

My blood pressure follow-up plan

Name _____ Date _____

My next appointment

Date _____ Time _____ ☐ In person ☐ Phone ☐ Video

Bring your BP readings and current medications or an up-to-date list.

My monitoring plan

BP today _____ / _____ mmHg My home BP goal _____

Start date _____ Arm ☐ Left ☐ Right

☐ 7 consecutive days: morning and evening, 2 readings one minute apart.

☐ Other schedule: _____

Medication changes

Medication	Change	Dose, timing and instructions

Take medications as prescribed.

If anything is unclear or differs from your prescription, check with your doctor or pharmacist.

Lifestyle changes that can help lower blood pressure

Eat well. Choose vegetables, fruit, whole grains and lower-sodium foods. Limit highly processed foods.

Stay active. Aim for 150 minutes of moderate activity each week, as your health allows.

Reduce alcohol. If you drink, drinking less can help lower blood pressure.

Avoid tobacco. Ask your healthcare provider for support with quitting.

About this tool. An independent adult follow-up resource, not a substitute for medical advice or your prescribed treatment plan. Not affiliated with or endorsed by any healthcare organization.

Pregnancy/postpartum need a separate care plan. Sources: hypertension.ca and heartandstroke.ca. Revised Sep 2026.

My home blood pressure log

Name (optional) _____

Dates covered _____

Set up for an accurate reading

PREPARE

Use a validated upper-arm monitor and a cuff that fits. Avoid caffeine, smoking and exercise for 30 minutes.

GET COMFORTABLE

Empty your bladder. Rest for 5 minutes. Support your back, feet flat, legs uncrossed; cuff on bare skin.

MEASURE & RECORD

Support your arm at heart level. Stay still and quiet. Take 2 readings, 1 minute apart. Record both.

Date	Time	Reading 1	Reading 2	Pulse	Notes
day / month	include AM/PM	top / bottom	top / bottom	optional	symptoms / medicine changes
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Blood pressure: mmHg | Pulse: beats per minute

For very high readings, seek medical advice promptly, even if you feel well; do not wait for your next appointment. For non-emergency health advice in Ontario, call **811**. For a medical emergency, call **911**.