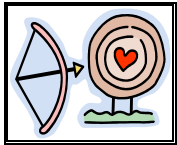




# Know Your Numbers

## What are the benefits of blood pressure monitoring at the pharmacy?

- Pharmacy monitoring provides important information between doctor visits.
- It can help you track changes and make sure your medication is working.
- It can help you and your doctor find the right drugs or dosage levels for you.
- It can help you see the effects of lifestyle changes, such as improved diet or physical activity.
- Working more closely with your pharmacist also can result in better blood pressure control or success in meeting your blood pressure goals.



## What is your BP goal level?

- According to national guidelines, the BP goal for most people who take medicine for BP is **less than 140/90 mm Hg**.
- If you have diabetes or kidney disease, the BP goal is **less than 130/80 mm Hg**.
- A normal BP is **less than 120/80 mm HG**.

## How can I keep track of my numbers? What is a blood pressure tracker?

- Your team will give you a blood pressure tracking card called “My BP Tracker”. Please keep this card in your wallet or billfold.
- The card includes space for writing down your blood pressure readings and medications. It allows you to monitor your progress over the next six months.
- This card also lets our pharmacy staff know that you are enrolled in the TEAM Program. Please show the card at the drop-off window when you come for your appointment with a TEAM pharmacist during our blood pressure clinic hours.
- Feel free to share your blood pressure readings with your doctor so he/she can follow your progress, too.

Today’s date: \_\_\_\_\_ Your blood pressure: \_\_\_\_\_/\_\_\_\_\_

Your blood pressure goal:  Less than 140/90 mm Hg  
 Less than 130/80 mm Hg