



Taking Control of My Blood Pressure

Today, you were identified with uncontrolled hypertension. That means someone told you that your blood pressure was high in the past, and it is high today. Keeping your blood pressure under control is one of the most important things you can do to keep from having a heart attack or stroke. Here are some ways you can do that.

How are you going to take control of your blood pressure?

Take my medicine the way the doctor prescribed it

- Visit my doctor regularly to review my treatment and change medicines if needed
- Use a pill reminder
- Set up text, email, or phone call reminders
- Apply for help paying for my prescriptions
- Set up mail delivery of my medicines (if available)
- Set up my prescriptions to renew automatically (if available)
- Talk to my pharmacist or my doctor about questions or concerns I have



Reduce my stress

- Learn and practice deep breathing exercises
- Take a yoga class
- Meditate regularly



Aim for a healthy weight

- Join the TOPS program
- Keep my waist measurement below 35 inches



Get more physical activity

- Work up to least 30 minutes of physical activity a day at least 5 days a week
- Join a walking club or exercise class

Limit alcohol

- Women drink no more than one alcohol drink per day
- Men drink no more than two alcohol drinks per day
- Talk to your health coach about substance abuse help



Avoid tobacco

- Use the Michigan Tobacco Quitline to quit smoking
- Stay away from second-hand smoke



Monitor my blood pressure at home or at the pharmacy

- Write down the results
- Share the results with my doctor and health coach



Watch what I eat

- Cut back on sodium (salt)
- Eat less processed foods
- Follow the DASH Diet – (Dietary Approach to Stop Hypertension)
- Cook more meals at home

