

Blood Pressure Range Chart

Blood Pressure Category	Systolic mm Hg (upper #)	and/or	Diastolic mm Hg (lower #)
Low	Less than 90	and	Less than 60
Normal	Less than 120	and	Less than 80
Elevated	120 - 129	and	Less than 80
High (Hypertension Stage 1)	130 - 139	or	80 - 89
High (Hypertension Stage 2)	140 or higher	or	90 or higher
Hypertensive crisis (Seek emergency care)	Higher than 180	and/or	Higher than 120