



Preparing for Your Appointment

To prepare for your appointment be sure to:

1. Have taken your medications for the day.
2. Bring your home blood pressure monitor with you, if you have one.
3. Bring your blood pressure log.
4. Bring a complete list of all of your medications (including over the counter, vitamins, and herbal supplements).
5. Bring a pen and paper to take notes.

Before Your Appointment

How often do you check your blood pressure?

- Every day
- About once a week
- About once a month
- Rarely
- Never

If you measure your blood pressure, do you keep a log?

- Yes
- No

Are you taking your medications as prescribed?

- Yes
- Usually
- Sometimes
- No

During Your Appointment

During my appointment, I'd like to discuss (choose all that apply):

- My medications
- Checking my blood pressure at home
- Reducing salt in my diet
- Getting more exercise
- Managing my weight
- Quitting smoking
- Managing my alcohol intake

It's hard for me to manage my blood pressure because (choose all that apply):

- I don't like the way the medication makes me feel
- I'm having trouble getting my medication
- I'm having trouble changing my diet
- I can't exercise easily
- It's expensive
- I'm stressed
- I don't feel well
- I forget what I need to do



**Mount
Sinai**

Preparing for Your Appointment

To reduce the amount of salt in my diet, I'd like to (choose all that apply):

- Buy low sodium foods
- Taste before adding salt
- Use salt-free spices/herbs
- Check labels for sodium
- Cook at home more often

Key Takeaways from Your Appointment

Today my blood pressure is:

—

mm Hg

- Normal blood pressure
- Elevated blood pressure
- Stage 1 hypertension
- Stage 2 hypertension

	Systolic	Diastolic
Normal blood pressure	<120	<80
Elevated blood pressure	120-129	<80
Stage 1 hypertension	130-139	80-89
Stage 2 hypertension	≥140	≥90

My Hypertension Action Plan

Notes



Hypertension Action Plan

How to take your blood pressure:

1. **Get comfortable:** Two minutes before taking a measurement, sit in a comfortable position, with both feet flat on the floor.
2. **Place your arm in the proper position:** Rest your arm on a table so that the blood pressure cuff is at about the same height as your heart.
3. **Write down your blood pressure numbers:** Use the log at the bottom of this page. Bring this log with you to each appointment with your doctor.

Initial blood pressure reading

mm Hg

Blood pressure goal

mm Hg

Date:

Blood pressure levels

Category	Office Blood Pressure		Home Blood Pressure
	Systolic	Diastolic	
Normal blood pressure	<120	<80	<120/80
Elevated blood pressure	120-129	<80	120-129/<80
Stage 1 hypertension	130-139	80-89	130-139/80-89
Stage 2 hypertension	≥140	≥90	≥135 and/or ≥ 85

Notes:

Flip this sheet over to record your individualized hypertension action plan

My individualized blood pressure management plan

Goal	Action	Timeline

Keeping Track of My Blood Pressure

My Blood Pressure Log

Measure your blood pressure at about the same time every day:


Note: do not take blood pressure readings within two hours of consuming caffeine

- Take **two readings** in the morning.
- Take **two readings** in the late afternoon.

How to take your blood pressure:

1. **Get comfortable:** Two minutes before taking a measurement, sit in a comfortable position, with both feet flat on the floor.
2. **Place your arm in the proper position:** Rest your arm on a table so that the blood pressure cuff is at about the same height as your heart.
3. **Write down your blood pressure numbers:** Use the log at the bottom of this page. Bring this log with you to each appointment with your doctor.

