



Reading Your Blood Pressure

When you visit your doctor, you may have your blood pressure checked. Blood pressure is the force of your blood pushing against the walls of your arteries. One in three American adults has high blood pressure, or hypertension.

Do you know how to read your blood pressure? And do you know when you should take action to lower your numbers?



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Understanding your results

Your blood pressure is written as two numbers. The top number, or systolic, shows the force of blood in your arteries when your heart beats. The bottom number, or diastolic, shows the force of blood when your heart rests.

Blood Pressure Category	Systolic (top #)	Diastolic (bottom #)
Normal	less than 120	less than 80
Prehypertension	120-129	less than 80
High Blood Pressure (Hypertension)	130 or higher	80 or higher

If your reading is 130 over 80 or higher, you may have high blood pressure. This can put you at risk for heart disease, stroke, and kidney disease.

If your numbers are above the normal range, talk with your doctor about a treatment plan.



Medicaid/OHP | 800-458-9518
Medicare | 866-798-2273
www.familycareinc.org

