

LOWER YOUR BLOOD PRESSURE:

MAKE THE MOST OF YOUR APPOINTMENT WITH A HEALTH CARE PROFESSIONAL.

GETTING READY

How often do you check your blood pressure?

- ☐ Every day
- ☐ About once a week
- ☐ About once a month
- ☐ Rarely
- ☐ Never

If you measure your blood pressure, do you keep a log?

- ☐ Yes
- ☐ No

Are you taking your medications as prescribed?

- ☐ Yes
- ☐ Usually
- ☐ Sometimes
- ☐ No

OVERCOMING CHALLENGES

To get less salt in my diet, I'd like to (choose all that apply):

- ☐ Buy low sodium foods
- ☐ Taste before adding salt
- ☐ Use salt-free spices/herbs
- ☐ Check labels for sodium
- ☐ Cook at home more often

It's hard for me to manage my blood pressure because (choose all that apply):

- ☐ I don't like the way the medication makes me feel
- ☐ I'm having trouble getting my medication
- ☐ I'm having trouble changing my diet
- ☐ I can't easily exercise
- ☐ It's expensive
- ☐ I'm stressed/I don't feel well
- ☐ I forget what I need to do

During my appointment, I'd like to discuss (choose all that apply):

- ☐ My medications
- ☐ Checking my blood pressure at home
- ☐ Reducing salt in my diet
- ☐ Getting more exercise
- ☐ Managing my weight
- ☐ Quitting smoking

PLANNING FOR SUCCESS

During your appointment, refer to this guide and have ready:

1. A complete list of all your medications (including over the counter, vitamins, and herbal supplements)
2. A pen and paper to take notes

Today my BP is:

- ☐ Normal
- ☐ Elevated
- ☐ Stage 1
- ☐ Stage 2

Notes:

My next appointment is on:

_____ @ _____