Blood Pressure Guidelines

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

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su tarjeta de identificación (TTY: 711).

ATENCION: Si usted habla español, servicios de asistencia lingüística, de forma gratuita, están disponibles para usted. Llame al número en la parte posterior de cut tatista de identificación (TTX/XTI)

origin, age, disability, or sex.

The Claims Administrator/Insurer complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national saising and dischility, or not

Shield Association.

Highmark Blue Shield is an independent licensee of the Blue Cross Blue

Blood PressureTracker



Blood PressureTracker

Discuss with your provider what your optimal blood pressure goal should be: ___/___

Date	Time	Blood Pressure
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This is intended to provide general information only and is not intended to be a substitute for professional medical advice, diagnosis, or treatment. Always seek the advice of your physician or other qualified health provider regarding your medical condition(s). Coverage for medical services described herein is subject to the terms of your health plan benefit agreement and network coverage varies by plan. Check your member materials for details.