

# 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:

\_\_\_\_\_ @ \_\_\_\_\_