

HIGH BLOOD PRESSURE WORKSHEET

PREPARING FOR YOUR APPOINTMENT

How have you been feeling?

Are there things that are preventing you from sticking to your current plan?

Any changes in your blood pressure?

What are your symptoms?

How do you treat your symptoms?

What questions or concerns do you have for your doctor?

Remember To Bring:

- List of all your medicines (including OTC, vitamins, and herbs)
- Pen and paper or recording device

AT YOUR APPOINTMENT

QUESTIONS TO ASK MY DOCTOR:

My Blood Pressure:



Blood Pressure Chart

Blood Pressure Category	Systolic mm Hg Upper Number		Diastolic mm Hg Lower Number
Normal Keep it up!	less than 120	and	less than 80
Elevated Take steps to control BP	120-129	and	less than 80
High Blood Pressure (Hypertension) Stage 1 Lifestyle changes + doctor may prescribe BP medication	130-139	or	80-89
High Blood Pressure (Hypertension) Stage 2 Doctors likely to prescribe BP medication + lifestyle changes	140 or higher	or	90 or higher
Hypertensive Crisis Consult your doctor immediately	Higher than 180	and/or	Higher than 120

NEXT STEPS

MY PLAN TO LOWER MY HIGH BLOOD PRESSURE:

- _____
- _____
- _____
- _____
- _____
- _____
- _____

My Next Appointment Is:

_____ / _____ / _____

AT: _____ AM / PM

TRACK YOUR BLOOD PRESSURE

VISIT: LowerYourHBP.org

