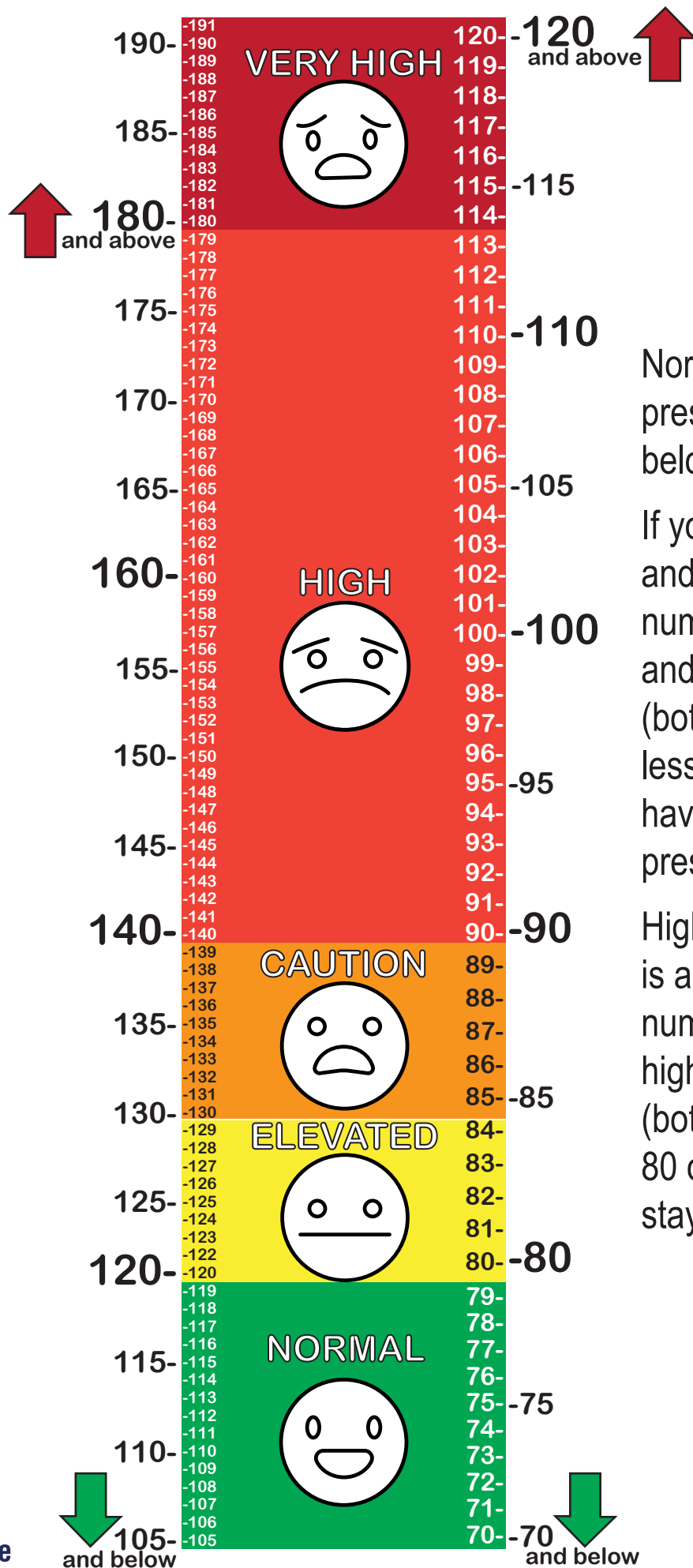


Optimal Blood Pressure Locator Tool



Normal blood pressure is a reading below 120/80.

If you are an adult and your systolic (top) number is 120 to 129, and your diastolic (bottom) number is less than 80, you have elevated blood pressure.

High blood pressure is a systolic (top) number of 130 or higher or a diastolic (bottom) number of 80 or greater, that stays high over time.

