

|  |  |  |
| --- | --- | --- |
| LEVEL | BLOOD PRESSURE NUMBERS | RESULTS |
| **NORMAL** | **BELOW 120/80** | **\*Good for you****\*Check blood pressure yearly** |
| PREHYPERTENSION | 120/80 TO 139/89 | \*You are more likely to end up with high blood pressure.\*Take action to prevent it. |
| HIGH  | 140/90 AND ABOVE | \*Ask your Doctor how to lower it\*Check your BP often  |

**FREE BLOOD PRESSURE CHECK AT:**

**CVS, GIANT, TARGET, WAL-MART PHARMACY**

**MOST GENERICS BP MEDICATIONS AVAILABLE AT :**

 **4 DOLLARS FOR 30 DAYS COUNTS**

**10 DOLLARS FOR 90 DAYS COUNTS**

**Available at Target, Wal-Mart for anyone with no health insurance**

**COSTCO also discount medications and no need to be a member to buy medications at Costco.**