

Talking with your doctor about **high blood pressure**

Before your next appointment, use this guide as you prepare to talk your doctor about your experience managing high blood pressure.

1. When were you diagnosed with high blood pressure?

2. How has high blood pressure impacted your daily life?

3. Do you have other health conditions, such as diabetes, kidney disease, or heart disease?

4. What lifestyle changes have you made? Did those changes affect your blood pressure?

5. Are you taking medication for high blood pressure? If so, list them below along with dosage, side effects, intolerances, or sensitivities. Please include medications you have taken previously, and why they were discontinued.



Home blood pressure log:

Record your most recent blood pressure readings to share with your doctor.

Date	Blood PRESSURE (a.m.)		Blood PRESSURE (p.m.)	
	Systolic	Diastolic	Systolic	Diastolic

Additional considerations for your doctor:

- 1. How do my blood pressure readings compare to the recommended range?
- 2. Is my blood pressure putting me at risk of a heart attack, heart failure, stroke, kidney failure, or other health effects?
- 3. What can I do to achieve my goals for managing high blood pressure?
- 4. Is it realistic to reduce my reliance on medication over time?
- 5. Are there blood pressure treatments that may have fewer side effects?

Notes: _____

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