





WHAT TO EXPECT AT YOUR HEALTH CARE VISIT ABOUT YOUR BLOOD PRESSURE (BP)?

	NORMAL BP	Office BP is <u>less than 120</u> less than 80	Home BP may be <u>less than 120</u> less than 80	Recheck BP with your health care professional every year	Continue healthy habits
	ELEVATED BP	Office BP is <u>120-129</u> less than 80	Home BP may be <u>120-129</u> less than 80	Recheck BP with your health care professional every 3-6 months	Continue healthy habits
	STAGE 1 HYPERTENSION	Office BP is <u>130-139</u> 80-89	Home BP may be <u>130-134</u> 80-84	You might see your health care professional every month until your BP is less than 130/80.	Health care professional may prescribe BP medicine.
	STAGE 2 HYPERTENSION	Office BP is <u>140 or higher</u> 90 or higher	Home BP may be <u>135 or higher</u> 85 or higher	See your health care professional every month until your BP is less than 130/80.	You should be on 1 or more BP medicines

Did you know?



Blood pressure is measured in mm Hg. The abbreviation mm Hg means millimeters of mercury.

Many people with high BP will require at least two BP medications to reach their goal.

Several BP medications can be combined into a single pill for convenience.



HELPFUL TIPS

Everyone should continue healthy habits



Learn to monitor your BP at home.



Keep a BP log to share with your health care professional.

