

Doctor: _____

Phone: _____

High Blood Pressure Self-Care Plan

GREEN

Green = In Control



- ✓ High blood pressure usually does NOT have any symptoms
- ✓ No headaches, nose bleeds
- ✓ Blood pressure is within goal of:

_____ systolic (top number)

_____ diastolic (bottom number)

Green Means:

- ✓ Take medicines as ordered
- ✓ Check blood pressure, if able
- ✓ Keep all doctor appointments
- ✓ Keep weight under control
- ✓ Exercise
- ✓ Follow health eating habits
- ✓ Keep exercising

YELLOW

Yellow = Caution



- ✓ Repeated blood pressures outside of your normal range
- ✓ Ringing in the ears

Yellow Means:

- ✓ Stop vigorous exercise
- ✓ Call your doctor or home health nurse

Physician Contact:

Doctor: _____

Phone: _____

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Red = Medical Alert!



- ✓ Severe headache or nosebleed
- ✓ Lightheadedness or heart racing
- ✓ Severe anxiety
- ✓ Severe trouble breathing
- ✓ Sudden numbness or weakness of the face, arm, or leg
- ✓ Sudden confusion, trouble speaking, or understanding
- ✓ Sudden trouble seeing in one or both eyes
- ✓ Sudden trouble walking, dizziness, loss of balance or coordination

Red Means:

- ✓ *Take action!*
- ✓ **Go to the Emergency Room or call 9-1-1 immediately!**