

Just Check It Registry

A Tool for

Information, Communication, and
Local Data

www.justcheckit.org



Report My Blood Pressure

Create an Account

Just Check It

Take Charge of Your Blood Pressure

The Just Check It Registry is a home-grown resource for people in Colorado with high blood pressure. When it comes to living a healthy life with high blood pressure, people all over Colorado are saying:

- No more excuses!
- I must be responsible for my health.
- I'm doing this for the people who care about me.

What's Your Risk?

Check your risk for developing a medical problem related to high blood pressure at the [High Blood Pressure Risk Calculator](#).

Learn More

- [About the Registry](#)
- [For Providers](#)

Home

About

My Account

Log In

Please enter your username and password. [Register](#) if you don't have an account.

Account Information

Username:

Password:

Keep me logged in

[Forgot your password?](#)

Log In

Tips for Taking Your Blood Pressure

It's normal for your blood pressure to vary day to day. This is why an average of your blood pressure over time is important. Taking your blood pressure at home helps you know your average blood pressure.

Several factors can affect your blood pressure reading. Below are 6 simple tips to help you take an accurate blood pressure reading.

1. Sit quietly for 3-5 minutes before measuring your blood pressure.
2. Sit in a comfortable position with your legs and ankles uncrossed and your back supported against a chair.
3. When taking your blood pressure, support your arm at the level of your heart.
4. Don't eat, drink, smoke, or exercise before taking your blood pressure.
5. Don't move, talk, or laugh while taking your blood pressure.
6. Wait at least 2 minutes between repeat blood pressure measurements.

Frequently Asked Questions

[Need tips on taking your blood pressure?](#)

About blood pressure:

[What are systolic and diastolic blood pressures?](#)

[What should my blood pressure goal be?](#)

[Why is the blood pressure goal lower for people with diabetes?](#)

Reporting your blood pressure:

[How often do I need to report my blood pressure?](#)

[What information do I need to report my blood pressure?](#)

[What happens to the blood pressures I've reported?](#)

[What is included in my feedback report?](#)

[How do I print my feedback report?](#)

Using my cuff:

[How do I choose a blood pressure monitor?](#)

[Why do I get an "error" message when I take my blood pressure?](#)

[How do I delete readings from my cuff?](#)

General:

[How do I make changes to my account information?](#)

[I'm still having trouble. How do I contact you?](#)

Report Your Blood Pressure

You can report a series of individual blood pressure readings or an average blood pressure reading. Click on the option you prefer for more instructions.

[Enter Average Reading](#)

[Enter Single Readings](#)

[View History](#)

Enter your averaged blood pressure reading.

Systolic Diastolic

Number of Readings

(Estimate, if necessary)

Begin Date

End Date

The "begin date" and "end date" indicate when you took your blood pressures for this average report:

The **Just Check It** Registry can send your blood pressure report to a health care provider of your choice. Sharing your blood pressure report may help you and your health care provider lower your blood pressure together.

Select from the menu below to share your blood pressure reports with your doctor, pharmacist, or community health worker.

Provider type:

Practice/Clinic:

Primary Care
Provider:

Add

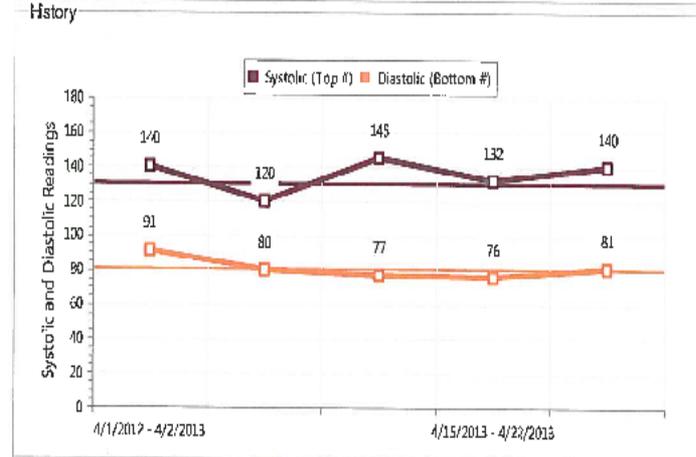
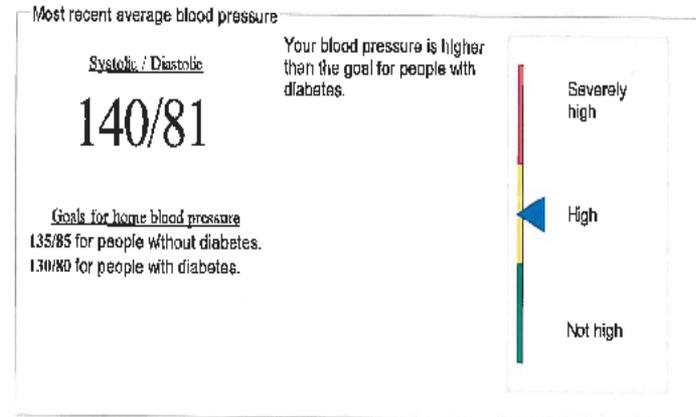
Don't see your provider in this list? [Click here.](#)

Date: 5/3/2013

Dear Kelli Test,

Thank you for submitting your blood pressure readings to us. Your blood pressure is a very important part of your health. The goal for blood pressure is less than 140 systolic (the top number) and less than 90 diastolic (the bottom number). Since home blood pressures are usually lower than in clinic, the goal for your home readings is less than 135/85. Your doctor may have a different blood pressure target for you. When you achieve the target blood pressure, it means that your chance of having a stroke or heart attack is much less.

We recommend that you take this letter with you when you see your regular provider. Thank you for your participation in Just Check It.



