

Prescription



Name _____ Date _____

- Take your medicine as prescribed.** Take medications when you are supposed to, and don't run out! It often takes several different medications to control high blood pressure.
- Eat a healthy diet.**
 - **Healthy Weight:** One of the most effective ways to lower blood pressure is to reduce weight if you are overweight. Your goal weight is _____.
 - **DASH eating plan also lowers blood pressure:** The DASH eating plan works! It is a diet rich in fruits, vegetables, fat-free or low-fat milk products with whole grains, limited sodium* and lean meats. See website below for specific information.
*A diet low in sodium can help lower your blood pressure.
- Quit smoking.** Consider support groups and medication to help you stop. Ask your health care provider for help. You may also qualify for free one-on-one coaching and nicotine replacement therapy to help you quit. Call 1-800-QUIT-NOW.
- Be more active everyday.** Being active helps control weight, increases energy, reduces stress and maintains strength and flexibility. Start out slow. For general health benefits, get 30 minutes of physical activity per day, which can be done 10 minutes at a time.
- Know your blood pressure and what it should be.** Ask your health care provider how you can monitor your blood pressure at home or see the website below for more information.

For more information on high blood pressure, go to www.michigan.gov/cvh at the High Blood Pressure University.