

BLOOD PRESSURE CATEGORIES

According to the
American Heart Association

BLOOD PRESSURE CATEGORY	SYSTOLIC MM HG (Upper Number)	CLIENT NUMBER		DIASTOLIC MM HG (Lower Number)	CLIENT NUMBER
NORMAL	LESS THAN 120	<input type="text"/>	and	LESS THAN 80	<input type="text"/>
ELEVATED	120-129	<input type="text"/>	and	LESS THAN 80	<input type="text"/>
HIGH BLOOD PRESSURE Hypertension: Stage 1	130-139	<input type="text"/>	or	80-89	<input type="text"/>
HIGH BLOOD PRESSURE Hypertension: Stage 2	140 OR HIGHER	<input type="text"/>	or	90 OR HIGHER	<input type="text"/>
HYPERTENSIVE CRISIS Consult doctor immediately	HIGHER THAN 180	<input type="text"/>	and/or	HIGHER THAN 120	<input type="text"/>

HEART RATE: _____ **WEIGHT:** _____

If your BP reading is in the High Blood Pressure (Hypertension) Stage 1, or the High Blood Pressure (Hypertension) Stage 2 category, please contact your primary care physician to request a clinical diagnosis of high blood pressure. Please also participate in the upcoming class, "Living Well with High Blood Pressure". You will be receiving an invitation to that class.

If your BP reading is in the hypertensive crisis category, please immediately seek medical care from your doctor or hospital emergency room.