

## Control Your Blood Pressure and Understand Your Numbers

Think of your healthy blood pressure range as the target you should aim for. That target is determined by your provider. It's important for you to monitor and follow up with your provider regularly. By living a healthy lifestyle, you can help keep your blood pressure in a healthy range.

Blood Pressure Category	Upper # (Systolic)	Lower # (Diastolic)	Things to talk about with your healthcare provider
Normal	Less than 120	Less than 80	How often your blood pressure should be monitored.
Elevated	120-129	Less than 80	<ul style="list-style-type: none"> <li>✓ How often your blood pressure should be monitored.</li> <li>✓ What risk factors you may have that may be causing an elevated blood pressure.</li> </ul>
High Blood Pressure (Hypertension Stage 1)	130-139	80-89	<ul style="list-style-type: none"> <li>✓ Call your provider's office if your blood pressure is above 130 (Upper) or higher than 80 (Lower).</li> <li>✓ Share your concerns about anything that is making it hard for you to manage your blood pressure.</li> <li>✓ Ask what steps you can take to manage your blood pressure.</li> </ul>
High Blood Pressure (Hypertension Stage 2)	140 or higher	90 or higher	<ul style="list-style-type: none"> <li>✓ Call your provider's office if your blood pressure is above 140 (Upper) or higher than 90 (Lower).</li> <li>✓ Let your provider know if you're feeling any symptoms of high blood pressure such as headache or dizziness.</li> <li>✓ Talk about a plan to better manage your blood pressure.</li> </ul>

*\*Chart continued on next page.*

Blood Pressure Category	Upper # (Systolic)	Lower # (Diastolic)	Things to talk about with your healthcare provider
Dangerously High Blood Pressure (Hypertensive Crisis)	Higher than 180	Higher than 120	<p>Call 911 or get to an Emergency Department <b>RIGHT AWAY</b> if you have any of the following signs of high blood pressure:</p> <ul style="list-style-type: none"> <li>✓ A headache</li> <li>✓ Dizziness</li> <li>✓ Blurry vision</li> <li>✓ Chest pain</li> <li>✓ Shortness of breath at rest</li> </ul> <p>Call your provider's office immediately to let them know that your blood pressure is above 180 or higher than 120 if you don't have any of the signs listed above.</p>

Reference:

[https://www.cdc.gov/high-blood-pressure/data-research/facts-stats/?CDC\\_AAref\\_Val=https://www.cdc.gov/bloodpressure/facts.htm](https://www.cdc.gov/high-blood-pressure/data-research/facts-stats/?CDC_AAref_Val=https://www.cdc.gov/bloodpressure/facts.htm)