


$$\begin{array}{r} < & 130 \\ & \hline & 85 \end{array}$$

top number: **less than 130**

bottom number: **less than 85**

what do these numbers mean?

This is your target range for blood pressure. This biometric is a major reflection of your heart health. If you are out of this range, talk to your doctor and start making changes now to prevent heart attack and stroke.

