

Blood Pressure Indications

Top Number (Systolic) In mm Hg	Bottom Number (Diastolic) In mm Hg	Your Category	What To Do ?
Below 120	Below 80	Normal Blood Pressure	Maintain or Adopt Healthy Lifestyle
120 - 139	80 - 89	Prehypertension	Maintain or Adopt Healthy Lifestyle
140 - 159	90 - 99	Stage- 1 Hypertension	Maintain or Adopt Healthy Lifestyle. Talk to Your Doctor about Taking One or more Medications
160 or More	100 or More	Stage- 2 Hypertension	Maintain or Adopt Healthy Lifestyle. Talk to Your Doctor about Taking One or more Medications