

Know your numbers: Blood pressure

Blood pressure category	Systolic (Upper number)	And/Or	Diastolic (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	Over 180	and/or	Over 120
CONSULT YOUR DOCTOR IMMEDIATELY	Speak to your provider as your blood pressure goals may be different from those listed.		

My blood pressure is: _____ / _____
