

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 are taking any of the following medications, please list them all on the medication list provided with your appointment. Do not list any over-the-counter medications, vitamins, or supplements.