Blood Pressure

Tracking Card

St. Mary's Heart Center

StMaryskc.com

816-228-5900

American Heart Association Blood Pressure Guidelines

Blood Pressure Category:	Systolic (mmHg)	and/or	Diastolic (mmHg)
Normal	less than 120	and	less than 80
Prehypertension	120–139	or	80–89
Hypertension, Stage 1	140–159	or	90–99
Hypertension, Stage 2	160 or higher	or	100 or higher

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Phone Numbers

Pharmacy:

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Doctor:

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Other:

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