

Blood Pressure Guidelines

Blood Pressure Category	Systolic mm Hg (upper number)	and	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

Source: American Heart Association

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。 (111 : 111) 。
请注意：如果您说中文，可向您提供免费语言协助服务。
请拨打您的身份证背面的号码。

su tarjeta de identificación (TTY: 711).

ATENCIÓN: 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).

The Claims Administrator/Insurer complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex.

Adequacy Act. You may also request a copy by contacting us at the number on the back of your ID Card.

member/redesign/pdfs/mhs/NetworkAccessPlan.pdf to view the Access Plan required by the Health Benefit Plan Network Access and

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Blood Pressure Tracker



Because Life.™

Blood Pressure Tracker

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

Date	Time	Blood Pressure
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This is intended to provide general information only and is not intended to be a substitute for professional medical advice, diagnosis, or treatment. Always seek the advice of your physician or other qualified health provider regarding your medical condition(s). Coverage for medical services described herein is subject to the terms of your health plan benefit agreement and network coverage varies by plan. Check your member materials for details.