

Take this card to your doctor.

	When	Date	Results
Blood pressure check	Each doctor visit		
Blood Pressure Goal: Less than 120/80			
Weight	Each doctor visit		
Lipid Profile:	Every 5 years*		
Total Cholesterol			
HDL			
LDL			
Triglycerides			
HbA _{1c} Test	Every 3 years for ages 40-65		

*more often if at risk

Taking on
High Blood Pressure
in
Michigan

My care team members	Phone numbers
Doctor:	
Pharmacy:	

Medication	Dose	Times

It might take: 3 medications
 3 behavior changes
 3 partners
 3 months
 to get your blood pressure under control!



Checkup/test	Prevention Schedule*	Date	Results
Blood pressure	Every office visit		
Weight/height/BMI	Every office visit		
Cholesterol/ Lipid profile preferred	Minimum every 5 yrs.		
Pap smear	Minimum every 3 yrs. up to 65 yrs.		
Mammogram/clinic breast exam	Every 1-2 yrs. at 40 yrs.		
Colon/rectal exam	At 50 yrs. FOB annually, or Sigmoid every 5 yrs., or Colonoscopy every 10 yrs.		
Diabetes/A _{1c}	40-65 yrs. every 3 yrs.		
Prostate exam	50-65 yrs. or shared decision		
Bone density	65 yrs. or 60 yrs. if at risk		
Flu shot	Yearly if ≥ 65 yrs.		
Pneumonia	65 yrs. & booster in 5 yrs.		
Td	Every 10 yrs.		
Dental/vision	Every 6-12 mos.		
Health conditions/hospitalizations			
Allergies:			
Blood pressure goal		Cholesterol goal	
Weight goal		Other goal	
Daily Goals			
Calories/fat		Physical activity	
Vegetables		Fruit	
Other			

My care team members	Phone numbers
Doctor:	
Pharmacy:	
Insurance Information:	

Name of medicine	Dose	Schedule
General advice/other information:		
Lifestyle changes		
<input type="checkbox"/> Don't smoke. If you smoke, choose a plant to quit.		
<input type="checkbox"/> Limit your alcohol to no more than 2 drinks per day for men or 1 drink per day for women.		
Eating		
<input type="checkbox"/> Fruit and vegetable intake – get updated message		
<input type="checkbox"/> Ask your doctor about the DASH diet (Dietary Approaches to Stop Hypertension)		
Physical activity		
<input type="checkbox"/> Be physically active every day. Do moderate physical activity at least 30 min. per day.		
Managing your chronic illness		
<input type="checkbox"/> See your doctor regularly		
<input type="checkbox"/> Work with your doctor to make goals and keep records of your progress		
<input type="checkbox"/> It might take three medicines to get normal blood pressure		
<input type="checkbox"/> Take medicines as your doctor tells you to take them		
<input type="checkbox"/> Don't stop medicines without telling your doctor		

