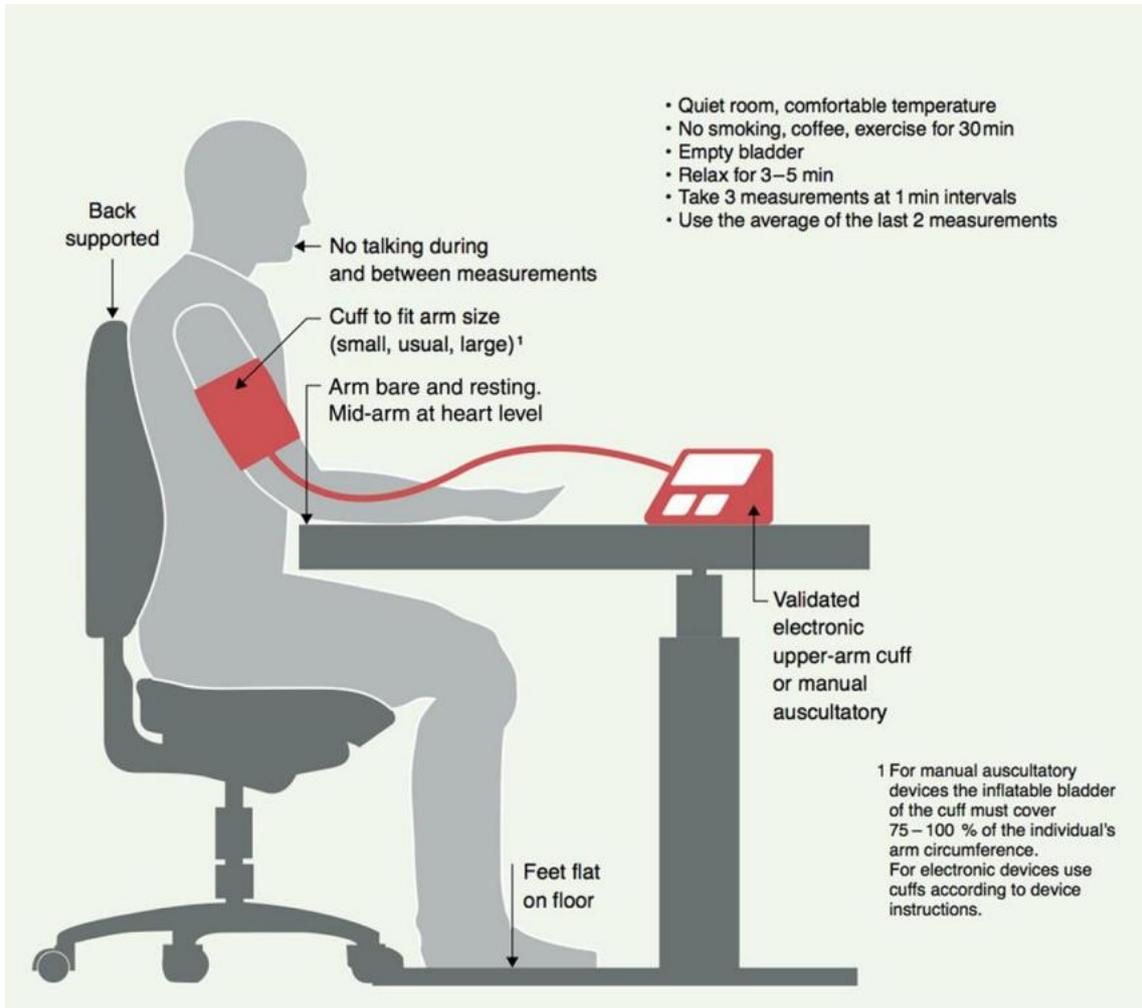


## BLOOD PRESSURE MEASUREMENT TECHNIQUES



<u>Category</u>	<u>Systolic (mmHg)</u>		<u>Diastolic(mmHg)</u>
Normal BP	>130	And	<85
High-normal BP	130-139	And/or	85-89
Grade 1 Hypertension	140-159	And/or	90-99
Grade 2 Hypertension	≥160	And/or	≥100