

Date	BP Reading 1	BP Reading 2
	/	/
	/	/
	/	/
	/	/

Blood Pressure & Weight					
	Normal	Elevated	High BP Stage 1	High BP Stage 2	Hyper-tensive Crisis
Systolic mm HG (upper)	<120	120-129	130-139	140 or higher	>180
	and	and	or	or	and/or
Diastolic mm HG (lower)	<80	<80	80-89	90 or higher	>120



(1.844.522.4323)  
1.844.LA.AHEAD

WELL-AHEAD.LA.COM

Don't let it put you on mute.



# HIGH BLOOD PRESSURE IS KNOWN AS THE SILENT KILLER

If your blood pressure reading  
is over 120/80, call or visit:

A large, empty rounded rectangular box with a thin gray border, intended for a user to enter contact information or a call to action.