



Control your blood pressure

Helpful resource to understand your numbers

Blood Pressure Category	Systolic mm Hg (upper #)		Diastolic mm Hg (lower #)
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 (Consult your doctor immediately)	higher than 180	and/or	higher than 120

My blood pressure is ____ / ____

Learn more about high blood pressure at [ManageYourBP.org](https://www.ManageYourBP.org).

TARGET:BP™

