

How the VA Rates Hypertension

Regulatory Source: 38 CFR § 4.104 – Diagnostic Code 7101

VA Source: <https://ecfr.gov>

Summary:

Hypertension is rated based on diastolic and systolic readings taken over time. The use of medication also qualifies for a compensable rating. Ratings increase with higher readings and additional symptoms or cardiac involvement.

VA Rating Table:

Rating	Explanation
0%	History of high blood pressure readings, but currently controlled and no longer requiring continuous medication.
10%	Diastolic pressure predominantly 100 or more, or systolic pressure predominantly 160 or more, or continuous medication is required for control.
20%	Diastolic pressure predominantly 110 or more, or systolic pressure predominantly 200 or more.
40%	Diastolic pressure predominantly 120 or more.
60%	Diastolic pressure predominantly 130 or more, with severe symptoms or related heart complications.

Required Evidence:

- Diagnosis of hypertension from a licensed provider
- Multiple blood pressure readings taken over time (not a single-day reading)
- Documentation of medication use for blood pressure control
- C&P; exam records and treatment notes
- Optional: history of complications like headaches, dizziness, or heart involvement

Pro Tip:

If you take blood pressure medication daily, you likely qualify for at least a 10% rating—even if your readings are normal. VA requires multiple readings confirming consistent hypertension pre-medication.