

# Blood Pressure (BP)

Systolic

Diastolic

Blood Pressure Category	Systolic (top #)		Diastolic (bottom #)
Normal	Less than 120	AND	Less than 80
Elevated Blood Pressure	120-129	AND	Less than 80
Hypertension Stage 1	130-139	OR	80-90
Hypertension Stage 2	140 or higher	OR	90 or higher
<b>HYPERTENSIVE CRISIS</b> <b>Call Doctor IMMEDIATELY</b>	Higher than 180	AND/OR	Higher than 120





