

Doctor Visit Cheat Sheet



Use this sheet as a guide to talk with your doctor about your blood pressure.

Ask your doctor's permission to record your conversation.**

PREPARE YOUR QUESTIONS

- ☐ What is my blood pressure goal?
- ☐ How often should I check my blood pressure?
- ☐ What lifestyle recommendations should I make?
- ☐ Do I really need to be on blood pressure meds?

DISCUSS SYMPTOMS & HISTORY

- ☐ Mention any of these recent symptoms: headaches, blurred vision, chest pain or shortness of breath
- ☐ Share changes in your health history since your last visit.
- ☐ Review your family history of hypertension, heart disease, and stroke.

REVIEW TREATMENTS

- ☐ Discuss current medications & side effects.
- ☐ Ask about regular testing & what your results mean (such as labs, EKG, etc.)
- ☐ Talk about diet, exercise, mental health concerns and stress management.
- ☐ Ask about preventative exams and vaccines.

PLAN FOR FOLLOW-UP

- ☐ Schedule your next appointment.
- ☐ Ask when to follow up if symptoms worsen.
- ☐ Get instructions for monitoring your blood pressures at home.

**Check your state guidelines; they vary by state

Disclaimer: This guide is for educational purposes and not a substitute for professional medical advice. Always consult your healthcare provider about your health conditions and treatment options.