





**Know your numbers\***

**Recommended action**

	<b>Severe blood pressure</b> BP 180/100mmHg or higher	<b>IMMEDIATE ACTION – DO NOT IGNORE</b> See your doctor urgently.
	<b>High blood pressure</b> BP 140/90mmHg or higher	<b>SEE YOUR DOCTOR FOR A FULL RISK ASSESSMENT</b> Please take this card to your doctor.
	<b>Normal blood pressure</b> BP 120-140/ 80-90mmHg	<b>MONITOR YOUR RISK FACTORS</b> If you have identified other risk factors or your BP is at the high end of this range, talk to your doctor about a full risk assessment at your next appointment.
	<b>Optimal blood pressure</b> BP 120/80mmHg or lower	<b>MONITOR YOUR RISK FACTORS</b> If you have identified other risk factors, talk to your doctor about what you can do to stay healthy.

My blood pressure (BP) reading	Time of day	Date
1. /		
2. /		
3. /		
4. /		
5. /		

\*This is an assessment only considering blood pressure risk. You should also consider if you have other factors such as smoking, older age etc) which will increase your risk of stroke, heart disease or type 2 diabetes. Please consult your doctor for a full risk assessment.

# My blood pressure check

Learn the F.A.S.T. signs of STROKE



**F**ACE  
*drooped?*



**A** RMS  
*can't be  
raised?*



**S** PEECH  
*slurred or  
confused?*



**T** I ME  
*is critical!  
Call 000.*

If you see any of these signs **Act FAST** call **000** (triple zero)

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