

Blood pressure report

♥ BP Sync

13 Sep 2026 to 26 Sep 2026, 16 home readings

Average

125/76 mmHg

Average pulse

73 bpm

On target (below 120/80)

1 of 16

AHA category: Elevated

Morning average (before 12:00)

124/75

Evening average (from 17:00)

126/78

Highest

134/80, 14 Sep at 9:17 PM

Lowest

119/72, 24 Sep at 7:32 AM

7-day home check, 18 Sep to 24 Sep

124/75 **AHA category: Elevated** average of 5 readings on days 2–7 (fewer than 12)

By category



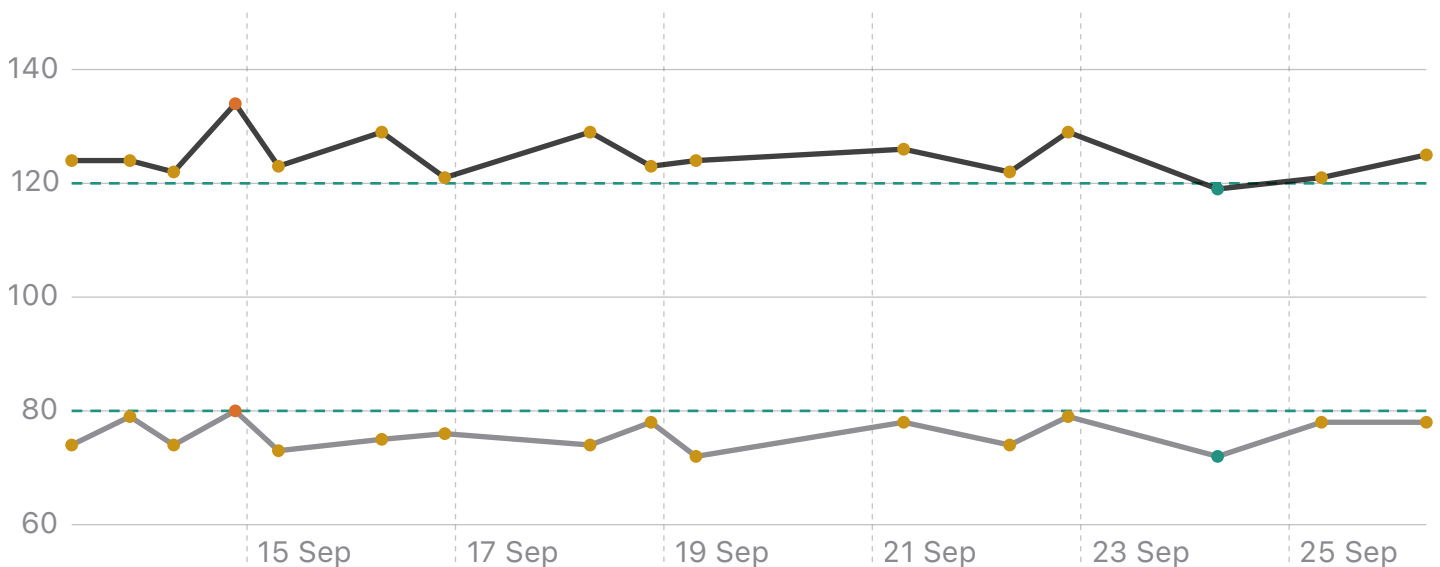
● 1 Normal ● 14 Elevated ● 1 Stage 1 ● 0 Stage 2 ● 0 Crisis

Medications

Averages before and since starting. Many things affect these; they don't show whether a medicine works.

Amlodipine 5 mg since 8 Sep 2026 average 126/79 before, 125/76 since

Readings over time



Top line systolic, bottom line diastolic. Dashed lines: 120/80. Dots coloured by category.

Readings from a home blood pressure monitor. Categories: American Heart Association 2017 adult guideline. Not a diagnosis.

All readings

Date	Time	mmHg	Pulse	Category	Notes
Sat, 26 Sep	7:36 AM	125/78	81	● Elevated	
Fri, 25 Sep	7:27 AM	121/78	72	● Elevated	
Thu, 24 Sep	7:32 AM	119/72	80	● Normal	
Tue, 22 Sep	9:06 PM	129/79	73	● Elevated	
Tue, 22 Sep	7:38 AM	122/74	76	● Elevated	
Mon, 21 Sep	7:13 AM	126/78	80	● Elevated	
Sat, 19 Sep	7:23 AM	124/72	69	● Elevated	
Fri, 18 Sep	9:02 PM	123/78	75	● Elevated	
Fri, 18 Sep	7:00 AM	129/74	66	● Elevated	
Wed, 16 Sep	9:32 PM	121/76	63	● Elevated	
Wed, 16 Sep	7:01 AM	129/75	67	● Elevated	
Tue, 15 Sep	7:13 AM	123/73	72	● Elevated	
Mon, 14 Sep	9:17 PM	134/80	65	● Stage 1	
Mon, 14 Sep	7:06 AM	122/74	77	● Elevated	
Sun, 13 Sep	9:01 PM	124/79	64	● Elevated	
Sun, 13 Sep	7:36 AM	124/74	82	● Elevated	