My First Blood Pressure Visit

Notes

My Doctor's Info	
Name	Notes
Address	
Phone number	
My Current Medicines and 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	
\square 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)	

Visit **cdc.gov/bloodpressure** for tips and resources.

☐ Take medicine as directed

