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:

____________________________ @ ________________