Control your blood pressure
Helpful resources for you
High blood pressure can damage your health, causing heart disease, stroke and more. Fortunately, high blood pressure can be monitored, treated and managed.

HELPFUL RESOURCE

**CCC Tracker** is an online tool that helps you track and manage your blood pressure. A campaign code is needed to create a Tracker account. Find the code on the map for your state.

ccctracker.com/aha

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**Track Your Blood Pressure**

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<thead>
<tr>
<th>Date/Time</th>
<th>Blood Pressure (132/85 mm Hg)</th>
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<td>(1/1/15 8:00pm)</td>
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**Blood Pressure Category**

- **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

Learn more about high blood pressure at heart.org/hbp

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