



# Control your blood pressure

Helpful resource to understand your numbers

Blood Pressure Category	Systolic mm Hg (upper #)		Diastolic mm Hg (lower #)
<b>Normal</b>	<b>less than 120</b>	<b>and</b>	<b>less than 80</b>
<b>Elevated</b>	<b>120 – 129</b>	<b>and</b>	<b>less than 80</b>
<b>High Blood Pressure (Hypertension) Stage 1</b>	<b>130 – 139</b>	<b>or</b>	<b>80 – 89</b>
<b>High Blood Pressure (Hypertension) Stage 2</b>	<b>140 or higher</b>	<b>or</b>	<b>90 or higher</b>
<b>Hypertensive Crisis (Consult your doctor immediately)</b>	<b>higher than 180</b>	<b>and/or</b>	<b>higher than 120</b>

My blood pressure is \_\_\_\_ / \_\_\_\_



Learn more about high blood pressure at [LowerYourHBP.org](http://LowerYourHBP.org).

TARGET:BP™

