

BLOOD PRESSURE · LAST 90 DAYS

117/75 mmHg · median of mornings

35 readings from 23 Jun 2026. Reference category of the median: **Optimal** (ESH).

Not a medical document. This is a personal wellness summary, not a medical record. It is not a diagnosis and not a clinical document, and it must not be used to diagnose, treat or monitor any condition. The numbers come from consumer devices and your own logs, and they can be wrong. Reference ranges are general population references, not a judgement about you. If a number worries you, talk to a health professional.

MediansmmHg

Mornings

117/75

median of 19

Evenings

123/78

median of 7

All readings

118/76

median of 35

Pulse pressure

43

systolic – diastolic

Morning trend

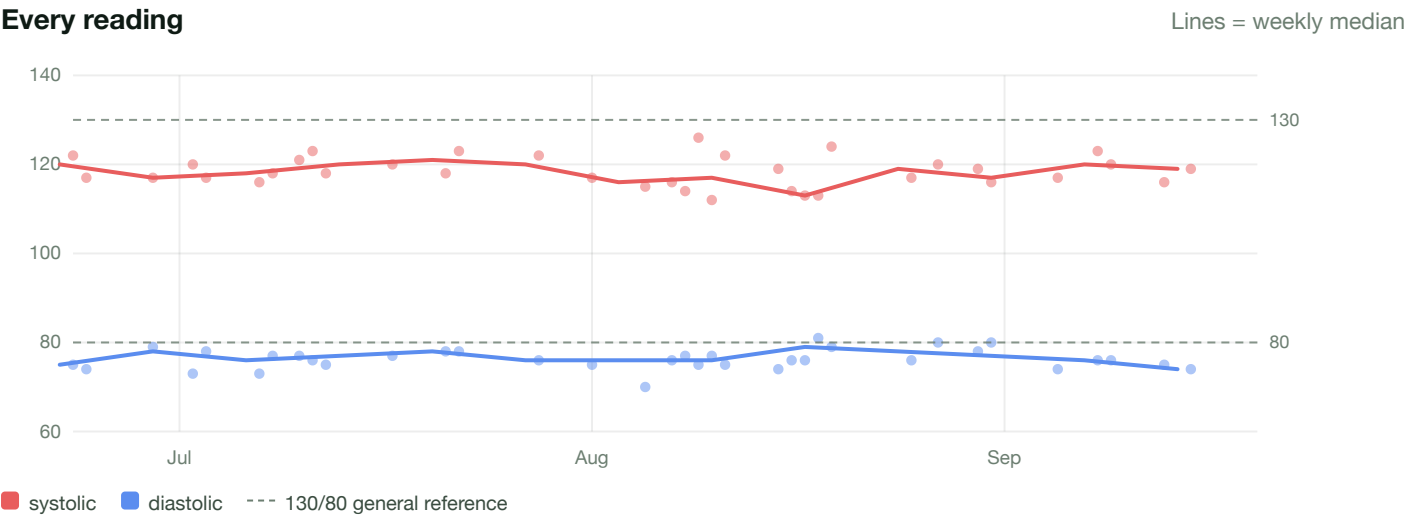
–1 mmHg

second half vs first half

Morning spread

±2.2 mmHg

standard deviation



Reference categoriesESH / WHO office ranges

CATEGORY	SYSTOLIC	DIASTOLIC	YOUR READINGS
Low	< 90	< 60	0
Optimal	90–119	60–79	20
Normal	120–129	80–84	15
High normal	130–139	85–89	0
Grade 1	140–159	90–99	0
Grade 2	160–179	100–109	0
Grade 3	≥ 180	≥ 110	0

Reference categories (ESH/WHO office ranges), graded on the higher of the two numbers and the same for every adult age. One home reading classifies nothing — only a run of them, taken the same way, says anything.

BLOOD PRESSURE (CONTINUED)

Latest readings

14 newest

DATE	TIME	READING	PULSE	TIME OF DAY	SOURCE
15 Sep	07:58	119/74	54	morning	Withings Health Mate
13 Sep	06:13	116/75	53	morning	Withings Health Mate
9 Sep	12:06	120/76	68	midday	Withings Health Mate
8 Sep	13:39	123/76	64	midday	Entered by hand
5 Sep	06:22	117/74	62	morning	Withings Health Mate
31 Aug	11:35	116/80	63	midday	Withings Health Mate
30 Aug	21:31	119/78	61	evening	Withings Health Mate
27 Aug	12:34	120/80	63	midday	Withings Health Mate
25 Aug	08:32	117/76	58	morning	Withings Health Mate
19 Aug	19:57	124/79	61	evening	Withings Health Mate
18 Aug	21:49	113/81	61	evening	Withings Health Mate
17 Aug	07:29	113/76	54	morning	Withings Health Mate
16 Aug	08:10	114/76	57	morning	Withings Health Mate
15 Aug	07:10	119/74	60	morning	Withings Health Mate

How to read this

- Home readings vary a lot from one to the next. Medians over many readings, taken the same way at the same time of day, say more than any single number.
- Mornings are the default series because they are the most comparable: before coffee, exercise and the day's stress.
- Categories are general office reference ranges, graded on the higher of the two numbers. One reading, or one report, classifies nothing.