

“10 Keys”™ to Healthy Aging

Summary of Updates to the Lower Blood Pressure Key and the Prevention in Practice Report (PIP)

November 11, 2017

Please note that the following updates have been made in the Participant Workbook and the Instructor Manual as a result of new blood pressure recommendations made by the American College of Cardiology and American Heart Association. Replace these sections with the new documents included with this addendum and apply the new guidelines effective immediately.

Participant Workbook

Introduction

- **Page i.9:** The PIP has been updated to reflect that systolic blood pressure should be under 130 mmHg.

Key #4 – Lower Blood Pressure

- **Page 1.3, Systolic Blood Pressure Levels:** The figure has been revised to include the 4 categories of blood pressure levels: 1) normal (<120 mmHg), 2) elevated (120-129 mmHg), 3) hypertension stage 1 (130-139 mmHg) and 4) hypertension stage 2 (≥140 mmHg).

Instructor Manual

“10 Keys”™ Program

- **Page 4.4, Prevention in Practice Report (PIP):** The PIP has been updated to reflect that systolic blood pressure should be under 130 mmHg.