

Checkup Date	Blood Pressure		
	Systolic	Diastolic	Pulse

Fill in your results after each visit with your doctor



Office of Minority Health & Health Equity  
Advancing Health Equity For All Virginians

The American Heart Association/  
American Stroke Association High  
Blood Pressure Program is supported in  
part by Boston Scientific through their  
Close the Gap initiative.

Questions? Contact Augustine Doe at  
804-864-7436 or via email at  
Augustine.Doe@vdh.virginia.gov

or

Dionne Henderson via email  
Dionne.Henderson@heart.org or by  
phone at 804.965.6578



Check.  
Change.  
Control.™

Heart360  
Cardiovascular Wellness Center



[Heart360.org/Richmond](http://Heart360.org/Richmond)

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**PLEASE KEEP THIS WALLET CARD IN A SECURE PLACE.**

Name \_\_\_\_\_

Email \_\_\_\_\_

User Name \_\_\_\_\_ Password \_\_\_\_\_

You can get your blood pressure checked at:

You can log your blood pressure numbers 2 ways:  
visit the local website at [Heart360.org/Richmond](http://Heart360.org/Richmond) or call  
[866.263.1100](tel:866.263.1100).

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**Understand What the Numbers Mean**

117 / 76 mm Hg  
Read as "117 over 76 millimeters of mercury"

*What are the key terms I need to know?*

**Blood Pressure Ranges and Goals**

Blood Pressure Category	Systolic mm Hg (upper #)		Diastolic mm Hg (lower #)
Normal	Less than 120	and	Less than 80
Pre-hypertension	120 – 139	or	80 – 89
High Blood Pressure (Hypertension) Stage 1	140 – 159	or	90 – 99
High Blood Pressure (Hypertension) Stage 2	160 or higher	or	100 or higher
Hypertensive Crisis (Emergency Care Needed)	Higher than 180	or	Higher than 110

\* Your doctor should evaluate unusually low blood pressure readings.

American Heart Association | American Stroke Association

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**Action: Follow-up with your healthcare provider if your BP is over 140/90!**

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