

To help manage high blood pressure, stick with your treatment. Your provider may want you to check your blood pressure (BP) at home. Write down your numbers each time and share them with your provider.

[illegible]

* Blood pressure goals may vary. Ask your provider for your blood pressure goal.

- Bring this list with you to each provider visit.
- Bring all of your medicines with you to each visit, including vitamins and supplements.



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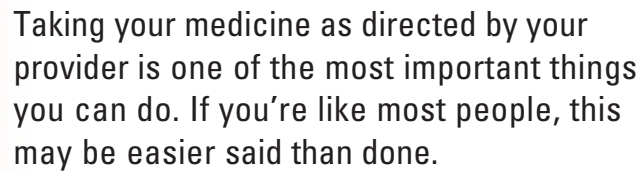
ABOUT HIGH BLOOD PRESSURE

Your Treatment & You: Working Together to Help Manage Your Health





As always, talk with your healthcare provider for more information.

[illegible]

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High Blood Pressure—What Is It?

“How could I have high blood pressure? I feel fine.”

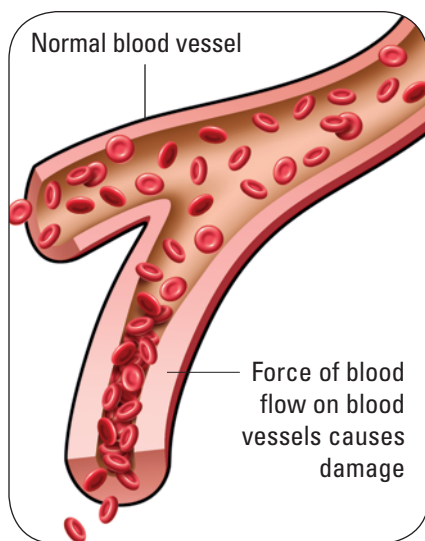
Even when you have high blood pressure, you may not feel any symptoms. It's important to talk to your healthcare provider about the causes of high blood pressure and to get your blood pressure checked as directed by your provider.

What is blood pressure?

Your heart pumps oxygen-rich blood through blood vessels to all parts of your body. Blood pressure is the force of blood against the walls of your blood vessels. Normal blood vessels are wide open and the blood moves freely. This leads to normal blood pressure.

What is high blood pressure?

- High blood pressure occurs when blood flows at a greater force.
- If the force of blood flow stays high over time, it can damage the blood vessels and other parts of the body.



Talking With Healthcare Team

Strongly Agree Agree Neutral Disagree Strongly Disagree

7 My doctor/nurse and I work together to make decisions.

<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
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Behavior



Taking Medicines

Have You...

In the last week In the last month In the last 3 months More than 3 months ago Never

8 Taken a medicine more or less often than prescribed?

<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
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9 Skipped or stopped taking a medicine because you didn't think it was working?

<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
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10 Skipped or stopped taking a medicine because it made you feel bad?

<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
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11 Skipped, stopped, not refilled, or taken less medicine because of the cost?

<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
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12 Not had medicine with you when it was time to take it?

<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
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If you checked any answers in the darker blue boxes, talk with your healthcare provider.



Taking Medicine— What Gets In The Way?

Think about all of the medicines you take. Mark one answer for each item below.

Inconvenience/Forgetfulness



Lifestyles

Strongly Agree Agree Neutral Disagree Strongly Disagree

1 I just forget to take my medicines some of the time.

☐ ☐ ☐ ☐ ☐

2 I run out of my medicine because I don't get refills on time.

☐ ☐ ☐ ☐ ☐

3 Taking medicines more than once a day is inconvenient.

☐ ☐ ☐ ☐ ☐

Treatment Beliefs



Attitudes and Beliefs

Strongly Agree Agree Neutral Disagree Strongly Disagree

4 I feel confident that each one of my medicines will help me.

☐ ☐ ☐ ☐ ☐

5 I know if I am reaching my health goals.

☐ ☐ ☐ ☐ ☐


Help From Others

Strongly Agree Agree Neutral Disagree Strongly Disagree

6 I have someone I can call with questions about my medicines.

☐ ☐ ☐ ☐ ☐

“What causes high blood pressure?”

