

## Talk About BP With Your Healthcare Professional

Use this guide to remind you of BP related items to discuss at your visit. Be sure to take a list of all your current prescription and over-the-counter medications and supplements. You can also print this page to write down notes and directions from your healthcare provider.

### List of Current Medications and Supplements:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

*Questions or concerns about BP medications?*

### BP Measurement

Record and understand today's measurement

\_\_\_\_ / \_\_\_\_ Category \_\_\_\_\_

*How often should I check my BP?*

*How do I take an accurate BP measurement at home?*

**Weight** \_\_\_\_\_

*Should I loose weight to help control my BP?*

### Lifestyle

*Healthy food choices:*

*Physical activity:*

*Moderating alcohol:*

*Stop Smoking:*

**Notes:** \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_