



**High blood pressure** is when the blood in your body is flowing really fast and hard. It can damage the pipes or vessels that stem from your heart, causing heart problems like a stroke.

## What Does My Blood Pressure Reading Mean?

**NORMAL**

**100-120**

---

**60-80**

mmHg

**PRE-HIGH BLOOD  
PRESSURE**

**121-139**

---

**81-89**

mmHg

**HIGH BLOOD  
PRESSURE**

**>140**

---

**>90**

mmHg

**HIGH BLOOD  
PRESSURE  
CRISIS**

**>180**

---

**>120**

mmHg