# My Blood Pressure Guide

<table>
<thead>
<tr>
<th>Zone</th>
<th>Blood Pressure Reading</th>
<th>Action Plan</th>
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</thead>
</table>
| **Normal**  
*Green Zone Means Good* | Systolic below 120  
Diastolic less than 80 |  
- Congratulations!  
Keep doing what you are doing to stay healthy  
- Have regular check-ups  
- Eat a balanced diet and get regular exercise |
| **Yellow Zone Means Caution**  
Pre hypertension  
This means your Blood Pressure is Elevated | Early Stage Hypertension  
Systolic Blood Pressure  
120-139  
Diastolic Blood Pressure  
80-89 |  
- If you are on medication, continue as ordered by your doctor  
- Follow your treatment plan  
- Recheck every 6 months |
| **Flashing Red Zone Means STOP**  
Hypertension  
This means your Blood Pressure is not well controlled | Stage 1  
Systolic Blood Pressure  
140-159  
Diastolic Blood Pressure  
90-99  
**Stage 2**  
Systolic Blood Pressure  
160-179  
Diastolic Blood Pressure  
100-109 |  
- Notify your Healthcare provider of these findings  
- Continue medication as ordered  
- Recheck within 1 month  
- Lifestyle changes may be required  
- Seek medical care within 1 week & follow above |
| **Red Zone Means DANGER**  
SEEK MEDICAL CARE IMMEDIATELY  
Telephone your Healthcare provider  
Get help immediately | Go to the nearest Emergency Room, or Call 911 if you experience the symptoms below:  
- Chest pain, shortness of breath or back pain  
- Numbness / weakness  
- Changes in vision  
- Difficulty speaking |