

## HYPERTENSION TOOL FOR SYMPTOMS MANAGEMENT

### GREEN ZONE

#### UNDER CONTROL

##### YOUR GOAL:

- > Systolic Blood Pressure (SBP) less than 120 mmHg, Diastolic Blood Pressure (DBP) less than 80mmHg
- > Heart rate, pulse within 60 to 100 beats per minute for an adult
- > No decreasing in ability to maintain activity level

#### YOU ARE IN CONTROL

- > Symptoms are under control
- > Continue taking medications as ordered
- > Continue checking blood pressure daily
- > Continue with low salt diet
- > Keep all medical appointments

### YELLOW ZONE

#### CAUTION

If you have any of the following signs and symptoms:

- > Systolic Blood Pressure (SBP) 140 to 159 mmHg, Diastolic Blood Pressure (DBP) 90 to 99mmHg
- > If you get a high reading, take your blood pressure several more times (2-3 times)

#### TAKE ACTION TODAY

- > These symptoms may indicate that the medications need to be adjusted
- > Call your physician, nurse coordinator, or home health nurse

### RED ZONE

#### MEDICAL ALERT

If you have any of the following signs and symptoms:

- > Systolic Blood Pressure (SBP) higher than 180 mmHg, Diastolic Blood Pressure (DBP) higher than 110mmHg
- > Severe headaches
- > Severe anxiety
- > Shortness of breath
- > Nosebleeds

Call your physician  
**IMMEDIATELY** if you are having red  
zone Symptoms

#### TAKE ACTION NOW

- > These symptoms may indicate that you need to be evaluated by a physician immediately

Call your physician  
**IMMEDIATELY** if you are having red  
zone Symptoms

Physician Name:  
Physician #:

## HYPERTENSION TOOL FOR SYMPTOMS MANAGEMENT

### EVERY DAY

- > Check your blood pressure and heart rate twice a day at the same time (morning and late afternoon). Record the results and take results to the doctor's visits
- > Take your medications as prescribed
- > Symptoms; check for: chest pain, shortness of breath, alteration in vision (blurred vision, spots), speech, balance (vertigo), headaches, nose bleeding, or frequent urination at night
- > Eat a low salt diet
- > Activity; get at least 30 minutes of physical activity 5 days/week, such as brisk walking (check with your physician before beginning any exercise program)

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