

High Blood Pressure Awareness

National Health Observance

High Blood Pressure Awareness

May's Health Observance is High Blood Pressure Awareness. Looking for educational information related to this topic? If so, check out the following UnitedHealthcare resources:

- [High Blood Pressure Overview](#)
- [Slideshow: 7 Tips for Better Blood Pressure](#)
- [Slideshow: 9 Snacks for Healthier Blood Pressure](#)
- [10 Ways to Keep Your Heart Healthy](#)
- [Quiz: Are Your Habits Heart-Healthy?](#)

UnitedHealthcare Infographic

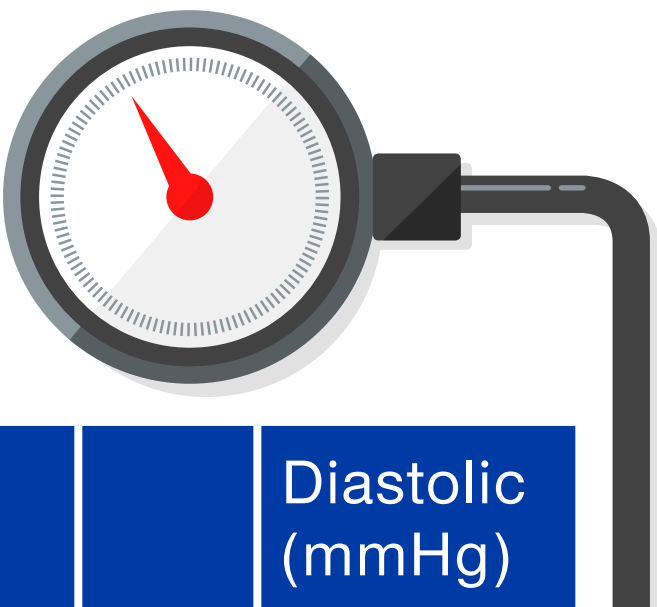
Blood Pressure: Are You In The Healthy Range?

Infographics can be a fun and effective way of supporting education campaigns. Check out this infographic on [Blood Pressure: Are You In the Healthy Range?](#)

To view the full library of UnitedHealthcare infographics, go to www.uhc.com/health-and-wellness/info-at-a-glance.

Blood pressure

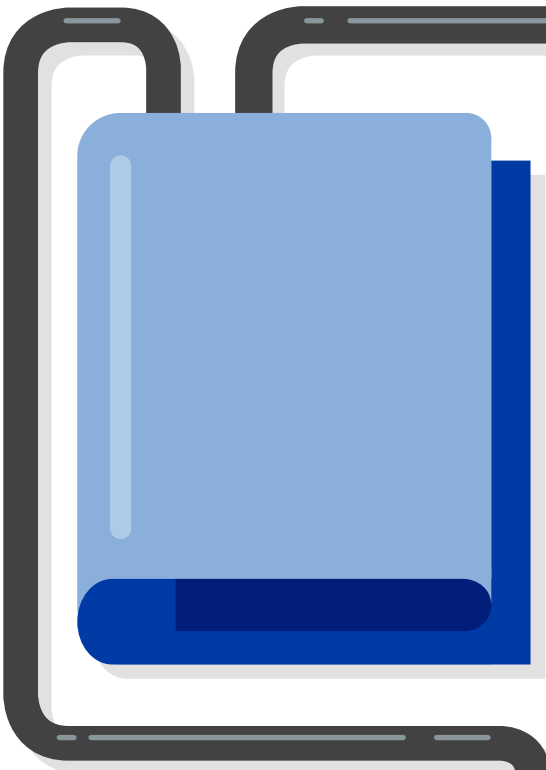
Are you in the healthy zone?



	Systolic (mmHg)		Diastolic (mmHg)
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Goal (Normal) ➔ **Less than 120** **and** **Less than 80**

Elevated	120 to 129	and	Less than 80
Hypertension stage 1	130 to 139	or	80 to 89
Hypertension stage 2	140 or higher	or	90 or higher



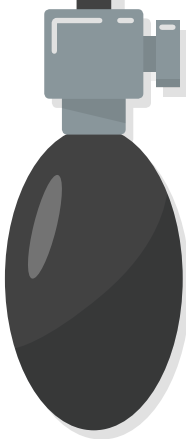
Keep in mind: These are general categories used for diagnosing hypertension, or high blood pressure.

Your doctor may suggest specific goals — and frequent monitoring — based on your health history.

Did you know?

Your blood pressure is a measure of the force of your blood against your artery walls.

Systolic pressure is when your heart is beating. **Diastolic pressure** is between beats, when your heart is at rest.



Sources: American Heart Association; National Heart, Lung, and Blood Institute

The information provided here is for general informational purposes only and not intended to be nor should be construed as medical or other advice. You should consult your own doctor and/or an appropriate professional to determine what may be right for you.

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