

## Take charge of your blood pressure medicines

Do you know the answers to the following questions? Do you have other questions? Use this tear-off card to write them down. Bring the card to your next doctor appointment and fill in the answers. Getting answers can help you take charge of your blood pressure.

	Medicine #1	Medicine #2
What is/are the name(s) of my blood pressure medicine(s)?		
How much should I take and how often?		
What side effects could I have? What should I do if I have a side effect?		
Anything to avoid? (food, drinks, activities)		
What if I miss a dose or take too much?		
Other questions?		

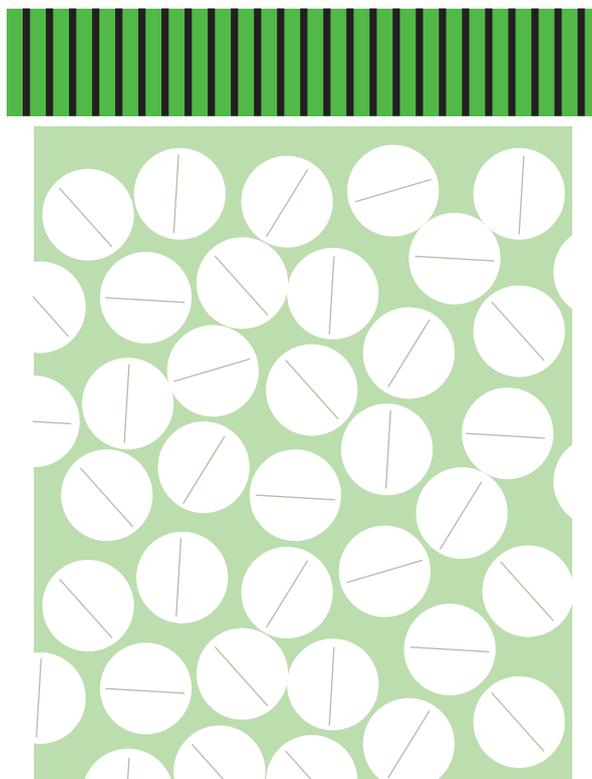
For more information, visit [heart.org](http://heart.org) and type “blood pressure medicine” in the search box.

[health plan form number]



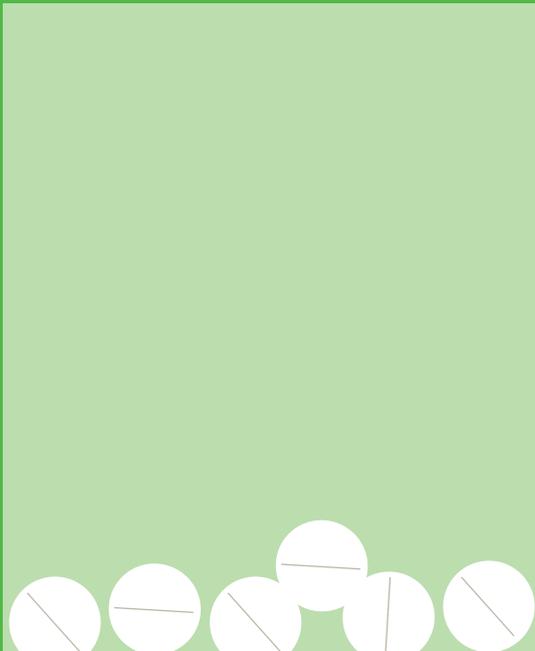
Health or wellness or prevention information  
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## Medicines can make a difference ...



# ... if you take them.

Reaching your blood pressure goal is important, especially if you have diabetes. If your doctor said to take medicine for your high blood pressure, take it as directed — every day.



## Do you sometimes forget?

There are lots of good ways to remember to take your medicines. And lots of good reasons, too. In fact, your medicines may save your life. Try these tips:

- Take your medicines at the same time every day
- Use a pillbox with sections for each day
- Put a bright-colored reminder note where you'll see it
- Ask a friend or family member to remind you
- Put a favorite photo of someone on your fridge with a note that says, "Take your medicine!"
- Ask your pharmacy if they have a "refill reminder" program

## Know your blood pressure goal

Your doctor can help you set your blood pressure goal. Your medicines can help you reach that goal and stay there. They can help protect you from the risk of heart attack, stroke, kidney disease and blindness. If you're taking your blood pressure medicine as directed but not reaching your goal, ask your doctor if you need a different dose or a different medicine.

## More ways to take charge

Eat healthy. Be active. Do not smoke, and stay away from other people's smoke. Make and keep regular appointments with your doctor. Learn all you can about your blood pressure medicine by asking your doctor or pharmacist questions. Or call the member services phone number on the back of your health plan member ID card about other ways to get help.

## Do you have answers to the questions on the tear-off card? (See other side.)

American Heart Association



The American Heart Association is a national voluntary health agency whose mission is to build healthier lives, free of cardiovascular diseases and stroke.

Learn and Live

<health plan logo>

This information is available in other forms to people with disabilities by calling <health plan product names, numbers including TTY/TDD, hours>.

Attention. If you want free help translating this information, call the above number.

ملاحظة: إذا اردت مساعدة مجانيه في ترجمه هذه المعلومات، فانصل على الرقم الموجود أعلاه.

កំណត់សំគាល់ បើអ្នកចង់បានជំនួយកម្រៃឥតមាននេះដោយមិនគិតថ្លៃ សូមទូរស័ព្ទ ទៅលេខនៅខាងលើ។

Pažnja. Ako vam je potrebna besplatna pomoć za prevod ove informacije, nazovite gornji broj.

Ceeb toom. Yog koj xav tau kev pab txhais cov xov no dawb, thov hu rau tus xov tooj saud.

ໂປຼດຊາບ. ຖ້າຫາກທ່ານຕ້ອງການການຊ່ວຍເຫຼືອໃນການແປຂໍ້ຄວາມ ດັ່ງກ່າວນີ້ຟຣີ, ຈົ່ງໂທສາມເລກໂທສທີ່ຢູ່ຂ້າງເທິງນີ້.

Hubaddhu. Yoo akka odeeffannoon kun sii hiikamu gargaarsa tolaa feeta ta'e, lakkoofsa armaa olii bilbili.

Внимание. Если вам нужна бесплатная помощь в переводе этой информации, позвоните по указанному выше телефону.

Ogow. Haddii aad dooneyso in lagaa kaalmeeyo tarjama dda macluumaadkani oo lacag la'aan ah, wac lambarka kore.

Atención. Si desea recibir asistencia gratuita para traducir esta información, llame al número que aparece más arriba.

Chú Ý. Nếu quý vị cần dịch thông tin này miễn phí, xin gọi số nêu trên.

American Indians can continue or begin to use tribal and Indian Health Services (IHS) clinics. We will not require prior approval or impose any conditions for you to get services at these clinics. For enrollees age 65 years and older this includes Elderly Waiver (EW) services accessed through the tribe. If a doctor or other provider in a tribal or IHS clinic refers you to a provider in our network, we will not require you to see your health plan primary care provider prior to the referral.

<health plan contracting statements>

<DHS approval code(s)>