My Blood Pressure Goal:



mm Hg

My Daily Blood Pressure Readings:

DATE	MORNING	MORNING	AFTERNOON	AFTERNOON
	/	/	/	/
DATE	MORNING	MORNING	AFTERNOON	AFTERNOON
	/	/	/	/
DATE	MORNING	MORNING	AFTERNOON	AFTERNOON
	/	/	/	/
DATE	MORNING	MORNING	AFTERNOON	AFTERNOON
	/	/	/	/
DATE	MORNING	MORNING	AFTERNOON	AFTERNOON
	/	/	/	/

DATE	MORNING	MORNING	AFTERNOON	AFTERNOON
	/	/	/	/

DATE	MORNING	MORNING	AFTERNOON	AFTERNOON
	/	/	/	/

DATE	MORNING	MORNING	AFTERNOON	AFTERNOON
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DATE	MORNING	MORNING	AFTERNOON	AFTERNOON
	/	/	/	/

DATE	MORNING	MORNING	AFTERNOON	AFTERNOON
	/	/	/	/

DATE	MORNING	MORNING	AFTERNOON	AFTERNOON
	/	/	/	/

DATE	MORNING	MORNING	AFTERNOON	AFTERNOON
	/	/	/	/

DATE	MORNING	MORNING	AFTERNOON	AFTERNOON
	/	/	/	/

DATE	MORNING	MORNING	AFTERNOON	AFTERNOON
	/	/	/	/

DATE	MORNING	MORNING	AFTERNOON	AFTERNOON
	/	/	/	/

DATE	MORNING	MORNING	AFTERNOON	AFTERNOON
	/	/	/	/



Food and Beverage Diary

Use this food and beverage diary to help you keep your diet on track. Your provider may also review this with you to help you make healthier choices to work towards your hypertension goals.

Monday	
Time of day	What I ate and drank

Tuesday	
Time of day	What I ate and drank

Wednesday	
Time of day	What I ate and drank

Thursday	
Time of day	What I ate and drank

Selecting a Home Blood Pressure Monitor

Many insurance companies will not pay for home blood pressure monitors even though they are important for understanding your health. Here are some tips to choose the right monitor for you.

- Avoid wrist monitors
- Use a cloth measuring tape wrapped around your upper arm, midway between the elbow and shoulder, and choose the correct cuff size based on this measurement
- Purchase a validated machine so you know you are getting accurate measurements
- A more expensive machine does not mean it is better
- If you have a machine that is not listed, contact your doctor to visit one of our nurses to compare your machine to a valid office machine
- You should measure your blood pressure twice each morning and twice each evening 3-7 days per week and record them in your Blood Pressure Log to review with your doctor

Suggested devices

Source: validatebp.org

Brand	Name	Model Number	Image	Cuff Sizes	Price (as of December 2022)	Where to buy (as of December 2022)
OMRON	3 Series®	BP7100 HEM-7311		Adult (22-42 cm)	\$34.52- \$55.50	https://bit.ly/omron3series
Welch Allyn	Welch Allyn Home® Blood Pressure Monitor, 1700 Series	H-BP100S BP		Standard (22-42 cm) XL (40-54 cm) XS (15-24 cm)	\$99.99	https://bit.ly/welchallyn1700
GreaterGoods	Greater Goods BP	0040, 0604, 0664		Standard (22-42 cm)	\$39.95- \$67.88	https://bit.ly/gretergoodsbp

The above devices are only suggestions, and there are many more validated devices you can use. Find more validated home BP monitors at validatebp.org.

Managing Your Blood Pressure

High blood pressure (hypertension) is dangerous, and can put you at greater risk for heart attack and stroke.



Get your blood pressure checked regularly. High blood pressure usually has no symptoms, and is often only discovered through routine checks.

Normal blood pressure is 120/80 or lower

If your blood pressure is high, talk to your Mount Sinai doctor about you can work together to lower it. This may include lifestyle changes or medication.

Making healthy choices can help keep your blood pressure normal. It can also help lower blood pressure that is too high.



Eat healthy foods

Eat vegetables, fruits, and whole grains. Limit fatty meats and full-fat dairy products.



Limit alcohol

Do not have more than 1-2 drinks per day.



Exercise each day

Find ways to exercise that you enjoy, like walking with a friend.



Avoid salty foods

This includes prepackaged, processed, and prepared foods. Cook at home instead of eating out.



Don't smoke

This includes vape pens and e-cigarettes



Reduce your stress

Make sure you get enough sleep, and find time to relax and do things you enjoy.