

High blood pressure discussion guide



Prepare for your appointment

- ☐ BP readings
- ☐ Risk assessment
- ☐ Medications
- ☐ Medical conditions
- ☐ Family history
- BP _____ Weight _____ Waist _____

Start the conversation

"I completed a blood pressure risk check and would like to better understand my risk and whether my blood pressure should be measured or monitored."

Questions to ask

- ☐ Is my BP in a healthy range?
- ☐ How often should I check it?
- ☐ Is home monitoring suitable?
- ☐ Am I at increased risk?
- ☐ Lifestyle changes?
- ☐ Do I need further testing or treatment?
- ☐ When should I see a specialist?

Before you leave

- ☐ Understand your reading
- ☐ Follow-up plan
- ☐ Lifestyle advice
- ☐ Next appointment

Key reminder:

High blood pressure often has no symptoms. The only way to know is to measure it.

Disclaimer: This material is educational only and is not a diagnostic tool or a substitute for medical advice from your healthcare provider.