CONTROL
YOUR
BLOOD
PRESSURE

Helpful resources for you

American **Heart** Association | American **Stroke** Association®

life is why®

Check.
Change.
Control.®

Coricidin®
HBP DECONGESTANT-FREE
COLD SYMPTOM RELIEF
for people with
HIGH BLOOD PRESSURE
Use as directed

High blood pressure can damage your health, causing heart disease, stroke and more. Fortunately, high blood pressure can be monitored, treated and managed.

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HELPFUL RESOURCE

CCC Tracker is an online tool that helps you track and manage your blood pressure. A campaign code is needed to create a Tracker account. Find the code on the map for your state.

ccctracker.com/aha

Learn more about high blood pressure at heart.org/hbp

TRACK YOUR BLOOD PRESSURE

Date/Time (1/1/15 8:00pm)	Blood Pressure (132/85 mm Hg)
	/
	/
	/
	/
	/

BLOOD PRESSURE CATEGORY	SYSTOLIC mm Hg (upper number)		DIASTOLIC mm Hg (lower number)
NORMAL	LESS THAN 120	and	LESS THAN 80
ELEVATED	120-129	and	LESS THAN 80
HIGH BLOOD PRESSURE (HYPERTENSION) STAGE 1	130-139	or	80-89
HIGH BLOOD PRESSURE (HYPERTENSION) STAGE 2	140 OR HIGHER	or	90 OR HIGHER
HYPERTENSIVE CRISIS (consult your doctor immediately)	HIGHER THAN 180	and/or	HIGHER THAN 120