

# My First Blood Pressure Visit

## My Doctor's Info:

Name:

Address:

Phone Number:

## Current Medicines & Conditions

Names of Medicines:

Current Health Conditions:

## Ask My Doctor

- How can I keep healthy blood pressure levels?
- How often should I have my blood pressure measured?
- Do I need to take medicine for high blood pressure?
- Where can I find resources on healthy eating and physical activity?

## Lifestyle Changes

**I will ask my health care team about the following lifestyle changes to help lower my blood pressure:**

- Keep a healthy weight
- Reduce sodium (salt); read food labels
- Eat plenty of fresh veggies and fruits and limit saturated fats
- Limit alcohol (no more than 2 drinks/day for men, 1 drink/day for women)
- Get regular physical activity (at least 30 minutes/day on most days)
- Manage other health conditions (e.g., diabetes)
- Take medicine as directed

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**NOTES**
