It Is Important To Take Prescribed Blood Pressure Drugs !

Ask your health care provider to help you fill out the information below:

Blood Pressure Medicine:

_____

_____

_____

_____

Special Instructions:

_____

_____

Questions To Ask Your Provider 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 medicine at the recommended time?

My Blood Pressure Wallet Card

Web Sites:
www.QMO.amedd.army.mil
www.OQP.med.va.gov

Carry This Card To Help Prevent or Control High Blood Pressure !

Health Care Provider Contact Information

Name:

Address:

Telephone Number:

My Blood Pressure Diary

Date/Time	Position	Blood Pressure
My Blood Pressure Goal		

Lifestyle Changes To Help Reduce Blood Pressure !

Talk with your health care provider 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 sodium and read food labels.
- ❑ If you drink alcohol, have no more that one drink a day for women, and two drinks a day for men.
- ❑ Remember to take your blood pressure medicine.