



Know your numbers

How's your blood pressure?

As blood circulates throughout your body, it pushes against the veins and arteries that transport it where it's needed. This is what is meant by "blood pressure."

When your blood pressure is elevated, it means your heart is having to work harder. High blood pressure (also called hypertension) stresses internal organs, and can cause damage if not addressed—typically through diet, exercise, or medication.

The two parts of a blood pressure reading

Systolic: This top number represents the pressure against artery walls as the heart contracts (or beats), pushing blood into the arteries.

Diastolic: The bottom number represents pressure against artery walls between heart contractions.

What if my blood pressure is high?

If you have high blood pressure, you'll want to schedule an annual wellness visit with your doctor—it's a benefit included in your plan—and talk about possible treatment plans. Remember, blood pressure is just one number to watch, along with your body mass index (BMI) and cholesterol levels.

Get expert guidance for managing your blood pressure at CaféWell

Whether you're dealing with a serious health condition or looking for ways to improve your overall health, PacificSource can help. You'll find many resources at CaféWell, our online wellness portal. To get started, visit PacificSource.com, log in to InTouch, and under Benefits choose CaféWell. There you'll find personal health recommendations from dietitians, registered nurses, and fitness experts.

For more information
Visit the American Heart Association's Blood Pressure page: heart.org/en/health-topics/high-blood-pressure

Adult Blood Pressure (in mmHg)

Category	Systolic	Diastolic
Normal	< 120	< 80
Pre-hypertension	120 – 139	80 – 89
Stage 1 Hypertension	140 – 159	90 – 99
Stage 2 Hypertension	≥ or = 160	> or = 100

Diabetes or kidney disease

Because of the higher risk for consequences of hypertension, people with diabetes or kidney disease should aim for blood pressure readings of 140/90 or lower. Work with your doctor on treatment options and lifestyle changes to help keep your blood pressure, as well as glucose and hemoglobin A1C, at healthy levels.