



NALC Health Benefit Plan

Not every risk is easy to spot.

#CheckIt



Make Changes That Matter

Do you know the signs of high blood pressure? It’s a trick question — because HBP, also known as the “silent killer,” typically has no symptoms. That’s why it’s so important to check your blood pressure and take steps to control your numbers.

May is National High Blood Pressure Education Month. Check your blood pressure and find out where your numbers fall on the new American Heart Association blood pressure chart — and make changes that matter.

Adjusting your habits now — like moving more and reducing sodium — can help you avoid a high blood pressure diagnosis and stay strong for the future. And by tracking your BP at home, you’ll be the first to see how your healthy new habits are affecting your numbers.

BLOOD PRESSURE CATEGORY	SYSTOLIC mm Hg (upper number)		DIASTOLIC mm Hg (lower number)
NORMAL	LESS THAN 120	and	LESS THAN 80
ELEVATED	120 – 129	and	LESS THAN 80
HIGH BLOOD PRESSURE (HYPERTENSION) STAGE 1	130 – 139	or	80 – 89
HIGH BLOOD PRESSURE (HYPERTENSION) STAGE 2	140 OR HIGHER	or	90 OR HIGHER
HYPERTENSIVE CRISIS (consult your doctor immediately)	HIGHER THAN 180	and/or	HIGHER THAN 120