

KNOW YOUR NUMBERS



High blood pressure (hypertension) can lead to:



STROKE



HEART ATTACK



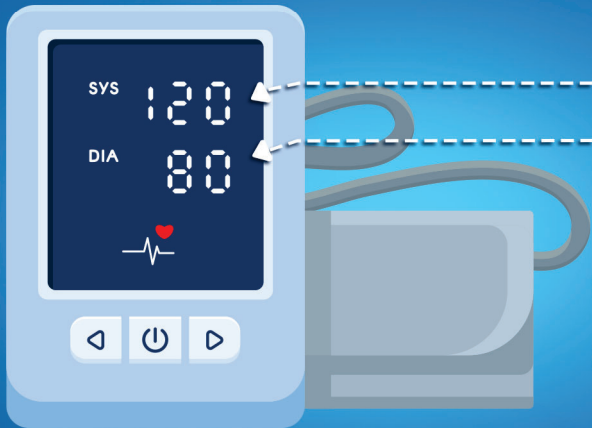
BLINDNESS



KIDNEY DAMAGE

▶▶ and other **serious** problems. ◀◀

Check your blood pressure **regularly**.
Know what your readings mean.



Systolic mmHg (upper number)

Diastolic mmHg (lower number)

SYS	180 ⬆	140 ⬆	130-139	120-129	120 ⬇
	and/or	or	or	and	and
DIA	120 ⬆	90 ⬆	80-89	80 ⬇	80 ⬇

* Call 911 right away if your blood pressure is **HIGHER** ⬆ **THAN** **180/120**



AND

YOU HAVE ⬇ shortness of breath, back or chest pain, weakness, vision changes, or trouble speaking.

*URGENT! CALL YOUR DOCTOR NOW	STAGE 2 HIGH BLOOD PRESSURE	STAGE 1 HIGH BLOOD PRESSURE	ELEVATED BLOOD PRESSURE	NORMAL BLOOD PRESSURE
---	---------------------------------------	---------------------------------------	-----------------------------------	---------------------------------



Register today for more health resources.

Already registered?
 Log in now: myedlogics.com/acshic

Still need to sign up?
 Go to myedlogics.com/acshic/account/register and follow the instructions.



February Monthly Challenge:
 HIGH BLOOD PRESSURE

Get 10 bonus HealthScratch™ entries if you finish the High Blood Pressure Final Knowledge Assessment this month!