



Client Handout

After you take your blood pressure at Major League Barbershop, take this handout home with you to:

- Learn what your blood pressure numbers mean
- Watch short videos and read about heart health
- Start writing down your blood pressure over time
- Make an appointment with your healthcare team

Blood Pressure **Quick Guide**

	Systolic Blood Pressure (Top Number)		Diastolic Blood Pressure (Bottom Number)	What To Do
Normal	Less than 120	AND	Less than 80	Recheck with your healthcare team every year.
Elevated	120 to 129	AND	Less than 80	Recheck with your healthcare team every 3-6 months and make lifestyle changes.
Stage 1 Hypertension	130 to 139	OR	80 to 89	Consider rechecking with your healthcare team every month until your BP is less than 130/80.
Stage 2 Hypertension*	140 or higher	OR	90 or higher	Recheck with your healthcare team every month until your BP is less than 130/80.
Hypertensive Crisis*	180 or higher	OR	120 or higher	Symptoms*? Call 911 or go to the ER. No symptoms? Call your healthcare team.

***Symptoms:** chest pain, trouble breathing, back pain, numbness, weakness, vision changes, or trouble speaking.



Scan the QR code to take a quick survey and access resources to manage your blood pressure!



8 Lifestyle Changes to Lower Blood Pressure

1. Eat a Healthy Diet

- Fill your plate with vegetables, fruits, and whole grains.
- Choose lean proteins like chicken, fish, beans, or lentils.
- Limit salt (try to stay under 1,500–2,000 mg a day).
- Eat less fried food, pastries, fatty meats, and packaged foods.

2. Be Active

- Try to get 150 minutes a week of moderate activity (like fast walking), or 75 minutes a week of harder activity (like jogging).

3. Maintain a Healthy Weight

- Losing just 5–10 pounds can help lower blood pressure.

4. Stop Smoking & Avoid Secondhand Smoke

- Smoking raises blood pressure and harms blood vessels.
- Ask your doctor for help quitting—support and tools are available.

5. Healthy Sleep

- Get 7–9 hours of sleep per night.
- Talk to your doctor if you snore, gasp for air, or have headaches.

6. Lower Stress

- Try deep breathing, stretching, yoga, or short walks.
- Make time for rest and activities you enjoy.

7. Limit Alcohol

8. Take Medications as Prescribed

- Don't skip doses, and tell your doctor about any side effects.
- Bring your medicines and blood pressure log to appointments.



Don't wait — call today to make an appointment with a primary care doctor!

Health System	Scheduling Phone #	Financial Help Phone #	Website
Care Alliance	(216) 535-9100	216-535-9100	carealliance.org/service/primary-care
Cleveland Clinic	(216) 444-2538	(855) 831-1284	my.clevelandclinic.org/services/primary-care
MetroHealth	(216) 696-3876	(216) 957-2325	metrohealth.org/primary-care
Neighborhood Family Practice	(216) 281-0872	(216) 237-6120	nfpmedcenter.org/primary-care
The Centers	(216) 325-9355	(216) 325-9355	thecentersohio.org/primary-care
University Hospitals	(440) 873-2561	(866) 771-7266	uhhospitals.org/services/primary-care

Need help getting health care? **Call 211 for free support.**