120/80. For adults, a systolic pressure of 120 and over and diastolic pressure of over 80, indicates elevated blood pressure and should be repeated for accuracy. High blood pressure usually has no signs or symptoms, which is what makes it so dangerous. Nearly half of Americans over age 20 has HBP, and many don't even know it.

HBP CAN BE MANAGED. However, if you do not treat your high blood pressure your risk of heart attack and stroke increases. Check your blood pressure regularly and always follow your doctor's advice.

AM I AT RISK?



RISK FACTORS YOU CAN CONTROL

- Smoking/secondhand smoke
- Diabetes
- Obesity
- Stress
- High cholesterol
- Diet high in sodium, low in potassium
- Excess alcohol use
- Not being physically active

RISK FACTORS DIFFICULT TO CONTROL

- Family history of high blood pressure
- Race/ethnicity
- Advanced age
- Gender (risk is higher if you are male)
- Chronic kidney disease
- Obstructive sleep apnea



The *Hyp*ertension Program at CFHC



What is it?

- A home-monitoring program that identifies patients with chronic hypertension and provides them with a FREE blood pressure monitor.
- You will check your blood pressure at home on a regular basis and a CFHC clinical team will monitor your readings remotely.
- If you do NOT have internet access for remote monitoring, CFHC will provide FREE Sano Health devices preloaded with free internet.
- You will receive proper instructions, information and resources on how to correctly use the machine at home, and how to connect with your care team remotely.



MONITOR YOUR BLOOD PRESSURE AT HOME

The goals:

- Reach a healthy BP reading
- Reduce your risk of cardiac complications
- Optimize your treatment
- Maintain a healthy diet
- Increase physical activity

Once you are approved for the home-based Hypertension Program an individualized care plan will be developed with you, and your healthcare team will monitor your BP readings remotely. They will assess your results, adjust medications, determine the number of your in-person or telehealth visits based on your readings and continue to provide education and guidance through the course of the program.

How to measure your blood pressure at home

Follow these steps for an accurate blood pressure reading

1 PREPARE

Avoid caffeine, cigarettes and other stimulants 30 minutes before you measure your blood pressure.

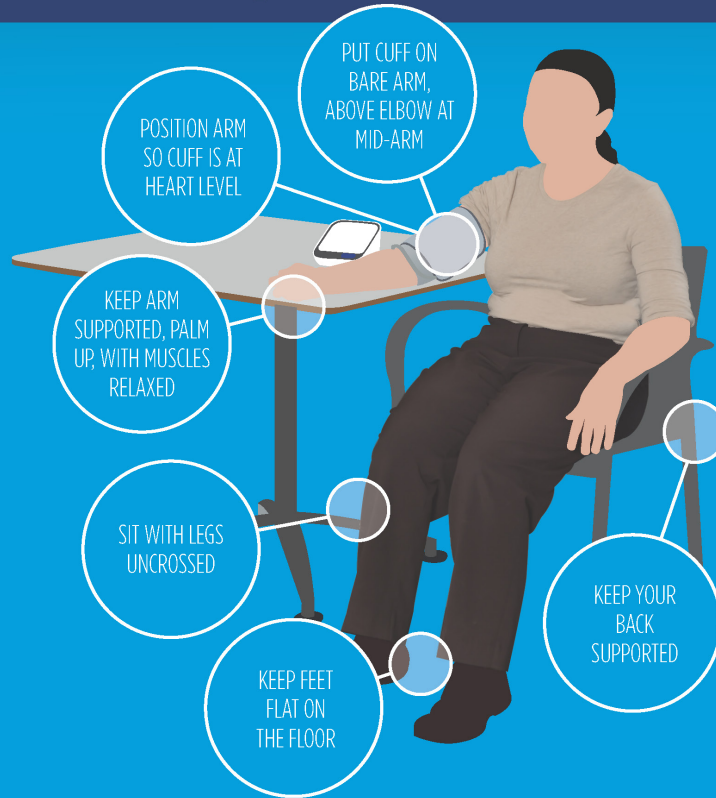
Wait at least 30 minutes after a meal.

If you're on blood pressure medication, measure your BP **before** you take your medication.

Empty your bladder beforehand.

Find a quiet space where you can sit comfortably without distraction.

2 POSITION



3 MEASURE

Rest for five minutes while in position before starting.

Take two or three measurements, one minute apart.

Keep your body relaxed and in position during measurements.

Sit quietly with no distractions during measurements—avoid conversations, TV, phones and other devices.

Record your measurements when finished.

Blood Pressure Readings:

NORMAL BLOOD PRESSURE:

Systolic 100-119 mmHg and/or Diastolic between 65-79 mmHg

ELEVATED BLOOD PRESSURE:

Systolic 120-129 mmHg and/or Diastolic between 65-79 mmHg

HIGH BLOOD PRESSURE/STAGE I:

Systolic 130-139 mmHg and/or Diastolic 80-89 mmHg

STAGE 2 HYPERTENSION/EARLY STAGE:

Systolic 140-159 and/or 90-105

STAGE 2 HYPERTENSION/LATE STAGE:

Systolic 160-175 and/or Diastolic 106-110

SEVERELY ELEVATED BLOOD PRESSURE:

Systolic 176 or higher and/or Diastolic 111 or higher

If your BP is severely elevated and you are experiencing syncope, dizziness, blurred vision or headache go to the nearest emergency room or call 911.

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Call for an appointment

773-768-5000

