

# Blood Pressure Tracker Card



Name:

Provider Name / Phone:

Pharmacy:

## TIPS ON CHECKING BP

- Before checking your blood pressure, wait for a half hour after eating a heavy meal, drinking caffeine or alcohol, exercising, or using tobacco products.
- Position the BP cuff correctly, with no wrinkles. Check with your provider for advice based on your BP monitor.
- Rest both feet flat on the floor with your back supported.
- Sit quietly for at least 5 minutes before taking your BP.

## MY BP MANAGEMENT

TARGET BP		
MEDICINE	DOSE	WHEN TO TAKE

## TIPS ON TAKING MEDICINES FOR BP

- Keep taking medicines as directed until your healthcare provider makes a change.
- Watch for side effects and let your healthcare provider know if you have any. Your healthcare provider can make a plan to address the problem.
- Tell your healthcare provider about any other medicines you take.

# BLOOD PRESSURE TRACKING

DATE/TIME	WHERE	BP	NOTES
6/25 9 AM	Home	145/95	

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