

CONTROL YOUR BLOOD PRESSURE



Helpful resource to understand your home blood pressure numbers

My blood pressure is _____ / _____
SYS DIA

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	130 or higher	or	80 or higher

If your home blood pressure is higher than expected or above the “normal” range, you may have high or uncontrolled blood pressure. **Contact your physician or health care team.**

