**LOWER YOUR BLOOD PRESSURE:**
MAKE THE MOST OF YOUR APPOINTMENT WITH A HEALTH CARE PROFESSIONAL.

### GETTING READY

**How often do you check your blood pressure?**
- [ ] Every day
- [ ] About once a week
- [ ] About once a month
- [ ] Rarely
- [ ] Never

**If you measure your blood pressure, do you keep a log?**
- [ ] Yes
- [ ] No

**Are you taking your medications as prescribed?**
- [ ] Yes
- [ ] Usually
- [ ] Sometimes
- [ ] No

### OVERCOMING CHALLENGES

**To get less salt in my diet, I’d like to (choose all that apply):**
- [ ] Buy low sodium foods
- [ ] Taste before adding salt
- [ ] Use salt-free spices/herbs
- [ ] Check labels for sodium
- [ ] Cook at home more often

**It's hard for me to manage my blood pressure because (choose all that apply):**
- [ ] I don’t like the way the medication makes me feel
- [ ] I’m having trouble getting my medication
- [ ] I’m having trouble changing my diet
- [ ] I can’t easily exercise
- [ ] It’s expensive
- [ ] I’m stressed/I don’t feel well
- [ ] I forget what I need to do

**During my appointment, I’d like to discuss (choose all that apply):**
- [ ] My medications
- [ ] Checking my blood pressure at home
- [ ] Reducing salt in my diet
- [ ] Getting more exercise
- [ ] Managing my weight
- [ ] Quitting smoking

### PLANNING FOR SUCCESS

**During your appointment, refer to this guide and have ready:**

1. A complete list of all your medications (including over the counter, vitamins, and herbal supplements)
2. A pen and paper to take notes

**Today my BP is:**

- [ ] Normal
- [ ] Elevated
- [ ] Stage 1
- [ ] Stage 2

**Notes:**

**My next appointment is on:**

___________________________ @ ________________