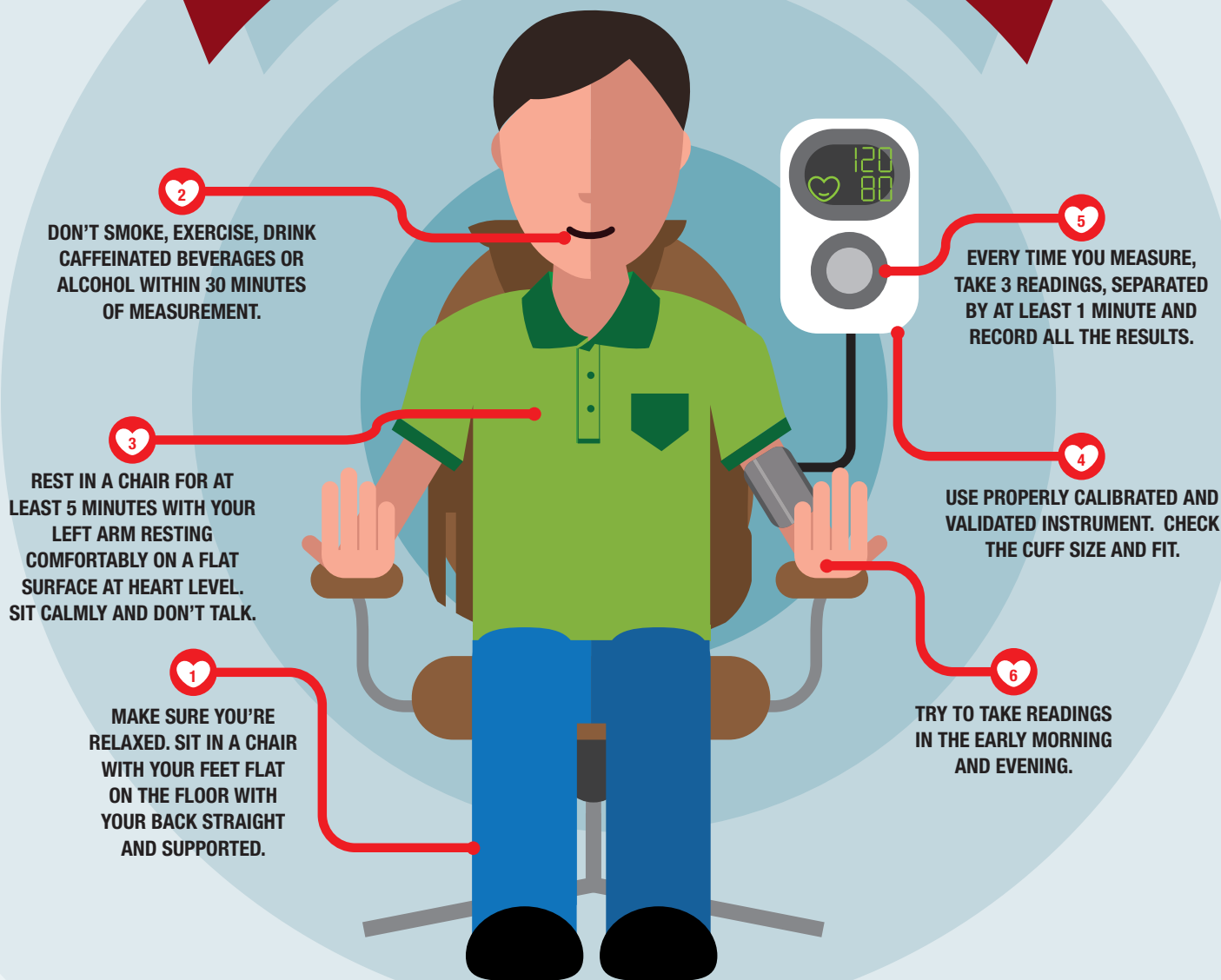
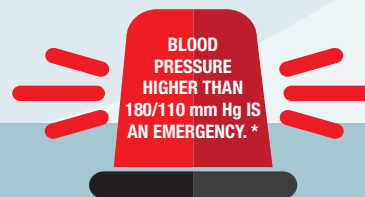


BLOOD PRESSURE MEASUREMENT INSTRUCTIONS



American Heart Association recommended blood pressure levels

BLOOD PRESSURE CATEGORY	SYSTOLIC (mm Hg)		DIASTOLIC (mm Hg)
Normal	less than 120	and	less than 80
Prehypertension	120-139	or	80-89
High			
Stage 1	140-159	or	90-99
Stage 2	160 or higher	or	100 or higher



* Wait a few minutes and take blood pressure again. If it's still that high, seek emergency medical care.