

<b>Blood Pressure</b>	<b>(Systolic/Diastolic)</b>
Normal	120-129 / 80-84
High-normal	130-139 / 85-89
High blood pressure (as measured at the doctor's office)*	140 / 90
High blood pressure (as measured at home with a home monitoring device)*	135 / 85
High blood pressure for individuals with diabetes*	140 / 90

(Heart and Stroke Foundation, 2013)

\*Please refer to the Heart and Stroke Foundation for detailed information.