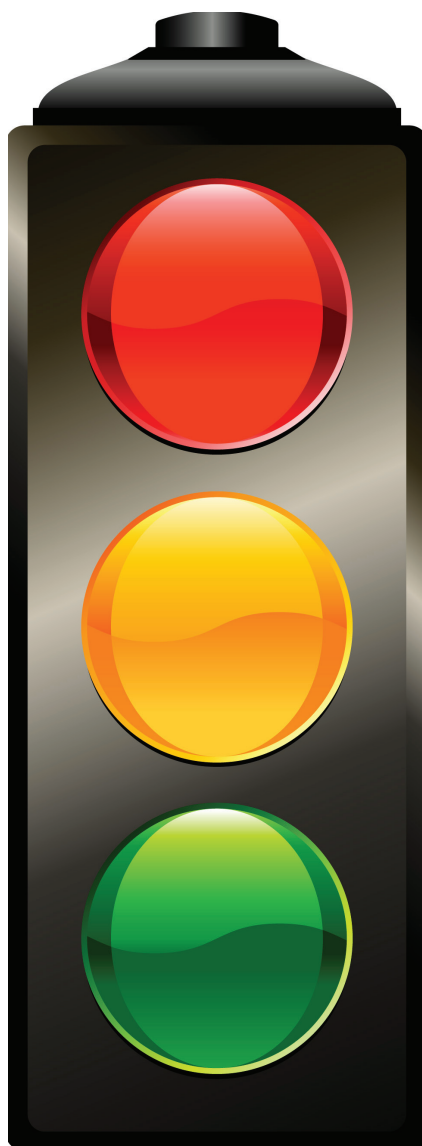


KNOW YOUR BLOOD PRESSURE NUMBERS



**MORE THAN 140 SYSTOLIC
MORE THAN 90 DIASTOLIC**

**130 - 139 SYSTOLIC
85 - 89 DIASTOLIC**

**LESS THAN 120 SYSTOLIC
LESS THAN 80 DIASTOLIC**

YOUR BLOOD PRESSURE IS HIGH

(follow-up with Doctor as required)

Work with your Doctor
to control you BP

APPROACHING HIGH RISK

(recheck in 1 years)

Begin Lifestyle Changes
to prevent full blown
hypertension

HEALTHY RANGE

(recheck in 2 years)

Maintain a
Healthy Lifestyle

* Systolic is the top number of your blood pressure reading

** Diastolic is the bottom number of your blood pressure reading



GOVERNMENT OF BERMUDA
Ministry of Health

Department of Health

HYPERTENSION TASK GROUP