

Blood Pressure Range	Systolic mm HG (Upper #)		Dystolic mm HG (Lower #)
Normal	Less than 120	and	Less than 80
Elevated Blood Pressure	Less than 120	and	Less than 80
High Blood Pressure (Hypertenstion) Stage 1	130-139	or	80-89
High Blood Pressure (Hypertenstion) Stage 2	140 or higher	or	90 or higher
Hypertensive Crisis (Emergency care needed)	Higher than 180	or	Higher than 120

Blood Pressure Range	Systolic mm HG (Upper #)		Dystolic mm HG (Lower #)
Normal	Less than 120	and	Less than 80
Elevated Blood Pressure	Less than 120	and	Less than 80
High Blood Pressure (Hypertenstion) Stage 1	130-139	or	80-89
High Blood Pressure (Hypertenstion) Stage 2	140 or higher	or	90 or higher
Hypertensive Crisis (Emergency care needed)	Higher than 180	or	Higher than 120

Blood Pressure Range	Systolic mm HG (Upper #)		Dystolic mm HG (Lower #)
Normal	Less than 120	and	Less than 80
Elevated Blood Pressure	Less than 120	and	Less than 80
High Blood Pressure (Hypertenstion) Stage 1	130-139	or	80-89
High Blood Pressure (Hypertenstion) Stage 2	140 or higher	or	90 or higher
Hypertensive Crisis (Emergency care needed)	Higher than 180	or	Higher than 120

Blood Pressure Range	Systolic mm HG (Upper #)		Dystolic mm HG (Lower #)
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High Blood Pressure (Hypertenstion) Stage 1	130-139	or	80-89
High Blood Pressure (Hypertenstion) Stage 2	140 or higher	or	90 or higher
Hypertensive Crisis (Emergency care needed)	Higher than 180	or	Higher than 120