



7 WAYS

to Prevent High Blood Pressure

Perhaps you have family members who've had high blood pressure. Or maybe your doctor noticed your blood pressure was a little high at your last visit.

No matter where you are in your health journey, you can begin to take steps today to lower your blood pressure and improve your heart health.

1 EAT A HEALTHY DIET

Focus on fruits and vegetables, lean meats, fish, whole grains, low-fat dairy, beans, nuts and seeds. Limit fatty meats, full-fat dairy, and sugary drinks and desserts. If you need help with your diet, talk to your doctor.

2 CONSUME LESS SALT

When you're managing high blood pressure, salt intake is key. As best you can, avoid pre-packaged and canned foods and limit restaurant dining. Plus, consider removing your salt shaker from the table so you aren't tempted.

3 GET MOVING

The human body wasn't meant to be still. Try to get at least 30 minutes a day of moderate exercise five days a week. This can be brisk walking, bicycling, dancing, swimming — whatever makes you feel good!

4 MAINTAIN A HEALTHY WEIGHT

Being overweight or obese increases your risk for high blood pressure. But the good news is that by taking the steps above, you're already doing the right things for your weight.

5 DON'T SMOKE

Smoking increases your blood pressure and puts you at risk for a lot of other health conditions, too. If you smoke and are ready to quit, your doctor can help you get the resources you need.

6 LIMIT ALCOHOL

If you don't drink, don't start. But if you're a regular drinker, cutting back can help your blood pressure. Men should drink fewer than two drinks per day, and women shouldn't have more than one alcoholic drink a day.

7 GET YOUR SHUT-EYE

Sleep is essential to a healthy heart. (Bonus: It's good for your whole body and your mood, too.) Aim for as close to 8 hours a night as you can.

ArizonaCare
Network



Dignity Health.



Phoenix Children's
Care Network

My Blood Pressure Plan

FIRST

know my numbers

The first step in improving your heart health is knowing your current blood pressure. Today's reading:

_____ / _____

SECOND

choose two risk factors to focus on

Making healthy habits stick begins with small steps. So, choose two of the following habits to improve over the next three months.

- | | |
|---|--|
| <input type="checkbox"/> Improve my diet with the following steps: | <input type="checkbox"/> Exercise more. |
| <input type="checkbox"/> Eat more fruits and vegetables. | <input type="checkbox"/> Drink fewer alcoholic drinks. |
| <input type="checkbox"/> Eat less sugar. | <input type="checkbox"/> Quit smoking. |
| <input type="checkbox"/> Eat less fatty meat and more fish and lean meat. | <input type="checkbox"/> Prioritize my sleep. |
| <input type="checkbox"/> Eat less salt. | |
| <input type="checkbox"/> _____ | |
-

THIRD

track my progress and schedule a follow-up appointment

You can purchase a blood pressure monitor for your home or visit a local pharmacy to check your blood pressure. (Each time, check it twice, as blood pressure can vary.) Try to check it weekly.

If it's ever 180/120 or higher, call your doctor. If accompanied by chest pain, shortness of breath, weakness, change in vision or difficulty speaking, call 911.

You can use the Blood Pressure log on the next page to track your measurements.

Ask your doctor when you should return for a follow-up appointment, and write it here:

_____ / _____ / _____

ArizonaCare
Network

Abrazo Health

Dignity Health

Phoenix Children's
Care Network

My Blood Pressure Goal: _____ mm Hg

- If you have high blood pressure, measure your blood pressure twice a day—morning and late afternoon—at about the same times every day.
- For best results, sit comfortably with both feet on the floor for at least two minutes before taking a measurement.
- When you measure your blood pressure, rest your arm on a table so the blood pressure cuff is at about the same height as your heart.
- Record your blood pressure on this sheet and show it to your doctor at every visit.
- You can also use AHA's Check. Change. Control.® Tracker (ccctracker.com/aha), a free online tool to help you track and monitor your blood pressure. Just find the campaign code on the map for your state and sign up.

[illegible]