

Name: \_\_\_\_\_

Doctor: \_\_\_\_\_

Doctor's phone number: \_\_\_\_\_

Blood pressure medicine:

Special instructions:

**Questions to ask your health care provider:**

- How often should I take my blood pressure?
- What should I do if I get a high blood pressure reading at home?
- Is there a healthy eating plan that I should follow to help lower my blood pressure?
- Should I lose weight?
- Is it safe for me to do regular physical activity?
- What is the name of my medication?  
 What is the generic name?
- What are the side effects of my medication?
- What time of day should I take my blood pressure medicine?
- Should I take it with or without food?
- What should I do if I forget to take my blood pressure medication at the recommended time?



**My Blood Pressure Log**

My BP goal: \_\_\_\_\_  
 (Normal BP 120/80)

Date	My blood pressure

Dr. appointment	Date

**Tips for Staying Healthy**

- Scan the QR code for resources.
- Maintain a healthy weight.
- Do physical activity for 30 minutes most days of the week.
- Eat a diet high in fresh fruits and vegetables and low-fat dairy products with reduced saturated and total fat.
- Choose foods that are lower in salt and other forms of sodium. Read food labels.
- If you drink alcohol, have no more than one drink a day for women, or two drinks a day for men.
- Remember to take your blood pressure medicine.
- Make appointments with your health care provider regularly and as recommended.



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You can have this information in other languages and formats at no charge to you. You can also have this interpreted over the phone in any language. Call Member Services 24 hours a day, seven days a week, at **1-888-756-0004 (TTY 1-866-428-7588)**.

Usted puede tener esta información en otros idiomas y formatos sin costo alguno para usted. También puede recibir la interpretación por teléfono en cualquier idioma. Llame a Servicios al Miembro al **1-888-756-0004** las 24 horas del día, los siete días de la semana. Para TTY, llame al **1-866-428-7588**.

Quý vị có thể có thông tin này bằng các ngôn ngữ và định dạng khác miễn phí. Quý vị cũng có thể yêu cầu thông dịch thông tin này ra bất kỳ ngôn ngữ nào qua điện thoại. Xin gọi ban Dịch vụ Hội viên phục vụ 24 giờ/ngày, 7 ngày/tuần theo số **1-888-756-0004**. Đối với người sử dụng TTY, xin gọi số **1-866-428-7588**.

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Louisiana

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