

## **High Blood Pressure Self-Care Plan**

At your appointment today you and your healthcare team discussed your high blood pressure (also called hypertension) and made a plan for what to do next. These are notes on what you did and decided.	Check the goals  Take medicati Complete yea  Monitor blood
Current blood pressure:/  Treatment guidelines  Borderline high blood pressure = 120–139 / 80–89  High blood pressure = 140 and above / 90 and above  Yearly lab test. Write the most recent date you had the following:  — Comprehensive/Basic metabolic panel (CMP/BMP):  Self management. We discussed some changes you can make that will help you manage your high blood pressure and reach your goals.  How important are these changes to you? (1-10):  What would help you move from a to a?	week and write  Increase physical Increase physi
How confident are you that you can make these changes? (1-10): What would help you move from a to a?  Local resources:  Care manager or health educator: Local clinic phone and website:	healthcare pro  Patient educa Write the date year  BP Basics book High Blood Pre BP Tracker:  Online resourt www.intermou
Other consultants or providers:	<ul><li>Hypertension a HEARTORG/Cor</li><li>www.hearthigl</li></ul>

## als and monitoring

that you most want to work on now.

- ion daily.
- rly lab tests. (See left panel)
- d pressure at home at least one time a e results in the BP Tracker.
- sical activity.
  - o 45 minutes of moderate-intensity aerobic h as a brisk walk), most days of the week
- ht to reach a BMI between 18.5 and 24.9.
- ASH diet (Dietary Approaches tension).
  - ch in fruits, vegetables, and low-fat dairy d low in saturated and total fat.
  - ary sodium to below 1500 mg per day.
  - I to 2 drinks per day for most men, and 1 y for most women and lighter weight men.
- ss. Identify 3 ways to reduce stress.
- d use Intermountain MyHealth to review d health records, and to communicate with viders as needed.

## ation resources

ou received each resource.

- let:
- ssure and the DASH diet:

## rces

- intainhealthcare.org/BP
- nd Your Heart from AHA www.heart.org/ nditions/HighBloodPressure
- hway.org/bp.html
- Heartwise Blood Pressure Tracker app for smart phone
- Blood Pressure Companion app for smart phone