

Keep the conversation going
with your healthcare professional.

Untreated high blood pressure can lead to serious health problems. That's why it's important to know what your blood pressure is.

Talking to your healthcare professional (HCP) is an important step. A good relationship with your HCP can help you reach your blood pressure goal.

High blood pressure facts.

- Approximately 74 million US adults have high blood pressure
- It usually has no symptoms
- High blood pressure can't be cured, but it can be managed

Use this guide to discuss your blood pressure at your next visit.

1. What are my current blood pressure numbers? ____/____ mm Hg
2. What is my blood pressure goal? ____/____ mm Hg
3. Why is it important for me to keep taking my medication once I reach my blood pressure goal?
4. If I'm not at my blood pressure goal, what do you recommend as my next step in my treatment plan?
5. What goals should I be setting for my weight and exercise routine?*
6. How might my other conditions affect my blood pressure?
7. How often should I monitor and track my blood pressure at home? Should I share my results with you?
8. I don't feel any symptoms. Why should I care about my high blood pressure?

*Find easy ways to track your goals at BPSuccessZone.com

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Individual results may vary