



## Understanding Your Blood Pressure Monitor



Top Number = Systolic blood pressure (Sys)

Bottom Number = Diastolic blood pressure (Dia)

Pul (can be in different places depending on your monitor) = Pulse or how fast your heart is beating

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### Top Number = Systolic Blood Pressure

- Measures your blood pressure when your heart beats
- This is when your heart is pushing blood into your body

### Bottom Number = Diastolic Blood Pressure

- Measures your blood pressure when your heart rests
- This is when your heart is filling with blood

### Pul = Pulse or Heart Rate

- Measures how fast your heart is beating
- Your heart is sometimes slower or faster
- Some machines will show the fastest (max or maximum)