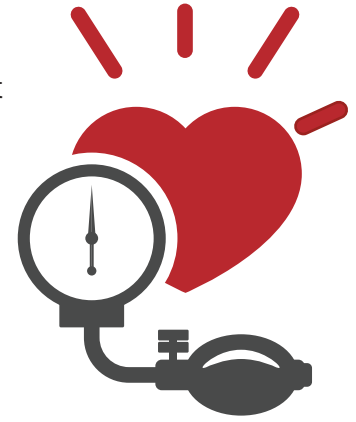


Know Your Numbers

High blood pressure can go unnoticed for years. That is because it may not have any symptoms. High blood pressure can lead to other problems like heart disease. The only way to identify high blood pressure is to monitor it routinely by having regular visits with your Primary Care Provider (PCP) and monitoring it at home.



Daily monitoring at home can help ensure your blood pressure is under control. So where should your numbers be? The chart below can help you identify healthy blood pressure. Be sure to sit still for 5 minutes before taking a reading; moving a lot during this time can cause your blood pressure to go up.

Blood Pressure Category	Systolic mm Hg (upper #)		Diastolic mm Hg (lower #)
Normal	less than 120	and	less than 80
Prehypertension	120-139	or	80-89
High Blood Pressure (Hypertension) Stage 1	140 – 159	or	90-99
High Blood Pressure (Hypertension) Stage 2	160 or higher	or	100 or higher
Hypertensive Crisis (Emergency care needed)	Higher than 180	or	Higher than 110

If your blood pressure is running high at your next PCP visit, try taking a few deep breaths and ask to have your blood pressure taken again.

MeridianComplete is a health plan that contracts with both Medicare and Michigan Medicaid to provide benefits of both programs to enrollees.