

Do you know your **blood pressure** numbers?

Systolic/Diastolic

Normal

Less than 120
— and —
Less than 80

Elevated

120-129
— and —
Less than 80

High Blood Pressure Stage 1

130-139
— or —
80-89

High Blood Pressure Stage 2

140+
— or —
90+

Hypertension Crisis

180+
— and/or —
120+

High blood pressure is a **danger** to your health

Learn to monitor your blood pressure at home



<https://bit.ly/athomebp>

Learn more about how high blood pressure



<https://bit.ly/reducepressure>



<https://bit.ly/ROAROutreach>