




My Blood Pressure Guide

Zone	Blood Pressure Reading	Action Plan
<p>Normal Green Zone Means Good</p>	<p>Systolic below 120 Diastolic less than 80</p>	<ul style="list-style-type: none"> • <i>Congratulations!</i> Keep doing what you are doing to stay healthy • Have regular check-ups • Eat a balanced diet and get regular exercise
<p>Yellow Zone Means Caution Pre hypertension This means your Blood Pressure is Elevated</p> 	<p>Early Stage Hypertension</p> <p>Systolic Blood Pressure 120-139</p> <p>Diastolic Blood Pressure 80-89</p>	<ul style="list-style-type: none"> • If you are on medication, continue as ordered by your doctor • Follow your treatment plan • Recheck every 6 months
<p>Flashing Red Zone Means STOP Hypertension This means your Blood Pressure is not well controlled</p> 	<p>Stage 1</p> <p>Systolic Blood Pressure 140-159</p> <p>Diastolic Blood Pressure 90-99</p> <p>Stage 2</p> <p>Systolic Blood Pressure 160-179</p> <p>Diastolic Blood Pressure 100-109</p>	<ul style="list-style-type: none"> • Notify your Healthcare provider of these findings • Continue medication as ordered • Recheck within 1 month • Lifestyle changes may be required • Seek medical care within 1 week & follow above
<p>Red Zone Means DANGER</p>  <p>Telephone your Healthcare provider Get help immediately</p>	<p>SEEK MEDICAL CARE IMMEDIATELY</p> <p>180 > systolic OR 110 > diastolic Requires immediate medical attention</p>	<p>Go to the nearest Emergency Room, or Call 911 if you experience the symptoms below:</p> <ul style="list-style-type: none"> • Chest pain, shortness of breath or back pain • Numbness / weakness • Changes in vision • Difficulty speaking