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| 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.**