## Hypertension stoplight tool

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

Doctor, I love	acı		 
Phone:			
rnone.			



#### 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.

Doctor/Provider



#### 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.

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#### **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:

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# My blood pressure log

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#### **IMPORTANT REMINDERS for taking blood pressure (BP):**

- Do not exercise 30 minutes prior to taking BP.
- Allow at least 5 minutes of quiet rest prior to taking BP.
- When taking BP:
  - Sit with back straight, feet flat on floor.
  - Lower arm should be supported on flat surface; upper arm should be at heart level.

Record your blood pressure (BP); show it to your doctor at every visit.

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BLOOD PRESSURE CATEGORY	SYSTOLIC mm Hg (upper number)	AND/OR	DIASTOLIC mm Hg (lower number)
NORMAL	LESS THAN 120	AND	LESS THAN 80
ELEVATED	120-129	AND	LESS THAN 80
HIGH BLOOD PRESSURE (HYPERTENSION) STAGE 1	130-139	OR	80-90
HIGH BLOOD PRESSURE (HYPERTENSION) STAGE 2	140 OR HIGHER	OR	90 OR HIGHER
HYPERTENSIVE CRISIS (Consult your doctor immediately)	HIGHER THAN 180	AND/OR	HIGHER THAN 120

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