

Understanding Your Blood Pressure Readings

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The blood pressure list screen shows where your reading lies on a colored scale. The color corresponds to the categories in the table as defined by the National Heart, Lung, and Blood Institute (NHLBI), National Institutes of Health (NIH), as described in the referenced report.

Blood pressure classification	Systolic BP (mmHg)	Diastolic BP (mmHg)	Color
Normal	<120	and <80	Green
Prehypertension	120 – 139	or 80 – 89	Light green
Stage 1 Hypertension	140 – 159	or 90 – 99	Yellow
Stage 2 Hypertension	≥160	or ≥100	Orange

Source: National Heart, Lung, and Blood Institute, National Institutes of Health. August 2004. "The Seventh Report of the Joint National Committee on Prevention, Detection, Evaluation, and Treatment of High Blood Pressure." NIH Publication No. 04-5230.

Take note that this table is not intended to provide any type of diagnosis or emergency assessment; this table only depicts different NIH classifications of blood pressure. Various factors (e.g., diabetes, obesity, smoking, age, gender, etc.) can affect blood pressure. In addition, blood pressure often fluctuates throughout the day. Consult with your physician for an accurate assessment and diagnosis based on your personal blood pressure results.

[Go back to the Patient Help Directory](#)

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