

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

R E M E M B E R

- 1 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**.

 **my Blood Pressure**
I'm checking it!

Name:

