



## 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

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