

Range Classifications	Systolic Blood Pressure	Diastolic Blood Pressure	Precaution Measures
Normal	<120	<80	Monitor regularly
Pre-hypertension	120-139	80-99	Contact your physician
	HYPERTENSION		
Stage 1 (Moderate)	140-159	90-99	Contact your physician immediately
Stage 2 (Severe)	160+	100+	Contact your physician URGENTLY!

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Health Management and Wellness Company

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