

# My Blood Pressure Goals— What Are They?

You are the most important person in managing your blood pressure. Talk with your healthcare provider to help you choose one or more goals you are ready to work on now.

## Goal 1



### Diet

- I will eat a heart-healthy diet that is low in salt and fat.
- My sodium goal will be \_\_\_\_\_ mg per day.
- I will limit the amount of alcohol I drink.

## Goal 2



### Exercise

- I will exercise for \_\_\_\_\_ minutes \_\_\_\_\_ days per week, if my provider tells me it is safe.\*
- My provider and I agree that the best activities for me are \_\_\_\_\_.
- If I notice chest pain, shortness of breath, or chest tightness, I will get emergency help.

## Goal 3



### Stop Smoking

- I will ask my provider about ways I can quit smoking.
- I will think of all the reasons why I should quit and then take the steps to quit.
- If I start smoking, I will try to quit again.

## Goal 4



### Medicine

- I will take my blood pressure medicine(s) as directed.
- I will call my provider if I have problems.
- I will ask questions when I do not understand.

## Goal 5



### Check Blood Pressure

- I will have my blood pressure checked at every provider visit.
- I will reach my blood pressure goal of \_\_\_\_\_.

## Goal 6



### Provider Visits

- I will keep my provider appointments even when I feel fine.
- I will ask my provider questions when I do not understand something.

## Goal 7



### Asking for Help

- I will ask for help when I need it.
- I will make time for myself to get help.
- I will let my provider know if I feel sad or blue.

### EMERGENCY:

**Get emergency medical help right away if you think you are having a heart attack:**

- 1) **Chest pain or discomfort (squeezing, fullness)**
- 2) **Upper body (ie, back, arm, stomach, or jaw) discomfort**
- 3) **Shortness of breath**
- 4) **Cold sweats, nausea, or light-headedness**

\* Some medical conditions may make exercise dangerous for some people. Before starting any exercise program, talk with your provider.

