



PREPARING FOR YOUR FIRST BLOOD PRESSURE APPOINTMENT

MY DOCTOR'S INFORMATION:

NAME:

ADDRESS:

PHONE:

CURRENT MEDICATIONS & CONDITIONS:

LIST OF MEDICATIONS:

CURRENT HEALTH CONDITIONS:

QUESTIONS TO 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?

NOTES
