PLANK 5

TOOL: Blood Pressure Tracking Card (Arch Health Partners)

BLOOD PRESSURE

Date	Time	BP	P

BLOOD PRESSURE

Date	Time	BP	P

MEDICATIONS

Medication	Dose	Frequency

Blood & Pressure Medical Record

Arch Health Partners
Where healing begins

Call 858.675.3100 or visit www.ArchHealth.org.

INFORMATION

Name

Address

City, State, Zip

Phone(s)

IN CASE OF EMERGENCY CALL 9-1-1

Doctor

Phone

Emergency Contact Name

Phone

Allergies

ABOUT YOUR BLOOD PRESSURE

Your blood pressure fluctuates throughout the day. If you have concerns:

- Have your blood pressure taken once a day during the next two weeks at different times of the day.
- Write down the date, time and result to review with your doctor.

You and your doctor will determine whether you will need to start lifestyle changes such as diet, exercise or medications.

For more information, or to learn about free monthly blood pressure screenings, call **The HealthSource** at **800.628.2880**.

BLOOD PRESSURE / SYSTOLIC / DIASTOLIC

Normal	less than 120	less than 80

*** If your blood pressure is consistently higher than normal blood pressure ranges (greater than 140/90), schedule an appointment with your primary care provider.**

HEART ATTACK SIGNS & SYMPTOMS

- Chest pain described as sharp/dull/discomfort/pressure/tightness/heaviness/squeezing/crushing
- Shortness of breath
- Sweaty/pale/bluish/cold/clammy skin
- Chronic fatigue/weakness
- Light-headedness, dizziness, fainting
- Pain that moves down the neck/shoulder/arm/back
- Anxiety/sleep disturbance
- Nausea/vomiting/indigestion
- Pain in the teeth/jaw/neck
- Heartbeats that feel too fast/too slow or fluttering

NOTE:
Pain may be mild to severe, may come on slowly or quickly or may come and go. Signs/symptoms may occur weeks before the heart attack. Some people have no symptoms at all.

WHAT TO DO:

1. Call 9-1-1.
2. Keep victim calm and relaxed.
3. Begin CPR if necessary.

STROKE WARNING SIGNS

- Numbness or weakness of the face, arm or leg, especially on one side of the body
- Confusion, trouble speaking or understanding
- Problems seeing in one or both eyes
- Trouble walking, dizziness, loss of balance or coordination
- Severe headache with no known cause
- Facial drooping

A Stroke is a Medical Emergency. Call 9-1-1. Every Minute Counts.

Measure Up Pressure Down