



Office of Minority Health & Health Equity

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

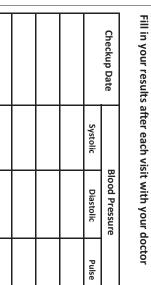
Dionne Henderson via email Dionne.Henderson@heart.org or by phone at 804.965.6578



Check. Change. Control.™



Heart360.org/Richmond





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			Checkup Date
		Systolic	
		Diastolic	Blood Pressure
		Pulse	

Fill in your results after each visit with your doctor



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Advancing Health Equity For All Virginians

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Heart360.org/Richmond

PLEASE KEEP THIS WALLET CARD IN A SECURE PLACE.

PLEASE NEEF THIS WALLET CAND IN A SECON			Password
PLEASE NEEP INIS	Name	Email	User Name

You can get your blood pressure checked at:

You can log your blood pressure numbers 2 ways:

visit the local website at <u>Heart360.org/Richmond</u> or call <u>866.263.1100</u>.

PLEASE KEEP THIS WALLET CARD IN A SECURE PLACE. Name

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Password

User Name

Name Email **Understand What the Numbers Mean** What are the key terms I need to know? **Blood Pressure Ranges and Goals** Blood Pressure Category Diastolic mm Hg (lower #) Systolic mm Hg (upper #) Pre-hypertenstion 120 - 139 80 - 89 or 140 - 159 of 90 – 99 100 or higher

Log your blood pressure readings on: Heart360.org/Richmond Action: Follow-up with your healthcare provider if your BP is over 140/90!

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Blood	Pressure Ranges	and Goa	ils
Blood Pressure Category	Systolic mm Hg (upper #)		Diastolic mm Hg (lower #)
Normal	Less than 120	and	Less than 80
Pre-hypertenstion	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 Reeded)	Higher than 180	90	Hugger town 110

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