

Blood Pressure Ranges

Category	Systolic/Diastolic
Normal	$\frac{120-129}{80-84}$
High-Normal	$\frac{130-139}{85-89}$
High Blood Pressure (Hypertension)	$\frac{140}{90}$ or higher
High Blood Pressure with self/home monitoring	$\frac{135}{85}$ or higher

What do the numbers mean?

120



Systolic

The top number occurs when your heart beats and pumps blood.

80



Diastolic

The bottom number occurs when your heart relaxes and fills with blood.

HP2107E
V1.4

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