

Rx

It Is Important To Take Prescribed Blood Pressure Drugs



Questions To Ask Your Health Care team about Blood Pressure

Ask your health care team to help you fill out the information below.

Blood Pressure Medicine:

Brand: _____

Generic: _____

Take at: _____ am / pm

Special Instructions:

_____ TCHP_ZZ04NR

- ▶ What is my blood pressure goal in numbers? _____ / _____
- ▶ When should I take my blood pressure? _____
- ▶ How often should I take my blood pressure? _____
- ▶ What is the name of my medication?
- ▶ What do I do if I forget to take my blood pressure medication on time?
- ▶ Should I take it with or without food?
- ▶ Is there a healthy eating plan to lower my blood pressure and weight?
- ▶ Is regular physical activity safe to do?



My

Blood Pressure

Be one in a Million Hearts™



Community Health Plan



www.TrilliumCHP.com
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Date/Time	Goal	
	Top	Bottom
120/80	135/85	140/90

Date/Time	Goal	
	Top	Bottom
120/80	135/85	140/90

Date/Time	Goal	
	Top	Bottom
120/80	135/85	140/90