

# HIGH BLOOD PRESSURE: GETTING SUPPORT

## TRANSCRIPT

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Getting support from others while learning to manage your high blood pressure is a good idea.

Meeting with your healthcare provider on a regular basis is very important.

It may be recommended that you check your blood pressure on a regular basis. Many people buy home blood pressure monitors. Keep a record of your blood pressure readings and bring them with you to your next appointment.

Based on your blood pressure readings, you will work together to decide if any changes need to be made to your plan, including possible changes in your medication, food choices, and exercise.

If you are feeling stressed, or are trying to lose weight or quit smoking, these regular visits with your healthcare provider can help you stay motivated.

Don't make any changes to your blood pressure plan without first talking with your healthcare provider. Ask your healthcare provider what resources are available to help support you, like joining a high blood pressure or healthy heart support group.

*"A lot of times we have speakers come in and we have a segment where the speakers must leave and it's strictly 'I've had a test. This is what they found. Has anyone else had that same test? Did it show anything? I'm on this medication. Is anyone else on that? I have these side effects.' We help each other."*

And talk about the changes you are making with your friends and family. They can help you stay motivated and become healthier themselves along the way.