High Blood Pressure Management Zones

WHICH ZONE ARE YOU?

**All Clear**

- Your symptoms are under control
  - High blood pressure usually does NOT have any symptoms
  - No headaches, nose bleeds
  - Blood pressure is within goal of: _______ systolic (top number) _______ diastolic (bottom number)

**GREEN ZONE**

- Doing great
  - Take medicines as ordered
  - Check blood pressure, if able
  - Keep all doctor appointments
  - Exercise
  - Keep weight under control
  - Follow health eating habits.
  - Keep exercising

**Caution**

- You may need your medicines changed
  - Repeated blood pressures outside of your normal range
  - Ringing in the ears

**YELLOW ZONE**

- Act today – Call Encompass or your doctor
  - Stop vigorous exercise

**Emergency**

- You need to be seen right away
  - Severe headache or nosebleed
  - Lightheadedness or heart racing
  - Severe anxiety
  - Severe trouble breathing
  - Sudden numbness or weakness of the face, arm, or leg
  - Sudden confusion, trouble speaking, or understanding
  - Sudden trouble seeing in one or both eyes
  - Sudden trouble walking, dizziness, loss of balance or coordination

- Act now – Call Encompass, your doctor, or go to the ER

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**Encompass Home Health contact**
Name: __________________________
Number: _________________________

**Doctor contact**
Name: __________________________
Number: _________________________

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This material was provided by HHQI.
References: AHA, 2012; NHLBI, 2012; Go, et al., 2013