



# MONITOR YOUR BLOOD PRESSURE

LiveWell Johnson County partnered with Humana to provide **FREE** blood pressure self-monitoring stations in three locations!

Knowing your numbers is important. Uncontrolled high blood pressure can lead to heart attacks, strokes and other health conditions. People rarely have symptoms when their blood pressure gets too high, which makes regular monitoring important.

## What do those numbers mean?

### FREE Blood Pressure Monitoring Machines Available At:

Olathe Public Library  
Downtown Branch  
201 E. Park St.  
Olathe, KS 66061

Johnson County  
Central Resource Library  
9875 W. 87th St.  
Overland Park, KS 66212

Johnson County  
Northeast Office  
6000 Lamar  
Mission, KS 66202

Systolic (mmHG)		Diastolic (mmHG)	Category
Less than 120	and	Less than 80	Normal
120-139	or	80-89	Prehypertension
140-159	or	90-99	High (Stage 1)
160 or higher	or	100 or higher	High (Stage 2)

Blood pressure higher than **180/110 mmHg** is an **EMERGENCY**. Seek medical attention immediately.

If your blood pressure is not in the NORMAL category, talk to a healthcare provider or call (913) 826-1232 for a free blood pressure consultation with an outreach nurse.



[livewell.jocogov.org](http://livewell.jocogov.org)



an initiative of  
JOHNSON COUNTY  
Health & Environment