

My Blood Pressure Control Plan

Control is possible. Taking the steps in your control plan will help you get there.



Name: _____

Date: _____

Health Care Professional: _____

Measuring My Blood Pressure Numbers

Measuring your numbers over time and discussing them with a health care professional is the only way to know if your blood pressure is under control.



My blood pressure numbers today are:

systolic

diastolic

My goal is to get my blood pressure numbers under:

130 (systolic) / 80 (diastolic)

These numbers are:

- | | |
|---|---|
| <input type="checkbox"/> Normal –
less than 120 (systolic) /
less than 80 (diastolic) | <input type="checkbox"/> Elevated –
less than 130 (systolic) /
less than 80 (diastolic) |
| <input type="checkbox"/> Stage 1
high blood pressure –
less than 140 (systolic) /
less than 90 (diastolic) | <input type="checkbox"/> Stage 2
high blood pressure –
140 or higher (systolic) /
90 or higher (diastolic) |

My measurement action plan is:

- | | |
|--|---|
| <input type="checkbox"/> Get a validated (tested) device | <input type="checkbox"/> Share numbers at my next health care visit |
| <input type="checkbox"/> Take readings twice a day | |
| <input type="checkbox"/> Other: _____ | |

My Healthy Lifestyle



Making healthy lifestyle choices can help control your blood pressure, especially when you check your numbers regularly and take medicine as prescribed.

My lifestyle action plan is:

Eat less than

mg sodium
(salt) per day

Get at least

minutes of physical
activity per week

Drink no more than

alcoholic drinks per day

Manage my stress by:

Get more or better sleep by:

Other:

My Lifestyle Journal



Use this journal to write down what you notice as you follow your plan. Bring it with you when you visit a health care professional so you can talk about how it's going. You can also use apps or online tools to help you track your physical activity, sleep, and salt intake.

Eating less salt

Getting physical activity

Drinking less alcohol

Managing stress

Getting more or better sleep

Other

My Blood Pressure Treatment



Are medicines recommended for me? Yes No

Recommended medicines and notes:

These medicines lower blood pressure by:

- Helping manage the body's response to stress
- Lowering or blocking a hormone that makes blood vessels tighten up
- Helping blood vessels stay relaxed and open
- Moving extra fluid and salt into urine (pee) so it leaves the body
- Lowering the heart rate

My treatment action plan is:

- Manage blood pressure with healthy lifestyle changes and talk about treatment at a future health care visit
- Start taking this medicine: _____ Adjust my dose to: _____
- Change how or when I take my medicine: _____ Other: _____

My Treatment Journal



Use this journal to keep a record of things you want to talk to a health care professional about, like side effects or if you missed a dose.

Side effects

Missed or repeat doses

Refills

Medicine costs

Other

Hypertension Bites

Brought to you by the
Hypertension Control Alliance

Browse more tips and resources for
staying on track with your blood pressure
control plan: **MyBPControl.org**

