

Because Life.™



# Blood Pressure Tracker

Source: American Heart Association

Blood pressure category	Systolic mm Hg (upper number)	and/or	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

## Blood Pressure Guidelines

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