




# Blood Pressure Tracker Monitoring System

Nebraska Health and Human Services System  
Women's and Men's Health Program

## A SECURE ONLINE TOOL THAT WILL:

-  Track and monitor blood pressure
-  Connect and communicate with a Health Coach
-  Provide educational information

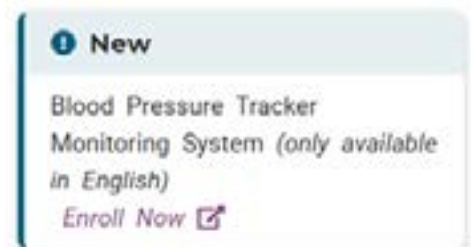


## STEPS TO USE THE ONLINE TOOL:

- 1 Log into system and enter demographic information.
- 2 Once information submitted, Women's and Men's Health staff will assign a Health Coach based on location.
- 3 Once Health Coach is assigned, an email with links sent to participant so blood pressures can be entered.
- 4 Blood pressures sent to Health Coach for review.
- 5 The system sends reminders every 3 days to enter blood pressure readings.

**WHERE TO  
FIND THE  
TRACKER?**

<http://dhhs.ne.gov/Pages/EWM-Health-Hub.aspx>



## Blood Pressure Categories



BLOOD PRESSURE CATEGORY	SYSTOLIC mm Hg (upper number)		DIASTOLIC mm Hg (lower number)
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



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