



What type of blood pressure monitor should I buy?

The blood pressure monitor you purchase should be proven accurate, and the monitor's cuff must properly fit your upper arm. Your health care professional can recommend a monitor and measure your arm to select the right cuff size. You should bring your monitor to your health care professional annually to have it checked for accuracy.

To help you in your purchasing decisions, Hypertension Canada provides a list of recommended monitors which have been proven accurate in research studies at hypertension.ca. Many of these recommended devices will carry the symbols shown to the right on their packaging.

What should my blood pressure numbers be?

If you are just starting to measure your blood pressure at home, it is important to calculate your baseline blood pressure. Measure your blood pressure (before starting PreCardix® BP-Force twice in the morning and twice in the evening for 7 days in a row). Discard the first day of readings and average the last 6 days.

Measure your weekly blood pressure once a week, twice each morning and each evening every day for eight weeks.

Category	Systolic/Diastolic
Low risk	120 / 80
Medium risk	121-134 / 80-84
High risk	135+ /85+

There are some exceptions to these categories.

If you have diabetes, the high risk category for your blood pressure is slightly lower. Your blood pressure should be less than 130 / 80. Consult a healthcare provider if your blood pressure level is higher than 130 / 80 on more than one occasion.

Measure & monitor regularly. Use table to record milestones. Share your readings with your health care provider to discuss your blood pressure health.

When should I take the measurements?

- Before taking your blood pressure medication
- At least two hours after a meal
- After emptying bladder and bowel
- One hour after drinking coffee or smoking
- Thirty minutes after exercise
- Always after resting five minutes, without talking

Measuring blood pressure the right way:

- Comfortable, distraction-free environment
- Without talking or moving
- In the sitting position with back supported
- Legs uncrossed with feet flat on the floor
- Arm bare with lower edge of cuff 3cm above elbow
- Arm supported with middle of cuff at heart level

How do I take PreCardix® BP-Force?

PreCardix® BP-Force is easy to add to your blood pressure management plan. Get started by knowing your baseline blood pressure levels. Review your results with your health care provider to make sure your treatment plan is safe and appropriate!

Step 1. Measure and record baseline blood pressure.

Step 2. Take two (2) PreCardix® BP-Force tablets together each day for eight weeks (2 packs).

Step 3. Measure and record blood pressure weekly.

Step 4. Compare baseline to results after eight weeks.

Step 5. Continue to take PreCardix® BP-Force daily to maintain results.

Step 6. Continue to measure and monitor your blood pressure regularly.



Scan this QR code to learn more about PreCardix® BP-Force