

DATE

RE: How to Control Your High Blood Pressure

You may have been told that you have high blood pressure. If so, these are some steps you can take to get your high blood pressure under control!

- Keep your health care visits. Your next visit is: _____
- Know your blood pressure and what it should be.
- Take your medicine as prescribed.
- Be at a healthy weight.
- Eat less salt/sodium.
- Follow the DASH diet by eating more fruits, vegetables, and low-fat dairy foods.
- Be active every day – walking counts!
- Limit the number of alcoholic beverages, if you drink regularly.
- Quit smoking.

Talk to your health care provider about tools to help you control your high blood pressure. If you have internet access, you can go to the High Blood Pressure University at www.michigan.gov/cvh and find tools that can help you manage your blood pressure.

If you have any questions, please call your health care provider at _____.

Sincerely,