

LOWER YOUR BLOOD PRESSURE:

MAKE THE MOST OF YOUR APPOINTMENT WITH A HEALTH CARE PROFESSIONAL.

GETTING READY

How often do you check your blood pressure?

Every day

About once a week

About once a month

Rarely

Never

If you measure your blood pressure at home, write down the numbers and bring them to your appointment. If you are taking medication for high blood pressure, bring a list of all your medications to your appointment.