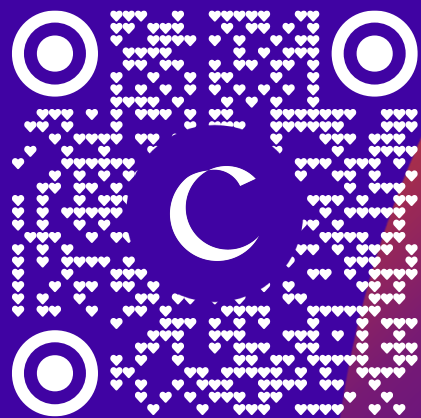


The greatest gift you can give
yourself and your loved ones is a
healthy you.



Visit **arceralifesciences.com**
to learn more about hypertension
and make informed health
decisions.

Learn the right way to *Manage Blood Pressure*



This material is for general informational and educational purposes only and is not a substitute for professional medical advice, diagnosis or treatment. Please consult a qualified healthcare professional if you have questions about your health or treatment.

First blood pressure visit

My doctor's info

Name _____

Address

Phone number

My current medicines

Names of medicines

[illegible]

Current health conditions

Ask my doctor

- How can I keep healthy blood pressure levels?
- How often should I have my blood pressure measured?
- Do I need to take medicines for high blood pressure?
- Where can I find information about healthy nutrition?

Lifestyle Changes

I will ask my doctor about the following lifestyle changes to help lower my blood pressure:

- Maintain a healthy weight
- Reduce sodium (salt); read food labels
- Eat fresh vegetables and fruits, and limit saturated fats
- Limit alcohol
- Get regular physical activity (at least 30 minutes/day)
- Manage other health conditions (e.g. diabetes)
- Take medicine as directed

Notes

Did you know?

Self-measured blood pressure monitoring helps many patients and their healthcare professionals manage hypertension more effectively.

Measure blood pressure at home

Take at least two readings

1 or 2 minutes apart, at the same time every day.

Before your reading

- No food or drink for 30 minutes
- Empty your bladder
- Sit in a comfortable chair with your back supported for at least 5 minutes

During your reading

- No talking
- Both feet flat on the ground, legs uncrossed
- Arm with the cuff resting on a table at chest height
- Cuff is snug but not too tight, against your bare skin, not over clothing

[illegible]

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