



Office of Minority Health & Health Equity

Advancing Health Equity For All Virginians

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		Blood Pressure	
	Systolic	Diastolic	Pulse



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			Checkup Date
		Systolic	
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Fill in your results after each visit with your doctor



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IN A SECURE PLACE.

PLEASE KEEP IHIS WALLE I CAKD IN A SECUKE F	a		Name Password	You can get your blood pressure checked at:
PLEASE R	Name	Email	User Name	You can ge

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>.

visit the local website at <u>Heart360.org/Richmond</u>or call 8<u>66.263.1100</u>.

PLEASE KEEP THIS WALLET CARD IN A SECURE PLACE. Name

PLEASE KEEP THIS WALLET CARD IN A SECURE PLACE.

Email		Email
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You can get your b	You can get your blood pressure checked at:	You ca
You can log your b	You can log your blood pressure numbers 2 ways:	You ca

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You can log your blood pressure numbers 2 ways:

You can get your blood pressure checked at:

Password

User Name

Name

Understand What the Numbers Mean

Blood Pressure Category

Pre-hypertenstion

High Blood Pressure (Hypertension) Stage

What are the key terms I need to know?

Blood Pressure Ranges and Goals

Systolic mm Hg (upper #)

120 - 139

140 – 159

Log your blood pressure readings on: Heart360.org/Richmond

Action: Follow-up with your healthcare provider if your BP is over 140/90!

or

or

Diastolic mm Hg (lower #)

80 - 89

90 – 99 100 or higher

117 76 mm Hg **Understand What the Numbers Mean** What are the key terms I need to know? **Blood Pressure Ranges and Goals** Blood Pressure Category Systolic mm Hg (upper #) Diastolic mm Hg (lower #) Pre-hypertenstion 120 - 139 80 - 89 or or 90 – 99 or 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!

What are the key terms I nee			Read as "117 over 76 millimeters of mercury
Blood Pressure Category	Systolic mm Hg (upper #)	and G	Dais 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 Needed)	Higher than 180	or	Higher than 110

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