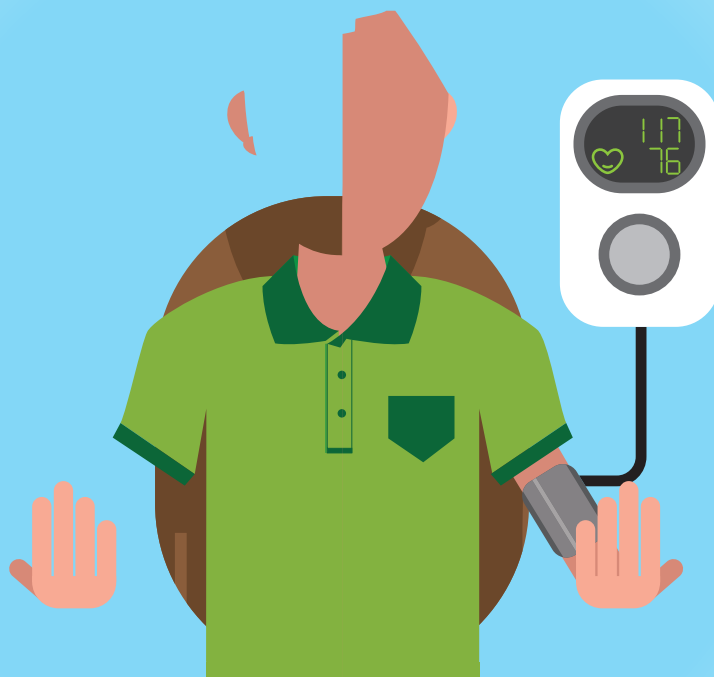




INSTRUCTIONS



American Heart Association Blood Pressure Categories

Systolic Reading
(upper number)

Diastolic Reading
(lower number)

NORMAL

and

ELEVATED

and

HIGH BLOOD PRESSURE STAGE 1

or

HIGH BLOOD PRESSURE STAGE 2

or

HYPERTENSIVE CRISIS
Consult your doctor immediately

and/
or

