

Managing My Blood Pressure at Home



Things I will do Every Day

- ◆ Take my medicine the way my doctor told me to, even if I feel good and my blood pressure is normal.
- ◆ Be active. Get up and do things like walking.
- ◆ Continue to check my blood pressure as instructed by my health care provider.

Places to Check My Blood Pressure

Home (arm monitor is best), local pharmacy, lobby at Meritus Medical Center or atrium at Robinwood Professional Center, Walmart, Sam's Club, fire station

<p>My blood pressure is...</p> <p>Less than <u>129</u> Less than 80</p>	<h3>Green Zone</h3> <p>I am having a GOOD day!</p> <ul style="list-style-type: none"> ◆ Usual medications control my blood pressure ◆ My blood pressure goal is: _____ 	<h3>Actions to Continue</h3> <ul style="list-style-type: none"> ◆ Keep doing the things I do every day ◆ Check my blood pressure weekly or as instructed: _____ ◆ Keep my doctor appointments
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<p>My blood pressure is...</p> <p>Between <u>130-179</u> Between 81-119</p>	<h3>Yellow Zone</h3> <p>I am having a BAD day!</p> <ul style="list-style-type: none"> ◆ Three or more blood pressure readings are outside my normal (many times there are NO symptoms of high blood pressure). <p><u>I May Have One or More of These Symptoms</u></p> <ul style="list-style-type: none"> ◆ Headaches ◆ Nose bleeds ◆ Feeling lightheaded ◆ Heart feels like it is fluttering (palpitations) 	<h3>Actions to Take</h3> <ul style="list-style-type: none"> ◆ Call my doctor Doctor's Number: _____ ◆ Call my doctor ◆ Check my blood pressure daily ◆ Stop strenuous exercise until I can see my doctor
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<p>My blood pressure is...</p> <p>over <u>180</u> over 120</p>	<h3>Red Zone</h3> <p>I am having a VERY BAD day!</p> <p><u>I Am Having One or More of These Symptoms...</u></p> <ul style="list-style-type: none"> ◆ Sudden numbness or weakness of the face, arm or leg, especially on one side of my body ◆ Sudden confusion, trouble speaking or understanding ◆ Sudden trouble seeing in one or both eyes ◆ Sudden trouble walking, dizziness, or feeling off-balance ◆ Sudden, severe headache 	<h3>Actions to Take</h3> <ul style="list-style-type: none"> ◆ My blood pressure is very high. I need to be evaluated by a doctor right away. <p style="text-align: center;">Call 911 right away!</p>
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(Write Blood Pressures on Back)

