

Classification of Blood Pressure [†]	Systolic Blood Pressure (mmHg)		Diastolic Blood Pressure (mmHg)	Symptoms of Organ Damage	Follow-Up Recommendation
Normal	<120	AND	<80		Re-check yearly or as recommended by doctor; <i>Reinforce lifestyle adherence.*</i>
Elevated	120-129	AND	<80		Recommend follow up with doctor within 3 months <i>Reinforce lifestyle adherence.*</i>
Hypertension, Stage 1	130-139	OR	80-89		For stage 1 and stage 2: Recommend follow up with doctor within 1 month; Refer to 2-1-1 for provider/insurance info; <i>Reinforce lifestyle adherence in addition to medication adherence.**</i>
Hypertension, Stage 2	≥140	OR	≥90		
Hypertensive Urgency	≥180	OR	≥120	No	<i>Re-check after a few minutes, re-apply correct cuff and do second reading to confirm.</i> Recommend follow up with doctor immediately; Refer to 2-1-1 for provider / insurance.
Hypertensive Emergency	≥180	OR	≥120	Yes	<i>Re-check after a few minutes, re-apply correct cuff and do second reading to confirm.</i> Discuss calling 9-1-1 with client, or going to the Emergency Department or seeing their doctor immediately – If client declines COMPLETE Section on Client Consent Form.

[†]Individuals who meet criteria for multiple categories (i.e., BP 125/91) should be designated to the higher BP category

*Lifestyle adherence includes active living, healthy eating, and smoke-free lifestyle. Use Heart Health Tips handout as an educational tool.

**If appropriate, reinforce importance of medication adherence as part of recommendations, if the individual is on medication.

Please note that these are only guidelines; always assess on an individual basis and use your best clinical judgment when making recommendations.

Sources:

American Heart Association, [Understanding Blood Pressure Readings webpage](#). Last updated December 2017.

US Preventive Services Task Force, [Final Recommendation Statement: Hypertension in Adults](#). October 2015.

2017 High Blood Pressure Clinical Practice Guidelines [2017 ACC/AHA Guideline for the Prevention, Detection, Evaluation, and Management of High Blood Pressure in Adults](#)

American Heart Association [“Top Ten Things to Know – 2017 Hypertension Clinical Guidelines.”](#) Last updated November 2017.