



LOWER YOUR BLOOD PRESSURE:

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

GETTING READY OVERCOMING CHALLENGES PLANNING FOR SUCCESS During your appointment, refer to this How often do you check your To get less salt in my diet, I'd like to (choose all that apply): blood pressure? guide and have ready: ☐ Buy low sodium foods ■ Every day ☐ Taste before adding salt 1. A complete list of all your medications (including over the counter, vitamins, ☐ About once a week Use salt-free spices/herbs and herbal supplements) ☐ About once a month Check labels for sodium 2. A pen and paper to take notes □ Rarelu Cook at home more often ☐ Never Today my BP is: It's hard for me to manage my blood pressure because (choose all that apply): If you measure your blood pressure, do you keep a log? ☐ I don't like the way the medication makes me feel ☐ Normal ☐ Yes I'm having trouble getting my medication Elevated ☐ No I'm having trouble changing my diet Stage 1 I can't easily exercise Are you taking your medications ☐ Stage 2 It's expensive as prescribed? I'm stressed/I don't feel well ☐ Yes I forget what I need to do ☐ Usuallu Notes: ☐ Sometimes During my appointment, I'd like to discuss ☐ No (choose all that apply): My medications Checking my blood pressure at home Reducing salt in my diet My next appointment is on: Getting more exercise Managing my weight (a) Quitting smoking