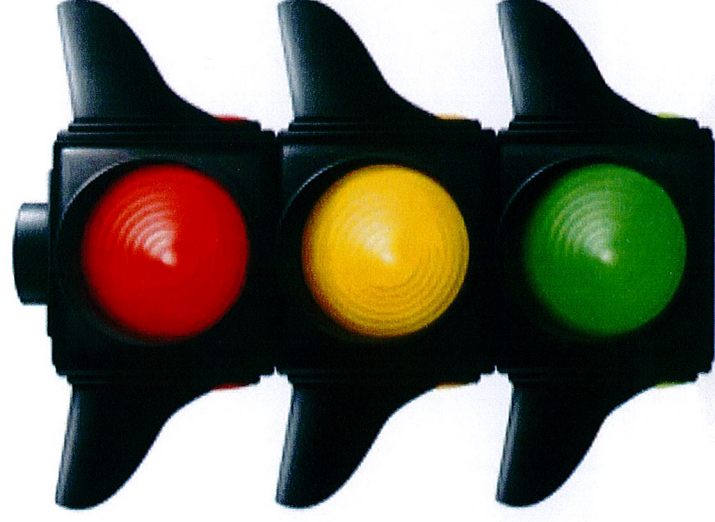


UNDERSTANDING YOUR BLOOD PRESSURE



MORE THAN 139 SYSTOLIC
MORE THAN 89 DIASTOLIC

YOUR BLOOD PRESSURE
IS HIGH

130 - 139 SYSTOLIC
85 - 89 DIASTOLIC

APPROACHING HIGH RISK;
LIFESTYLE MODIFICATION
I.E.: DIET & EXERCISE

LESS THAN 120 SYSTOLIC
LESS THAN 80 DIASTOLIC

HEALTHY RANGE
MAINTAIN A HEALTHY
LIFESTYLE