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Blood Pressure Categories



BLOOD PRESSURE CATEGORY	SYSTOLIC mmHg (top/upper number)		DIASTOLIC mm Hg (bottom/lower number)
NORMAL	LESS THAN 120	and	LESS THAN 80
ELEVATED	120–129	and	LESS THAN 80
STAGE 1 HYPERTENSION (High Blood Pressure)	130–139	or	80–89
STAGE 2 HYPERTENSION (High Blood Pressure)	140 OR HIGHER	or	90 OR HIGHER
SEVERE HYPERTENSION (If you don't have symptoms*, call your health care professional)	HIGHER THAN 180	and/or	HIGHER THAN 120
HYPERTENSIVE EMERGENCY (If you have any of these symptoms*, call 911)	HIGHER THAN 180	and/or	HIGHER THAN 120

*symptoms: chest pain, shortness of breath, back pain, numbness, weakness, change in vision, or difficulty speaking

If You Get a High Blood Pressure Reading

- A single high reading is not cause for alarm. If your BP is higher than normal, **wait one minute and measure again**. Write both results down.
- **Call 911 right away** if your reading is above 180/120 **and** you have chest pain, shortness of breath, back pain, numbness or weakness, vision changes, or trouble speaking.
- If you have **no symptoms** but readings stay above 180/120 mm Hg, contact your health care professional immediately.

Help Share More Lifesaving Knowledge Like This

Tracking your blood pressure at home helps you stay in control of your health. You have power and knowledge that many others don't have.

Did you know nearly 122 million Americans have high blood pressure? And many don't even know they have it because many people don't experience symptoms until it's too late. That's why high blood pressure is known as a "silent killer." Right now, someone you love might be suffering from its damaging effects.

But you can help share the lifesaving cardiovascular resources, trainings and tools that help save lives.

If you donate today, your support can expand free blood pressure screenings, fund cutting-edge research and provide resources like this log to families everywhere.

Donate now at heart.org.