











MPV NEW JERSEY MEDICAL GROUP

Hypertension Self-Management Goals

To achieve good control of your blood pressure it is important to have practical goals for yourself. Set one goal now and after you have achieved it, move on to another. Know your risk factors and decide what you are willing to change. Feel good about one change before making another. Make your health a priority in terms of your time and energy. Consider your health provider a partner in your health.

	<p>Goal 1: I will work hard to keep my blood pressure <140/90.</p>
	<p>Goal 2: I will exercise (walk) 30 minutes _____ days per week. If I notice chest pain, shortness of breath, or chest tightness, I will seek medical attention.</p>
	<p>Goal 3: I will follow my low-sodium and low-fat diet to maintain weight, control blood sugar levels and lower blood pressure.</p>
	<p>Goal 4: I will try to obtain my ideal body weight. I will lose _____ pounds by my next office visit.</p>
	<p>Goal 5: I will take all medications properly.</p>
	<p>Goal 6: I will reduce alcohol intake.</p>
	<p>Goal 7: I will stop smoking.</p>
	<p>Goal 8: I will have an eye exam every year or as indicated.</p>
	<p>Goal 9: I will check my blood pressure once a month and keep a record to bring to doctor's visits.</p>
	<p>Goal 10: I will talk about how I feel about my hypertension to my family and friends. I will ask them to support my healthy food choices.</p>

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Name:

Date: ____/____/____

Selected Goal: _____

Action Plan:

Barriers & Solutions:

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Hypertension Self-Management Support Plan

Hypertension Support Groups

- ◆ American Heart Association – www.supportnetwork.heart.org
- ◆ American Society of Hypertension – www.ash-us.org/for-patients

Weight Management

- ◆ Weight Watchers - 800-621-6000; www.weightwatchers.com
- ◆ Over Eaters Anonymous - 505-891-2664 (support group)- www.oa.org

Exercise

- ◆ Curves - 877-673-3144- www.curves.com
- ◆ 24 Hour Fitness - 800-224-0240- www.24hourfitness.com
- ◆ New York Sports Club - www.newyorksportsclubs.com

Smoking Cessation

- ◆ www.smokefree.gov

Reduce Alcohol Drinking

- ◆ www.rethinkingdrinking.niaaa.nih.gov

Journals

- ◆ AHA Journal – <http://hyper.ahajournals.org>

Apps

- ◆ Calorie King
- ◆ Blood Pressure Companion
- ◆ SparkQuote (Free, inspiring quote for the day)