

www.cdha.nshealth.ca/my-blood-pressure

REMEMBER

- Have your blood pressure checked at your medical visits; (for example, doctor's office, clinic, or pharmacy) and record it on this card.
- 2 Take medications as directed by your doctor and bring a list of all your current medications to every medical visit.
- **3** Use less salt (sodium) on foods and avoid foods high in sodium.
- 4 If you have questions or concerns about your blood pressure and how to control it, talk to your doctor, health care professional, or call NS HealthLink 811.

Blood Pressure I'm checking it!

What should my blood pressure be?

Most people:

less than 140/90 mm Hg

Some people with diabetes:

less than 130/80 mm Hg

My target is _____

Date	BP reading	Where was BP taken?
Feb 8/2014	130 / 80	Dr. office
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