Questions to ask your doctor

- What is my blood pressure reading in numbers?
- What is my goal blood pressure?
- Is there a healthy eating plan that I should follow to help lower my blood pressure and lose weight?
- Is it safe for me to do regular physical activity?
- What is the name of my medicine? What is the generic name?
- What are the possible side effects of my medicine?
- What time of day should I take my blood pressure medicine?
- Should I take it with or without food?
- What should I do if I forget to take my blood pressure medicine at the recommended time?

Ask your provider to help you fill out the information below.

Blood Pressure Medicine:

Special Instructions:
Work with your healthcare provider.

Provider’s Name:

Provider’s Phone Number:

For most adults, healthy blood pressure is usually less than 120/80 mm Hg.

My blood pressure diary

Date/Time:                  Blood Pressure:

My Lifestyle Changes:

☐ Follow the NHLBI’s DASH eating plan. Choose heart-healthy foods that are low in sodium (salt).
☐ Aim for a healthy weight.
☐ Get regular physical activity.
☐ If you drink alcohol, have no more than one drink a day for women, two drinks a day for men.
☐ Remember to take your blood pressure medicine.

My Blood Pressure Goal:  

Learn more at www.nhlbi.nih.gov/hypertension.