

BLOOD PRESSURE CHART

SYSTOLIC
mm Hg (upper #)

DIASTOLIC
mm Hg (lower #)

**EMERGENCY
CARE
NEEDED** 180+

or

**EMERGENCY
CARE
NEEDED** 110+

**HYPERTENSION
STAGE 2** 160+

or

**HYPERTENSION
STAGE 2** 100+

**HYPERTENSION
STAGE 1** 140-159

or

**HYPERTENSION
STAGE 1** 90-99

**PRE
HYPERTENSION** 120-139

or

**PRE
HYPERTENSION** 80-89

OPTIMAL
Less than 120

and

OPTIMAL
Less than 80

Your doctor should evaluate unusually low blood pressure readings.



