

KEY POINTS FOR MANAGING HYPERTENSION

REQUIRED

- BP Goal is $< 140/90$
_____Date achieved
- Take medications as prescribed
_____ % adherence
- Annual biometrics _____Date completed
- Annual physical _____Date completed

KEY POINTS FOR MANAGING HYPERTENSION

RECOMMENDED

- Preventive Screenings, if due

_____ Date

_____ Date

_____ Date

- Nutrition education _____ Date

- Take blood pressure at home

Frequency _____