

Take this card to your health care provider visits.

<b>Blood pressure</b> <i>Check at each visit</i>	/ /	/ /	/ /
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	/ /	/ /	/ /
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<b>Blood Pressure Goal:</b> _____	/ /	/ /	/ /
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	/ /	/ /	/ /
<b>Weight</b> <i>Check at each visit</i>	/ /	/ /	/ /
	lbs	lbs	lbs
<b>Lipid Profile</b> <i>Check every 5 years*</i>			
Total Cholesterol	/ /	/ /	/ /
HDL	/ /	/ /	/ /
LDL	/ /	/ /	/ /
Triglycerides	/ /	/ /	/ /
<b>Other Tests</b>	/ /	/ /	/ /

*\*More often if at risk*

For more information on high blood pressure go to [www.michigan.gov/cvh](http://www.michigan.gov/cvh)



My care team members	Phone numbers
Health care provider:	
Pharmacy:	
Other:	

Medications	Dose	Times

To get your high blood pressure under control, it might take:

- 3 different medications over time—this means you will have to visit your health care provider more often.
- 3 behavior changes—eat a healthy diet, be active everyday, limit alcohol and do not smoke
- 3 partners—your health care provider, your family and you!