My First Blood Pressure Visit

My Doctor's Info

Name_____

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
- ☐ 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)
- ☐ Take medicine as directed

Notes

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

National Center for Chronic Disease Prevention and Health Promotion
Division for Heart Disease and Stroke Prevention