ALL CLEAR ZONE: YOUR BP IS UNDER 140/90
• Average blood pressure is under 140/90
• No symptoms
• Know that hypertension (high blood pressure) is a "silent" disease; symptoms may develop late
• High blood pressure increases risk for heart attacks, strokes and kidney damage

THIS MEANS:
• Blood pressure is under control
• Take medications as ordered
• Check blood pressure daily if recommended by PACT team
• Eat a low-salt diet
• Maintain good physical activity/exercise habits and weight control
• Limit tobacco and alcohol

WARNING ZONE: CALL YOUR NURSE OR PROVIDER
• If you have any of the following signs or symptoms:
  • Blood pressure over 150/100; you may or may not have other symptoms
  • mild headaches
  • dizziness

THIS MEANS:
• You may need an adjustment of your blood pressure medications
• Improve healthy eating habits; reduce salt intake; increase physical activity; and lose weight if not at goal

Questions: Local VA Connect: 877-741-3400

MEDICAL ALERT ZONE:
• Blood pressure is higher than 180/120 or you have any severe symptoms:
  • Warning signs include blurry vision, severe headache, anxiety, increased dizziness, ringing in the ears, nausea, vomiting, confusion, back pain, chest pain, or dark brown urine

THIS MEANS:
• You need to be evaluated by a medical provider NOW

If symptoms are severe, call 911 or have someone take you to the Emergency Department