

# High Blood Pressure (Hypertension)

EVERY  
DAY

- › Take your medicine as prescribed
- › Follow the correct diet
- › Be active every day—get up and do activities such as walking

Which Hypertension Zone are you today? **GREEN**, **YELLOW** or **RED**?

<b>GREEN ZONE</b>	<p><b>GREEN ZONE = "ALL CLEAR"</b></p> <ul style="list-style-type: none"> <li>› Usual medications control blood pressure</li> <li>› Normal blood pressure is: _____</li> </ul>	<p><b>GREEN ZONE MEANS:</b></p> <ul style="list-style-type: none"> <li>› Your symptoms are under control</li> <li>› Continue taking your medications as ordered</li> <li>› Continue to check blood pressure</li> </ul>
<b>YELLOW ZONE</b>	<p><b>YELLOW ZONE = "CAUTION"</b></p> <ul style="list-style-type: none"> <li>› Repeated blood pressure readings outside normal readings</li> <li>› Unusual headaches</li> <li>› Lightheadedness</li> <li>› Heart feels like it is fluttering (palpitations)</li> </ul>	<p><b>YELLOW ZONE MEANS:</b></p> <ul style="list-style-type: none"> <li>› Call your main caregiver</li> <li>› Call your physician</li> </ul> <p><i>Note: Please tell your Homecare nurse if you call or go see your doctor</i></p>
<b>RED ZONE</b>	<p><b>RED ZONE = "MEDICAL ALERT"</b></p> <ul style="list-style-type: none"> <li>› Sudden numbness or weakness of the face, arm or leg, especially on one side of your body</li> <li>› Sudden confusion, trouble speaking or understanding</li> <li>› Sudden trouble seeing in one or both eyes</li> <li>› Sudden trouble walking, dizziness or feeling off-balance</li> <li>› Sudden, severe headache with no known cause</li> </ul> <p><b>In an emergency situation, call 9-1-1</b></p>	<p><b>RED ZONE MEANS:</b></p> <ul style="list-style-type: none"> <li>› You need to be evaluated by a physician right away</li> <li>› Call your physician or call 9-1-1</li> </ul> <p><i>Note: Please notify your Homecare nurse if you go to the emergency room or are hospitalized.</i></p>

Primary Physician: \_\_\_\_\_ Physician Phone #: \_\_\_\_\_

**MCLAREN HOMECARE 24-HOUR NUMBER: (866) 323-5974**

