

It is important to take prescribed blood pressure drugs

Ask your doctor to help you fill out the information below.

Blood pressure medicine:

Special instructions:

Questions to ask your doctor

- What is my blood pressure reading in numbers?
- What is my goal blood pressure?
- Is there a healthy eating plan that I should follow to help lower my blood pressure and lose weight?
- Is it safe for me to do regular physical activity?
- What is the name of my medication? What is the generic name?
- What are the possible side effects of my medication?
- What time of day should I take my blood pressure medicine?
- Should I take it with or without food?
- What should I do if I forget to take my blood pressure medication at the recommended time?

My Blood Pressure Wallet Card



Hⁿ Health Net[®]



U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES
National Institutes of Health
National Heart, Lung, and Blood Institute

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Carry this card to help prevent or control high blood pressure

Doctor's name:

Doctor's address:

Doctor's telephone number:

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My blood pressure diary

| Date/Time | Location | Blood Pressure |
|-----------|----------|----------------|
| <hr/> | <hr/> | <hr/> |

My blood pressure goal:

Lifestyle changes to reduce high blood pressure

Talk with your doctor about the lifestyle changes that are appropriate for you. Check off the lifestyle changes you are going to use to help lower your blood pressure.

My lifestyle changes

- Maintain a healthy weight.
- Do physical activity for 30 minutes most days of the week.
- Eat a diet high in fresh fruits and lowfat dairy products with reduced saturated and total fat.
- Choose foods that are lower in salt and other forms of sodium. Read food labels.
- If you drink alcohol, have no more than one drink a day for women, two drinks a day for men.
- Remember to take your blood pressure medicine.