

My Action Plan for High Blood Pressure

Every Day	Things I Will Do Every day: <ul style="list-style-type: none"> • Take my medicine the way my doctor told me to, even if I feel good. • Follow right diet. • Be active every day. Get up and do things like walking. 	
Green Zone	I Feel Normal for Me <ul style="list-style-type: none"> • Usual medications control my blood pressure. • My normal blood pressure is: _____ 	Action – I Will: Keep doing the things I do every day. Check my blood pressure: _____
Yellow Zone	Caution – I Feel Worse <ul style="list-style-type: none"> • Repeated blood pressure readings outside my normal. • Unusual headaches. • Lightheadedness. • Heart feels like it is fluttering (palpitations). 	Action – I Will: <ol style="list-style-type: none"> 1. Call my main caregiver _____ Phone # _____ 2. Then I will: Call my doctor _____ Phone # _____ Call my home health nurse Phone # _____
Red Zone	Danger – I Feel Much Worse <ul style="list-style-type: none"> • Sudden numbness or weakness of the face, arm or leg, especially on one side of your body. • Sudden confusion, trouble speaking or understanding. • Sudden trouble seeing in one or both eyes. • Sudden trouble walking, dizziness, or feel off-balance. • Sudden, severe headache with no known cause. 	Action – I Will: Call 911