## Blood Pressure Tracker be on target!

Name:

DATE/TIME BLOOD PRESSURE

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BLOOD PRESSURE

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Blood Pressure Tracker

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Name:		
DATE/TIME	BLOOD PRESSURE	NOTES

LOOD PRESSURE ATEGORY Defined by the American eart Association)	SYSTOLIC mm Hg (Upper #)		DIASTOLIC mm Hg (Lower #)
ormal	Less than 120	and	Less than 80
rehypertension	120-139	or	80-89
igh Blood Pressure - tage 1 <i>(Hypertension)</i>	140-159	or	90-99
igh Blood Pressure - lage 2 (Hypertension)	160 or Higher	Or	100 or Higher
ypertensive Crisis Emergency care needed)	Higher than 180	or	Higher than 110

High Blood Pressure

Prehypertension Normal

120-139

80-89

Less than 120

Less than 80

Normal

Less than 120

Less than 80

Prehypertension

120-139

80-89 90-99

Stage 1 (Hypertension)

140-159

9 9 and

90-99

High Blood Pressure - Stage 1 (Hypertension)

140-159

9 or and

High Blood Pressure

160 or Higher

01

100 or Higher

High Blood Pressure -Stage 2 *(Hypertension)* 

160 or Higher

01

100 or Higher

BLOOD PRESSURE SCATEGORY (Defined by the American Heart Association)

SYSTOLIC mm Hg (Upper #)

DIASTOLIC mm Hg (Lower #)

BLOOD PRESSURE CATEGORY
(Defined by the American Heart Association)

SYSTOLIC mm Hg (Upper #)

**DIASTOLIC** mm Hg (Lower #)

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Share your results with your Primary Care Provider. Use this card to track your blood pressure

Use this card to track your blood pressure. Share your results with your Primary Care Provider.	Hypertensive Crisis (Emergency care needed) Higher than 180	
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Share your results with your Primary Care Provider.

Use this card to track your blood pressure

(Emergency care needed)

Higher than 180

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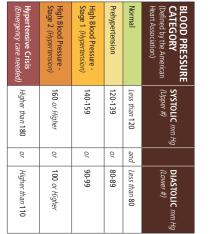
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BLOOD PRESSURE CATEGORY (Defined by the American Heart Association)	SYSTOLIC mm Hg (Upper #)		<b>DIASTOLIC</b> mm Hg (Lower #)
Normal	Less than 120	and	Less than 80
Prehypertension	120-139	or	80-89
High Blood Pressure - Stage 1 (Hypertension)	140-159	or	90-99
High Blood Pressure - Stage 2 (Hypertension)	160 or Higher	or	100 or Higher
Hypertensive Crisis (Emergency care needed)	Higher than 180	Or	Higher than 110

Share your results with your Primary Care Provider. Use this card to track your blood pressure



Share your results with your Primary Care Provider. Use this card to track your blood pressure



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BLOOD PRESSURE CATEGORY (Defined by the American Heart Association)	SYSTOLIC mm Hg (Upper #)		DIASTOLIC mn (Lower#)
Normal	Less than 120	and	Less than 80
Prehypertension	120-139	Or	80-89
High Blood Pressure - Stage 1 (Hypertension)	140-159	or	66-06
High Blood Pressure - Stage 2 (Hypertension)	160 or Higher	or	100 or Higher
Hypertensive Crisis (Emergency care needed)	Higher than 180	or	Higher than 110
Use this card to track your blood pressure. Share your results with your Primary Care Provider	ck your blood prima	oress ary C	sure. are Provider
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Share your results with your Primary Care Provider BLOOD PRESSURE CATEGORY
(Defined by the American Heart Association) BLOOD PRESSURE CATEGORY
(Defined by the American Heart Association) IHM-Blood Pressure Tracker 10 12 Use this card to track your blood pressure Normal Normal Stage 1 (Hypertension) High Blood Pressure Prehypertension Hypertensive Crisis (Emergency care needed) High Blood Pressure - Stage 1 (Hypertension) Prehypertension Stage 2 (Hypertension) High Blood Pressure Stage 2 (Hypertension) High Blood Pressure www.wellwithbluemt.com SYSTOLIC mm Hg (Upper #) SYSTOLIC mm Hg (Upper #) 140-159 Higher than 180 140-159 120-139 120-139 160 or Higher 160 or Higher Less than 120 Less than 120 \_ive Smart Live Healthy 01 01 01 9 9 and 9 9 and DIASTOLIC mm Hg (Lower #) DIASTOLIC mm Hg (Lower #) 80-89 80-89 90-99 Less than 80 BlueCross BlueShield of Montana 90-99 Higher than 110 Less than 80 100 or Higher 100 or Higher

Emergency care needed, pertensive Crisis Higher than 180 01 Higher than 110

Share your results with your Primary Care Provider. Use this card to track your blood pressure.





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