There are many risk factors for high blood pressure.

Risk Factors You Can't Control	Risk Factors You Can Manage
<ul style="list-style-type: none"> • Older age • Family history of high blood pressure • Race (African Americans are at a higher risk than Caucasians or Hispanics) 	<ul style="list-style-type: none"> • Being overweight • Drinking too much alcohol • Eating too much salt • Inactive lifestyle • Smoking • Stress

Taking care of high blood pressure every day

Talk to your provider about changes you can make to help lower your blood pressure. Check the changes you and your provider decide you can make.

- ☐ Limit alcohol intake.
- ☐ Follow a healthy diet that is low in salt (sodium).
- ☐ Start a regular exercise program.
- ☐ If you smoke, ask about ways to quit.
- ☐ Try to lose weight and keep it off.
- ☐ Take your medicine as directed.
- ☐ When possible, reduce the stress in your life.
- ☐ _____.

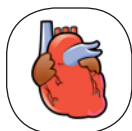


My Blood Pressure Numbers— What Do They Mean?

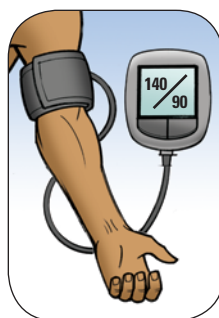
Blood pressure is measured with a cuff that is wrapped around your arm and a pressure gauge that reads two numbers.



The top number (systolic) is the blood pressure when your heart is pumping.



The bottom number (diastolic) is the blood pressure when your heart is resting.



What do your numbers mean?

Blood pressure goes up and down throughout the day. But when your blood pressure stays above a certain level, it's called high blood pressure, or "hypertension."

Blood Pressure Categories for Adults*

If your blood pressure is:	You have:
Less than 120/80	Normal blood pressure
Between 120/80 and 139/89	Prehypertension (you are at risk for high blood pressure)
140/90 and above	High blood pressure

*Some people may have different "normal" or "goal" blood pressure numbers. Ask your provider for your blood pressure goal.

For more help and information, contact one or more of these high blood pressure resources:

American Heart Association® (AHA)

800-AHA-USA-1 (800-242-8721)

www.heart.org

National Heart, Lung, and Blood Institute Health Information Center

301-592-8573

www.nhlbi.nih.gov

The resources listed above are administered by independent third parties not affiliated with or endorsed by GSK. GSK is not responsible for the content of these resources.

Have you felt moody or blue?

It's common for people with chronic conditions, such as high blood pressure, to feel moody or blue from time to time. If these feelings continue, you may lose interest in the things you used to like to do. Or you may have problems sleeping or working. The good news is that you don't have to deal with these feelings by yourself. Talk with your family, friends, and provider for help.



High Blood Pressure Support— Where Can I Go for Help?

“*I feel like I’m handling this all alone.*”

- Ask a family member or friend to support you, such as going with you to your next provider visit.
- Ask your provider about a support group for people with high blood pressure and related health problems.

If you have trouble paying for your medicine:

- If you have Medicare or think you are eligible for Medicare, call 800-MEDICARE (800-633-4227) or visit www.medicare.gov.
- For more information on Medicaid, contact your state Medicaid agency.

To learn more about what may be getting in the way of taking your medicine, go to www.HealthCoach4Me.com.

“*Why is high blood pressure dangerous?*”

If you have high blood pressure, you may feel fine. This is because high blood pressure does not always cause symptoms. This means you may not know that you have it. And that’s why it’s sometimes called “the silent killer.” High blood pressure can put you at risk for other health problems like:



Heart attack or heart failure



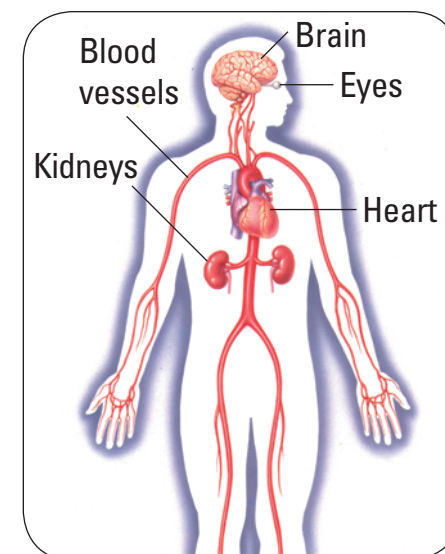
Stroke



Kidney disease



Eye disease



Ask your healthcare provider how often you should check your blood pressure.



