



Systolic over 140 OR
Diastolic 90 or above

Record your blood pressure, call your care provider immediately, review "How do you feel?,"



Systolic 121-139 OR
Diastolic between 81-89

Record your blood pressure in the app, repeat blood pressure and call your care provider



Systolic 120 or less AND
Diastolic 80 or less

Record your blood pressure in the app