

Get the Most Out of Your Next Doctor's Appointment



Sometimes it's hard to remember all the things you want to cover when you're at the doctor. This guide to talking with your doctor will help you have a more productive conversation about your blood pressure goals.

Plan ahead

Write down anything that comes to mind about your high blood pressure, the medicines you're taking, your diet, and any stressors in your life. The more you prepare ahead of time, the easier it will be when you're actually at your appointment. Here are a few topics to get you started:

<input type="checkbox"/>	Am I on track to reach my blood pressure goal? If not, what can I do?
<input type="checkbox"/>	I'm taking my medicine but not getting to goal. Is there something else I can do?
<input type="checkbox"/>	Should I be avoiding any foods, drinks, or supplements while I'm on my blood pressure medicine?
<input type="checkbox"/>	I've heard about the Dietary Approaches to Stop Hypertension (DASH) diet. Can you tell me more?
<input type="checkbox"/>	Can you check my home monitor to make sure it's working properly? (Make sure to bring it with you!)
<input type="checkbox"/>	Sometimes I forget my medicine. What can I do to help me take it regularly?
<input type="checkbox"/>	What exactly is my blood pressure goal? What are my numbers now?
<input type="checkbox"/>	I'm concerned about side effects. (Describe anything you think might be a side effect of your medicine.)
<input type="checkbox"/>	What is considered moderate exercise?
<input type="checkbox"/>	Can I cheat on my diet sometimes, such as on special occasions?
<input type="checkbox"/>	My readings are high one day and fine the next. Is that normal?
<input type="checkbox"/>	Do any of the blood pressure medicines you're considering have a savings program?
<input type="checkbox"/>	Is blood pressure medicine covered by my insurance?

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