My Blood Pressure Goals— What Are They?

You are the most important person in managing your blood pressure. Talk with your provider to help you choose one or more goals you are ready to work on now. Place a check next to your goals below.

Goal 1



Diet

- ☐ I will follow a healthy diet based on my provider's instructions.
- ☐ My daily sodium (salt) goal will be _____ mg per day.
- ☐ I will limit the amount of alcohol I drink, as directed by my provider.

Goal 2



Exercise

- ☐ I will _____.
- ☐ I will exercise for _____ minutes _____ days per week, as directed by my provider.
- ☐ My provider and I agree that the best activities for me are _____.
- ☐ If I notice chest pain, shortness of breath, or chest tightness, I will get emergency help.

Goal 3



Smoking

- ☐ I will _____.
- ☐ I will think of all the reasons why I should quit smoking.
- ☐ I will ask my provider about how I can quit smoking and then take the steps to quit.
- ☐ If I start smoking again, I will try to quit again.
- ☐ I will _____.

Questions to Ask My Provider or Pharmacist When I Receive a New Prescription:

- What is the name of the medicine and how can it help me?

- How and when do I take the medicine, and for how long?
Do I take it with food?

- What do I do if I miss a dose?

- What are the possible side effects? What should I do if they occur?

- Will it cause problems with the medicines I already take (including over-the-counter medicines) for other health problems?

- When should the medicine start to work?

- When and how do I refill my prescription?



My Healthcare Provider Visits— How Can I Get Ready?

You and your provider are a team in managing your high blood pressure. Talk openly and honestly with your provider.

“*I am embarrassed to ask my provider some questions.*”

- All questions are important. Do not be afraid to speak up if you do not understand something.
- Some people who take diuretics, or “water pills,” have to urinate more often. Ask your provider when it is best to take your diuretic. You may be able to take it earlier in the day to avoid nighttime bathroom visits.

If you have trouble understanding what your provider says:

- Ask for written information about your medicine. Is it available in large print or another language?
- Ask a family member to join you on provider visits. They can write down your provider’s answers.
- Ask the provider or pharmacist to help you answer the questions on the next page.

Talk to your healthcare provider at every visit about any medicine you may be taking.

Goal 4



Medicine

- ☐ I will take my medicine(s) as directed by my provider.
- ☐ I will call my provider if I have problems.
- ☐ I will ask questions when I do not understand something.

Goal 5



Blood Pressure

- ☐ I will have my blood pressure checked as directed by my provider.
- ☐ I will reach my blood pressure goal of _____.
- ☐ I will _____.

Goal 6



Provider Visits

- ☐ I will keep my provider appointments even when I feel fine.
- ☐ I will ask my provider questions when I do not understand something.
- ☐ I will _____.

Goal 7



Help From Others

- ☐ I will talk with family and friends about how I feel about having high blood pressure.
- ☐ I will join a support group.
- ☐ I will let my provider know if I feel moody, blue, or stressed.
- ☐ I will _____.

EMERGENCY: Get emergency medical help right away if you think you are having symptoms of a heart attack, which may include: 1) **Chest pain or discomfort**; 2) **Pain or discomfort in the arm(s), neck, back, jaw, or stomach**; 3) **Shortness of breath**; 4) **Cold sweats, nausea, or light-headedness**.



Blood Pressure Medicines— How Do They Work?

A healthy lifestyle may not be enough to help lower your blood pressure. Your provider may ask you to take medicine as well.

