

## It is important to take prescribed blood pressure drugs

Ask your health care team to help you fill out the information below.

### Blood Pressure Medicine:

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### Special Instructions:

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## Questions to ask your health care team if you have high blood pressure

- 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?

# Blood Pressure Wallet Card



## Carry this card to help prevent or control high blood pressure

Health Care Provider's Name:

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Health Care Provider's Address:

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Health Care Provider's Telephone Number:

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## My blood pressure diary

Date/Time      Location      Blood Pressure

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My blood pressure goal: \_\_\_\_\_

## Lifestyle changes to help reduce high blood pressure

Talk with your health care team 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 vegetables 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.