

Set a Goal with Your Health Care Provider

Talk with a health care provider about setting a blood pressure goal and the changes you can make to reach that goal.

The following changes can help you reach your goal:

- Choose foods that are lower in salt and other forms of sodium. Read food labels.
- Eat a diet high in fresh fruits and vegetables and low-fat dairy products.
- Maintain a healthy weight.
- Get at least 30 minutes of physical activity per day.
- Limit yourself to no more than one drink of alcohol a day for women, two drinks a day for men.
- Remember to take your blood pressure medicine.
- Stop using tobacco.

My blood pressure goal is: _____

Location e.g. home	Date/Time	Blood Pressure
_____	_____	____ / ____
_____	_____	____ / ____
_____	_____	____ / ____
_____	_____	____ / ____
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_____	_____	____ / ____
_____	_____	____ / ____
_____	_____	____ / ____
_____	_____	____ / ____

My Blood Pressure LOG

*Start tracking
your blood pressure
today.*



Start With
Your Heart®

Justus-Warren Heart Disease
& Stroke Prevention Task Force

Source: Million Hearts® Initiative

To learn more about blood pressure

Visit
startwithyourheart.com/Resources



Questions to Ask Your Pharmacist

- What is my medicine called, and what does it do?
- How and when should I take it? And for how long?
- What if I forget to take it?
- Are there any side effects?
- Is it safe to take with other medicines or vitamins?
- Can I stop taking it if I feel better?



How to Take Your Blood Pressure with an Automatic Blood Pressure Machine

- Take your blood pressure at the same time every day, such as in the morning and at night.
- Don't smoke, drink caffeinated beverages, eat or exercise 30 minutes before measuring your blood pressure.
- Empty your bladder before taking blood pressure.
- Relax and sit with your arm slightly bent and resting comfortably on a table at the same level as your heart.
- Place the cuff securely on your upper arm (approximately one inch above your elbow). The cuff should be touching your skin.
- Follow the directions on the blood pressure machine to start the reading.
- Each time you take your blood pressure, do it two or three times, one minute apart, and write down all results.
- Share all results with your health care provider.