

# Blood Pressure Range Chart

<b>Blood Pressure Category</b>	<b>Systolic mm Hg (upper #)</b>	<b>and/or</b>	<b>Diastolic mm Hg (lower #)</b>
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