High blood pressure management zones

WHICH ZONE ARE YOU?

GREEN ZONE

All clear

Your symptoms are under control

- High blood pressure usually does not have any symptoms
- No headaches or nose bleeds
- Blood pressure is within goal of:
  ______ systolic (top number)
  ______ diastolic (bottom number)

Actions

- Take your medications as ordered
- Check blood pressure
- Keep all physician appointments
- Keep weight under control
- Maintain healthy eating habits
- Keep exercising

YELLOW ZONE

Caution

Changes to your medication may be needed

- Blood pressure readings are consistently outside of your normal range
- Ringing in the ears

Act now

- Call Encompass Health or your physician
- Stop vigorous exercise

RED ZONE

Emergency

I need emergency medical care

- Severe headache or nosebleed
- Feeling lightheaded or heart is 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

Take action immediately

- Call 911 or go to the ER

Encompass Health branch phone #: _________________

Physician contact

Name: ________________________ Phone #: _____________ 

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