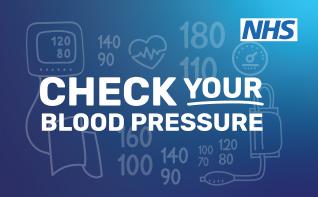


Visit nhs.uk/bloodpressure to see what your numbers mean and how you can maintain or lower your blood pressure. Speak to a pharmacy or your GP practice if you are worried.



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



