



My readings:

Test 1

Test 2

Test 3

Higher
number



Lower
number



Visit [nhs.uk/bloodpressure](https://www.nhs.uk/bloodpressure) to see what your numbers mean and how you can maintain or lower your blood pressure. Speak to a **pharmacy** or your **GP practice** if you are worried.

CHECK YOUR BLOOD PRESSURE

What do my readings mean?

Getting your blood pressure checked could save your life. See where your readings appear on the chart or use the online checker tool at [nhs.uk/bloodpressure](https://www.nhs.uk/bloodpressure)



High



Slightly raised



Healthy



Low