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Most recent average blood pressure

Systolic / Diastolic

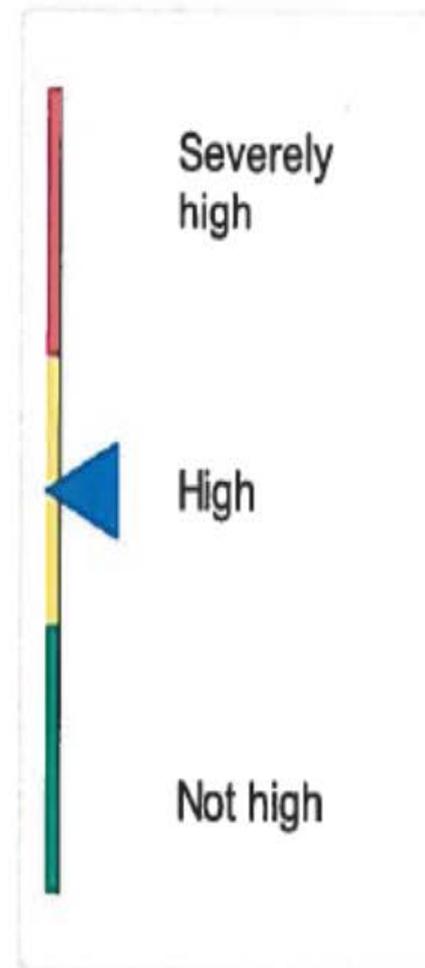
140/81

Goals for home blood pressure

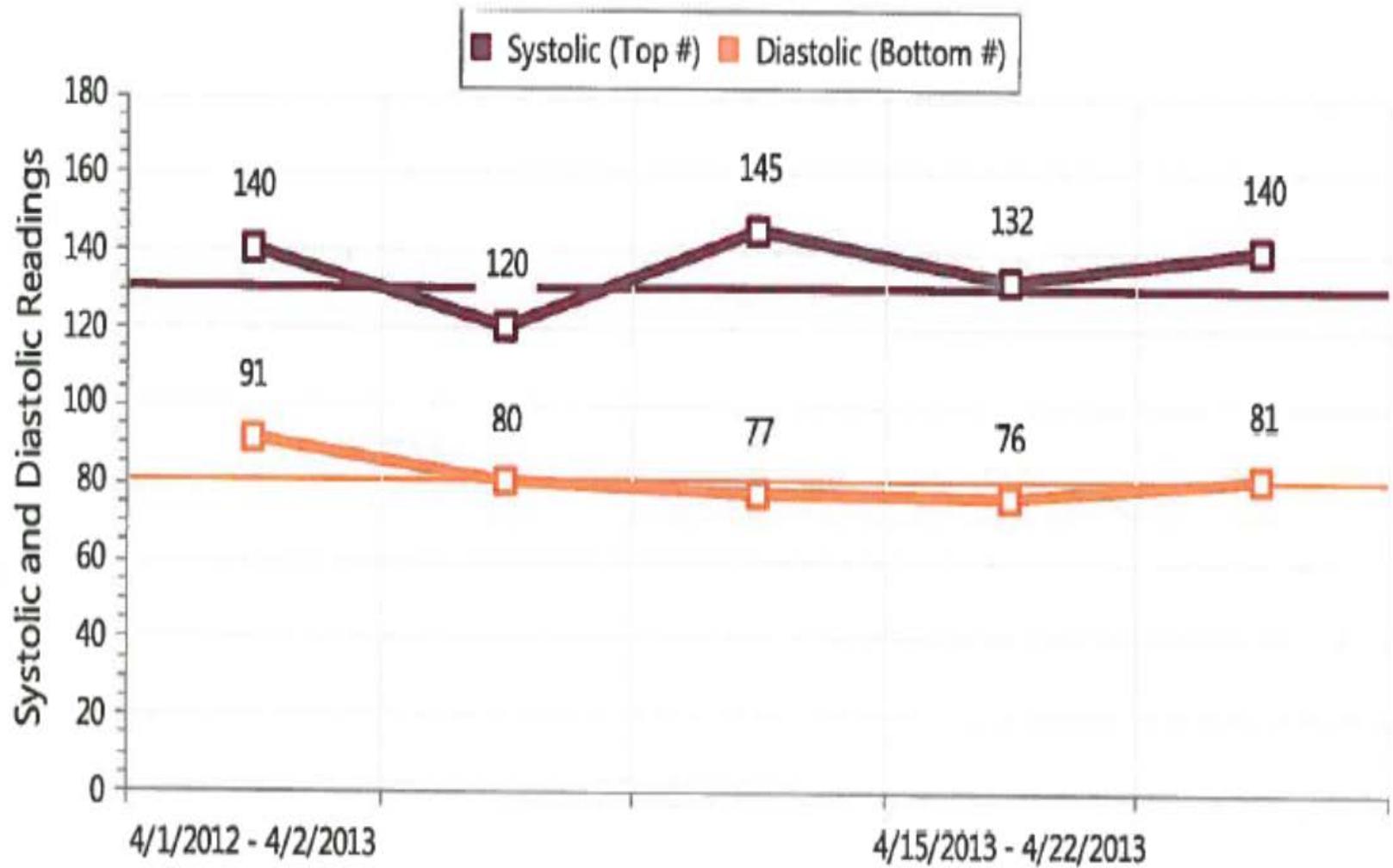
135/85 for people without diabetes.

130/80 for people with diabetes.

Your blood pressure is higher than the goal for people with diabetes.



History



“Average home blood pressure is like the hemoglobin A1C of hypertension management. Since participating in this program, I can't imagine using a single office BP to determine HTN management.”

*-- Tillman Farley, MD
Medical Director, Salud Family Health Centers*