

Blood Pressure: See back for monthly BP reading

Please follow up with your family physician regarding any questions on your blood pressure.

Category	Blood Pressure Level (mmHg)		
	Systolic		Diastolic
Normal	<120	and	<80
Pre-hypertension	120-139	or	80-89
High Blood Pressure			
Stage 1 Hypertension	140-159	or	90-99
Stage 2 Hypertension	≥160	or	≥100

Source: *The Seventh Report of JNC on Blood Pressure.*
US Dept. of Health and Human Services.

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