

Checkup Date	Blood Pressure		
	Systolic	Diastolic	Pulse

Fill in your results after each visit with your doctor



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
Cardiovascular Wellness Center



Heart360.org/Richmond

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PLEASE KEEP THIS WALLET CARD IN A SECURE PLACE.

Name _____

Email _____

User Name _____ Password _____

You can get your blood pressure checked at:

You can log your blood pressure numbers 2 ways:

visit the local website at Heart360.org/Richmond or call 866.263.1100.

Understand What the Numbers Mean

117
76 mm Hg
Read as "117 over 76 millimeters of mercury"

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 #)
Normal	Less than 120	and	Less than 80
Pre-hypertension	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

*Your doctor should evaluate unusually low blood pressure readings.



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

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

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