

A&D
A&D Medical



Blood Pressure Log Book

Getting Started with Home Blood Pressure Monitoring

Hypertension: The Silent Threat

You can't feel it — but it can change everything. High blood pressure quietly strains your heart and blood vessels every day.



The Reality in United States

- Nearly half of U.S. adults, about 119.9 million people, have high blood pressure.¹
- Hypertension is the #1 preventable risk factor for cardiovascular disease, including heart attack, stroke, heart failure, kidney disease, and dementia.²
- High blood pressure affects brain health. New evidence links hypertension to increased risk of cognitive decline and dementia. Lowering blood pressure may help protect brain health.³
- Hypertension control rates remain low. Only about 20–22% of adults with hypertension have it adequately controlled.⁴

The Good News

Early detection and small lifestyle changes can dramatically cut your risk. Prevention is about protecting yourself.

One simple change is to begin monitoring your blood pressure at home to understand your risk.

Source:

1. CDC – High Blood Pressure Facts & Stats (Updated Jan 28, 2025)
2. American Heart Association (AHA), Blood Pressure – Life's Essential 8 Fact Sheet (2025)
3. American Heart Association (AHA) – Heart.org: Blood Pressure & Brain Health
4. Centers for Disease Control and Prevention (CDC) and TheWorldData.com reporting on CDC hypertension control statistics

Why choose A&D Medical for home health monitoring?

A&D Medical has more than 50 years of expertise in precision measurement. We are committed to helping you trust your blood pressure readings at home.

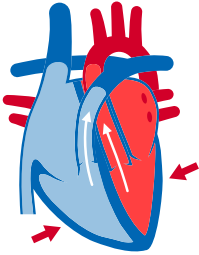
- Clinical Grade Accuracy for reliable readings, whether managing hypertension or tracking fitness.
- Bluetooth® option syncs with the A&D Heart Track app for easy data sharing and tracking.
- Durable, comfortable, and designed to fit seamlessly into your daily routine.
- One Touch Operation, clear displays, and intuitive design. No medical training needed.
- Advanced features that help guide technique and alert the user to variations that may affect accuracy.



What do my measurements mean?

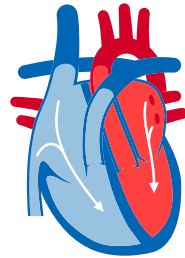
Systolic blood pressure is the upper number. It measures the pressure your blood is pushing against your artery walls when the heart beats.

Diastolic blood pressure is the second lower number. It measures the pressure your blood is pushing against your artery walls while the heart muscle rests between beats.



Systolic Blood Pressure

< 130 SYS
70-90 DIA



Diastolic Blood Pressure

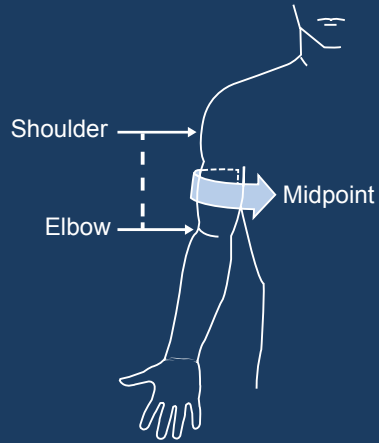
Blood Pressure Categories

Blood Pressure Category	Systolic (mm Hg)		Diastolic (mm Hg)
Normal	<120	&	<80
Elevated	120 – 129	&	<80
Stage 1 Hypertension (High Blood Pressure)	130 – 139	or	80 – 89
Stage 2 Hypertension (High Blood Pressure)	140+	or	90+
Severe Hypertensive (If you don't have symptoms*, call your health care professional.)	180+	&/or	120+
Hypertensive Emergency (If you have any of these symptoms*, call 911.)	180+	&/or	120+

*symptoms: chest pain, shortness of breath, back pain, numbness, weakness, change in vision or difficulty speaking

Cuff Size Matters

- Use the right size cuff
- Allow your arm to hang at your side
- Locate the midpoint between your elbow and shoulder
- Measure the circumference



Tips for Taking Blood Pressure

Before your measurement:

For 30 minutes prior to taking your blood pressure

- Do not exercise
- Do not drink coffee, caffeinated soda or alcohol
- Do not smoke
- Sit quietly for 5-10 minutes
- Ensure you are using the right size cuff

During your measurement:

- Do not talk
- Sit with your back straight and supported
- Uncross your legs and place feet flat on floor
- Rest arm on a table so that the cuff is at heart level
- Measure two times a day, in the morning and evening

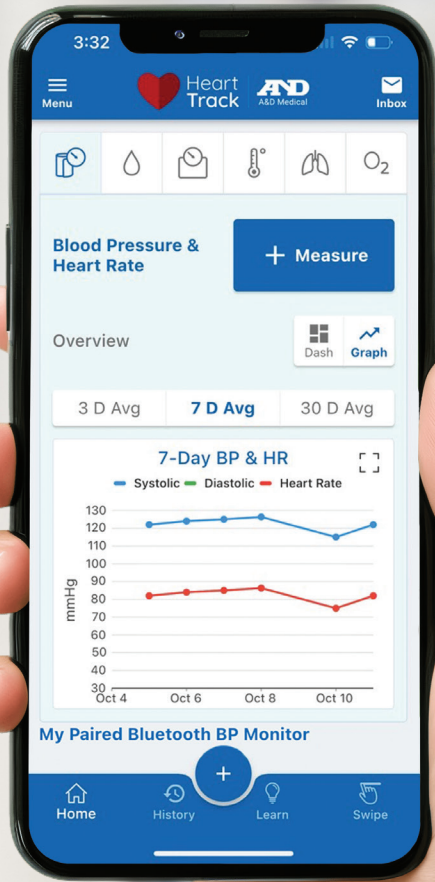


Your Health in Your Hand

The A&D Heart Track App is the ultimate health management app designed by hypertension experts to empower you on your health and wellness journey. You will discover a seamless experience that puts your health metrics at your fingertips.



Download the FREE
A&D Heart Track
companion app



With a Bluetooth® enabled device, your blood pressure readings are seamlessly recorded and can be easily exported, making health tracking simple and stress-free. Measurements can also be added manually.



Family of Products

Blood Pressure Monitors | Weight Scales | Pulse Oximeters | Thermometers



Learn more about our wide range of products.

andmedical.com