

# Hypertension stoplight tool

Which zone are you in today: **green**, **yellow** or **red**?

Doctor/Provider: \_\_\_\_\_

Phone: \_\_\_\_\_



## Green Zone

I'm feeling good.

- I am keeping my blood pressure at or below 130/80 or my doctor/provider's recommendation of \_\_\_\_ / \_\_\_\_.
- I have taken all my blood pressure medication.
- I am managing my stress.
- \_\_\_\_\_
- \_\_\_\_\_

## How I'll prevent symptoms today

I will:

- Monitor my blood pressure regularly.
- Continue my regular exercise.
- Eat a healthy, low-sodium (salt) diet.
- Take my daily blood pressure medicine as prescribed.
- Avoid cigarette smoke and inhaled irritants.
- Avoid excess alcohol.



## Yellow Zone

I'm not feeling good.

- My blood pressure readings are higher than my normal readings and I have one or more of the following: headache, dizziness, or nosebleed.
- I have had three or more blood pressure readings that are higher than my normal.

## Caution!

Take action TODAY. I will:

- Report these symptoms to my doctor/provider without delay **AND**
- Continue to take my daily blood pressure medications as prescribed **AND**
- Call my doctor/provider if my symptoms do not improve.
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_



## Red Zone

I feel awful!

- I have a severe headache with no known cause.
- I have a nosebleed that won't stop.
- I am having chest pain.
- I am feeling confused, disoriented, agitated, and/or find it difficult to stay awake.
- I am having difficulty breathing or fast breathing.
- I am dizzy or lightheaded when I stand, or I have fainted.
- I am having trouble with my vision in one or both eyes.

## Get help!

Take action NOW:

- **CALL 911 or seek medical care RIGHT AWAY.**
- While getting help, do this:
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

