



# Mission Possible

## WHAT THE NUMBERS MEAN

### Categories for Blood Pressure Levels in Adults

Category	Systolic (Top Number)	Diastolic (Bottom Number)	Follow-up Recommendations
Normal	<120	<80	Recheck in 2 years
Prehypertension	120-133	80-84	Discuss with your physician at your next visit
Stage 1 hypertension	134-159	85-99	Please see your physician for follow up
Stage 2 hypertension	>160	>100	Please see your physician for follow up

Source: ICSI Health Care guideline: Hypertension