



## **LOWER YOUR BLOOD PRESSURE:**

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

## **GETTING READY OVERCOMING CHALLENGES** PLANNING FOR SUCCESS How often do you check your To get less salt in my diet, I'd like to (choose all that apply): During your appointment, refer to this 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 Flevated □ 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