

High blood pressure (hypertension) can lead to:







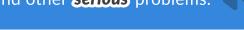


**BLINDNESS** 

KIDNEY DAMAGE



▶ ▶ and other **serious** problems. **4** 



Check your blood pressure regularly. **Know** what your readings mean.



Systolic mmHg (upper number)

Diastolic mmHg (lower number)

180 ☆ SYS **120** \times DIA

140 ☆

130-139

120-129

120 >

80-89

80×

**80** ×



\* Call 911 right away if your blood pressure is **HIGHER \*THAN -**\- 180/120*-*\-

\*URGENT!

**CALL YOUR DOCTOR NOW** 

STAGE 2

**HIGH BLOOD PRESSURE** 

**STAGE 1** 

**HIGH BLOOD PRESSURE** 

**ELEVATED** 

**BLOOD PRESSURE**  NORMAL

**BLOOD PRESSURE** 



YOU HAVE shortness of breath, back or chest pain, weakness, vision changes, or trouble speaking.



Register today for more health resources.

Already registered? Log in now: rewardsforhealthyliving.com

Still need to sign up?

Go to rewardsforhealthyliving.com and follow the instructions.