



COMMUNITY HEART HUB

MONUMENT HEALTH

These blood pressure monitors are provided as a service to our community.

They are to help individuals understand an important indicator of heart health but should not replace medical visits.

The device model was selected for its accuracy, and every effort is made to maintain their functionality, but they should not be used to diagnose high blood pressure.

NOTE: This is only for adults 18+. These monitors are provided as a service to the community to improve access to blood pressure monitoring. They are not intended to replace medical visits or conversations with your doctor.

HOW TO PARTICIPATE:

1. Using the proper technique (see display materials), take your blood pressure.
2. Review the blood pressure levels on the chart at right.
3. If your blood pressure is high, wait quietly for the five (5) minutes and take it again.
4. If your blood pressure is still high, or you have additional questions about what the numbers might mean, contact your doctor's office to make an appointment.

| BLOOD PRESSURE CATEGORY | SYSTOLIC mm Hg (upper Number) | | DIASTOLIC mm Hg (Lower Number) |
|---|-------------------------------|--------|--------------------------------|
| NORMAL | LESS THAN 120 | and | LESS THAN 80 |
| ELEVATED | 120-129 | and | LESS THAN 80 |
| HIGH BLOOD PRESSURE (HYPERTENSION) STAGE 1 | 130-139 | or | 80-89 |
| HIGH BLOOD PRESSURE (HYPERTENSION) STAGE 2 | 140 OR HIGHER | or | 90 OR HIGHER |
| HYPERTENSIVE CRISIS (Consult your doctor immediately) | HIGHER THAN 180 | and/or | HIGHER THAN 120 |



Scan the QR code for questions to ask your doctor.

IF THIS IS A MEDICAL EMERGENCY, PLEASE CALL 9-1-1.



DON'T HAVE A DOCTOR?

Please use the information below to begin seeking care!



MONUMENT
HEALTH

monument.health/primarycare
605-755-1000



complete
HEALTH™

350 Pine Street, Rapid City, SD 57701
completehealthsd.care | 605-721-8939



SPOT A STROKE™

F.A.S.T.



FACE Drooping



ARM Weakness



SPEECH Difficulty



TIME to Call 911

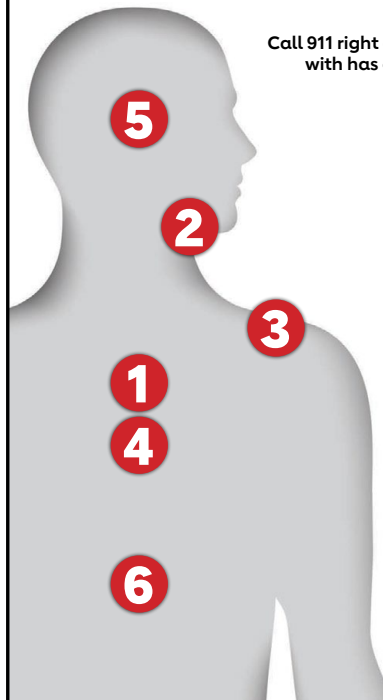
Learn more at stroke.org

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Common Heart Attack Warning Symptoms

Call 911 right away if you or someone you are with has one or more of these symptoms!



- Chest pain or discomfort
- Pain or discomfort in the jaw, neck or back
- Pain or discomfort in the arms or shoulders
- Shortness of breath
- Feeling very tired, lightheaded or faint
- Nausea or vomiting

Learn more at
heart.org/HeartAttack.

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IF THIS IS A MEDICAL EMERGENCY, PLEASE CALL 9-1-1.

