

Tips to Improve Your Blood Pressure



Eat a heart-healthy diet.



Limit alcohol intake.



Get physically active.



Reduce stress.



Quit smoking.



Take your medication as prescribed.



Make your doctor appointments.



Ask for support.

HEALTHY & UNHEALTHY Blood Pressure Ranges

Blood Pressure Category	SYSTOLIC mm Hg (upper number)	and/or	DIASTOLIC mm Hg (lower number)
Normal	Less than 120	and	Less than 80
Elevated	120-129	and	Less than 80
High Blood Pressure (Hypertension) STAGE 1	130-139	or	80-89
High Blood Pressure (Hypertension) STAGE 2	140 or higher	or	90 or higher
HYPERTENSIVE CRISIS (Consult your doctor immediately)	Higher than 180	and/or	Higher than 120

Source: www.heart.org/en/health-topics/high-blood-pressure/changes-you-can-make-to-manage-high-blood-pressure



For more information about blood pressure, scan this QR code with your smart phone.



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