Because Life.™

NORTHEASTERN NEW YORK

Blood Pressure Tracker

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ATENCION: Si usted habla español, servicios de asistencia lingüística, de forma gratuita, están disponibles para usted. Llame al número en la parte posterior de su tarjeta de identificación (TTY: 711).

02/23 WX2266800

Blood Pressure Category	Systolic mm Hg (upper number)		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

Blood Pressure Tracker

Discuss with your provider what your optimal blood pressure goal should be: ____/___

Date	Time	Blood Pressure
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