



## Control your Blood Pressure: Understand your BP Numbers

Blood Pressure Category	Upper # (Systolic)	Lower # (Diastolic)	Things to talk about with my health care provider
Normal	Less than 120	Less than 80	How often your blood pressure should be monitored
High Blood Pressure	130 or higher	85 or higher	<ul style="list-style-type: none"> <li>✓ Call your provider's office to let them know that your blood pressure is above 140 or above 90</li> <li>✓ Share your concerns and anything that is making it hard for you to manage your blood pressure</li> <li>✓ Steps you can take to manage your blood pressure</li> </ul>
Dangerously High Blood Pressure	Higher than 180	Higher than 120	<p><b>Call your provider or get to an Emergency Department <i>RIGHT AWAY</i> if you have any of the following:</b></p> <ul style="list-style-type: none"> <li>✓ A headache</li> <li>✓ Dizziness</li> <li>✓ Blurry vision</li> <li>✓ Chest pain</li> <li>✓ Shortness of breath at rest</li> </ul>