

Elevated Blood Pressure: *Follow Up to Confirm*

Your blood pressure today

Your blood pressure today was elevated. Many things may be causing this — stress, pain, exercise, or what you've had to eat or drink.

To know if you have an ongoing problem, your blood pressure needs to be checked a few more times.

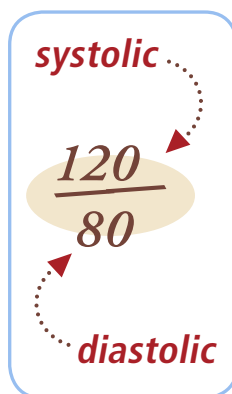
What do my numbers mean?

Blood pressure is written as 2 numbers.

The top number is the pressure when your heart beats. It's called **systolic** [si-STOL-ik] blood pressure.

The bottom number is the pressure when the heart rests between beats. It's called **diastolic** [dahy-uh-STOL-ik] blood pressure.

The table below shows the numbers for **normal**, **elevated**, and stage 1 and 2 for **high** blood pressure.



BP category	Systolic	/	Diastolic
Normal	less than 120	and	less than 80
Elevated	120 to 129	and	less than 80
Stage 1 High	130 to 139	or	80 to 89
Stage 2 High	140 or higher	or	90 or higher
EMERGENCY	If your BP is 180/110 or higher AND you have chest pain, shortness of breath, or a severe headache get medical help fast.		

What you need to do:

Step 1. Check your blood pressure on 3 different days

- You can have this done in a doctor's office, such as this one.
- Some pharmacies and grocery stores have blood pressure monitors that you can use.
- If you have a blood pressure monitor, you can do this at home.

Step 2. Write down the results

Day 1: _____ / _____

Day 2: _____ / _____

Day 3: _____ / _____

Step 3. Follow up with your primary care provider

- **Do not delay.** High blood pressure can be treated. If it is not treated, you have a higher risk of heart attack, stroke, and other serious health problems.
- Take this fact sheet with your results from step 2.
- If you need help finding a primary care provider, go to: [IntermountainHealthcare.org](https://www.intmountainhealthcare.org).

