

High Blood Pressure: Getting Support

Today's Health Tip.

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

Your healthcare provider is a great resource. Meet with them regularly to check in on your progress.

Together, you can review your blood pressure numbers and decide if you should make any changes to your medicines, food choices, or physical activity level.

A high blood pressure support group can also help. There, you can meet others who are learning to manage their blood pressure, too. It's a helpful place to ask questions and learn tips.

Lastly, talk about the changes you are making with your friends and family. They can keep you motivated. They may also pick up healthy habits along the way.