

ZONE Tool: High Blood Pressure Management for: _____ **Date:** _____

*** High blood pressure usually does NOT have any symptoms***



ALL CLEAR (GOAL)

• Blood pressure is within goal range as set by my doctor:
top number (*systolic range*)

bottom number (*diastolic range*)

• Or blood pressure lower than 140/90

Doing Great!

- Your blood pressure is under control
- Take medicines as ordered
- If able: check blood pressure
- Keep all doctor appointments
- Keep weight under control
- Exercise regularly (*goal 150 minutes/week*)
- Follow healthy eating habits: avoid processed foods and foods high in salt. DASH diet (*see handout*)
- Avoid smoking or vaping



WARNING!

If you have:

- Repeated blood pressures outside of normal range (*see range in green zone*)
- Top number higher than 160
- Bottom number higher than 100

Act Today!

- You may need to contact your doctor
- You may need your medicines changed
- Stop vigorous exercise
- If having symptoms, call your doctor:

(*Doctor's phone number*)



EMERGENCY!

Blood pressure is either:

- Top number 180 or higher
 - Bottom number 110 or higher
 - or
 - Top number 100 or less
 - Bottom number 60 or less
- (*as advised by your doctor*)

Act NOW!

- You may need to be seen by a doctor right away!
- If having symptoms, call your doctor:

(*Doctor's phone number*)

- If you have symptoms and cannot reach doctor:
Call 911 or have someone take you to
Emergency Department



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