

PUT THE SQUEEZE ON HIGH BLOOD PRESSURE



Health or wellness or prevention information

[health plan]

Street Address 1
Street Address 2
City, State ZIP



Health information and handy tracking card!

[form number]

For more information, visit mylifecheck.heart.org/ and click on "Manage Blood Pressure."

1 BP: _____	Date/Time: _____	7 BP: _____	Date/Time: _____
2 BP: _____	Date/Time: _____	8 BP: _____	Date/Time: _____
3 BP: _____	Date/Time: _____	9 BP: _____	Date/Time: _____
4 BP: _____	Date/Time: _____	10 BP: _____	Date/Time: _____
5 BP: _____	Date/Time: _____	11 BP: _____	Date/Time: _____
6 BP: _____	Date/Time: _____	12 BP: _____	Date/Time: _____

My blood pressure (BP) goal is: _____

Blood pressure tracking card

Keep this card with you. Take your blood pressure several times before your next clinic appointment. Be sure to read and follow the directions carefully on the monitor you use. Fill in your blood pressure numbers and the dates and times below. Try to take your blood pressure on different days of the week and at different times of day. Show this card to your doctor at your next appointment.

Ask questions

- Here are three good questions to ask your doctor during your next visit.
1. What is my blood pressure goal?
 2. What do I need to do to reach it?
 3. Why is it important for me to do this?

TAKE CHARGE!

Taking charge of your blood pressure is one of the best ways to protect yourself if you have diabetes. It may even save your life.

High blood pressure is usually silent. That means you often won't have symptoms unless it is dangerously high. But you can lower your risk of heart attack, stroke, kidney disease and blindness by:

- knowing your blood pressure goal
- checking your blood pressure often
- keeping track of your numbers

Take your blood pressure between appointments

Keeping track of your blood pressure is easy and painless. There probably are places in your community that offer free blood pressure checks. Or you can do it right at home. The American Heart Association recommends using a home monitoring cuff and getting regular blood pressure checks at your clinic to help lower blood pressure. If you have high blood pressure and your doctor thinks you should have a home monitoring cuff, ask for a prescription.

Take your doctor's advice

There are many ways to take charge of your blood pressure. Eat healthy. Be active. Do not smoke and stay away from other people's smoke. Make and keep regular appointments with your doctor. And if your doctor says you should take medicine, take it as directed — even on the day you visit your clinic.

If you have diabetes you need to take charge of your blood pressure and keep track of your numbers. Ask your doctor what your blood pressure goal should be. Then work with your doctor to reach and stay at your goal.

Fill out the tracking card on the back and share it with your doctor

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]

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.

ملاحظه: إذا اردت مساعدة مجانية في ترجمه هذه المعلومات، فاتصل على الرقم الموجود أعلاه.

កំណត់សំគាល់ បើអ្នកចង់បានជំនួយបកប្រែព័ត៌មាននេះដោយមិនគិតថ្លៃ 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.

ໂປດຊາບ. ຖ້າຫາກທ່ານຕ້ອງການການຊ່ວຍເຫຼືອໃນການແປຂໍ້ຄວາມ ດັ່ງກ່າວນີ້ຝຣີ, ຈົ່ງ ໂທອຕາມເລກ ໂທອທີ່ຢູ່ຂ້າງເທິງນີ້.

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].