

Manage your blood pressure

The need for honest, open communication with your health care provider is crucial when it comes to your health. To make the most of your next appointment, refer to this checklist and don't hesitate to ask questions.

Questions to ask your doctor

- ☐ Is my blood pressure at a healthy level?
 - ☐ How can I make sure my blood pressure level stays controlled?
 - ☐ How often should my blood pressure be measured?
 - ☐ Should I keep a log of my blood pressure readings?
 - ☐ Do any changes need to be made to my blood pressure medications?
 - ☐ I'd like to increase my physical activity, what type of exercise is right for me?
 - ☐ Where can I find resources on healthy eating?
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My lifestyle challenges

- ☐ Maintain or achieve a healthy weight.
- ☐ Refrain from smoking.
- ☐ Take blood pressure medication as prescribed.
- ☐ Exercise regularly. Aim for at least 150 minutes of aerobic activity per week.
- ☐ Limit alcohol intake (2 or less drinks/day for men, 1 or less drink/day for women).
- ☐ Eat a diet rich in fruits, vegetables, whole grains, and lean protein and limit sodium intake.
- ☐ Reduce stress.
- ☐ Routinely get a good night's rest.

- ☐ Be aware of your barriers and challenges to managing your blood pressure.
- ☐ Speak to your doctor about these challenges.

Notes:

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