



# BP interpretation tables

## JNC-7 definitions

Use this chart to reconcile in-office blood pressure (BP) and self-measured blood pressure (SMBP) measurements to classify and manage patients. All numbers are in mm Hg.

In-office BP average	SMBP average	Classification	Management
Less than 120/80	Less than 120/80	Normal blood pressure	Recheck BP in office in one year
120–139/80–89	120–134/80–84	Elevated BP/ Prehypertension	Healthy lifestyle changes and recheck SMBP every 3–6 months
Less than 140/90	Greater than or equal to 135/85	Masked hypertension	Manage as sustained hypertension due to increased cardiovascular risk or consider 24-hour ambulatory BP monitoring (ABPM)
Greater than or equal to 140/90	Less than 135/85	White coat hypertension	Recheck SMBP every six months
Greater than or equal to 140/90	120–134/80–84	White coat hypertension and Elevated BP/ prehypertension	Healthy lifestyle changes and recheck SMBP every 3–6 months
Greater than or equal to 140/90	Greater than or equal to 140/90	Sustained hypertension	Manage per hypertension guideline recommendations or treatment protocol used at your organization



# BP interpretation tables

## ACC/AHA 2017 Hypertension Guideline

Use this chart to reconcile in-office blood pressure (BP) and self-measured blood pressure (SMBP) measurements to classify and manage patients. All numbers are in mm Hg.

In-office BP average	SMBP average	Classification	Management
Less than 120/80	Less than 120/80	Normal blood pressure	Recheck BP in office in one year
120–129/less than 80	120–129/less than 80	Elevated BP	Healthy lifestyle changes and recheck SMBP every 3–6 months
Less than 130/80	Greater than or equal to 130/80	Masked hypertension	Manage as sustained hypertension due to increased cardiovascular risk or consider 24-hour ambulatory BP monitoring (ABPM)
Greater than or equal to 130/80	Less than 130/80	White coat hypertension	Recheck SMBP every six months
Greater than or equal to 130/80	120–129/less than 80	White coat hypertension and elevated BP	Healthy lifestyle changes and recheck SMBP every 3–6 months
Greater than or equal to 130/80	Greater than or equal to 130/80	Sustained hypertension	Manage per current hypertension guideline recommendations