There are different types of blood pressure medicine. Each one works in a different way to lower your blood pressure.

Over time, you may need more than one kind of medicine to help manage your blood pressure. Even when you reach your blood pressure goal, you may need to keep taking your medicines for the long term.

Not every medicine is right for everyone. It is important to talk with your provider at each visit about your blood pressure and your medicines. Write the names of your medicines in the blank spaces below to help with that conversation.

Types of Blood Pressure Medicine

Angiotensin-converting enzyme (ACE) inhibitors

- Keep your body from making a hormone called angiotensin II.
- Widen blood vessels so that blood pressure goes down.



_____ (name of your medicine)

Angiotensin II receptor blockers (ARBs)

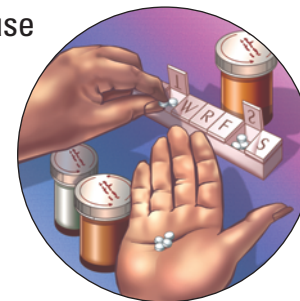
- Widen blood vessels like ACE inhibitors by blocking the narrowing effects of certain hormones on blood vessels. The vessels widen, and blood pressure goes down.



_____ (name of your medicine)

If you often forget to take your medicine:

- Ask your pharmacist if it is okay to use a pill box marked with the days of the week to store your medicine. If it is okay, you can take it with you when you are away from home.
- Wear a watch. Set an alarm. Leave yourself a note on the bathroom mirror.
- Keep your medicine in a place where you will see it every day.
- Ask your provider what to do if you miss a dose.



If you forget to refill your medicine on time:

- Write “refill medicine” on your calendar about a week before your medicine will run out.
- Make sure you have enough refills to last until your next provider visit.
- Ask your pharmacy to send you reminders to refill your prescription.



To learn more about what may be getting in the way of taking your medicine, go to www.HealthCoach4Me.com.



Sticking With My Medicine— What Will Work?

Taking your blood pressure medicine as directed by your provider is one of the most important things you can do to help manage your high blood pressure.



Not taking your blood pressure medicine as directed by your provider means:

- Your medicine may not work the way it should.
- Your blood pressure may go up.
- You may be at risk for other serious health problems like a heart attack or stroke.

“Taking medicine gets in the way of my day.”

Taking one or more medicines at different times each day can be hard. The key is to create a routine that fits your life.

- Try taking your medicine around the same time as other daily habits, such as in the morning when brushing your teeth or in the evening around dinnertime.
- Talk to your provider about the best time to take your medicine. Ask if your medicine should be taken with or without food.
- Ask your provider if there is a medicine you can take less often. A simpler medicine schedule may help you.

Alpha-receptor blockers

- Reduce nerve impulses that tighten blood vessels.
- Help blood flow more freely, causing blood pressure to go down.

☐ _____
(name of your medicine)

Beta blockers

- Make the heart beat more slowly and with less force, which lowers blood pressure.

☐ _____
(name of your medicine)

Calcium channel blockers

- Block the flow of calcium into the muscle cells of the heart and blood vessels. Too much calcium can make blood vessels squeeze shut.
- When calcium is blocked from the muscles, blood vessels can relax and deliver more blood and oxygen to the body.

☐ _____
(name of your medicine)

Diuretics, or “water pills”

- Help the body get rid of extra fluids and salt.
- Lower the amount of fluid in your blood, which makes blood pressure go down.

☐ _____
(name of your medicine)

Fill out a medicine chart with the help of your healthcare provider. It is important to discuss this chart at every visit.



My Medicines—Am I Taking Them As Directed?

Fill out a medicine chart like the one below and talk with your provider. This may help you take the right dose at the right time. Include all medicines you take for all reasons.

- Mark medicine refill dates on a calendar.
- Use reminder notes to remember to take your medicine.
- Have your blood pressure checked as directed to make sure your medicine is working.
- Talk to your provider if you have questions about your medicine or how to take it.



Date Started	Name and Strength of Medicine	How Much I Take	When I Take It	I Take It For	What My Pill Looks Like	Dates to Refill Rx	Special Instructions