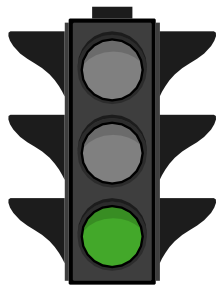


Your Plan for Action

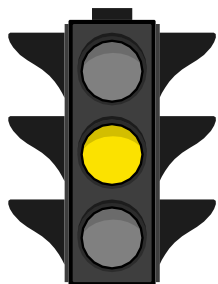
- Use this guide to tell your doctor about changes in your symptoms.
- You are less likely to go to the hospital when you notice your symptoms early and take action.

You are in control and doing well.



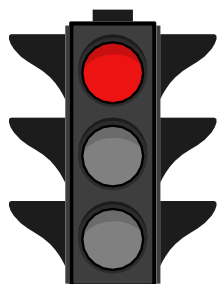
- I am able to take any prescribed blood pressure medicines.
- I am checking my blood pressure as my doctor told me, and my numbers are in the range my doctor gave me.
- I do not have any new or unusual symptoms.

Take action today. Call your doctor, the MyCare Advice Line, or schedule a same day in-person or virtual appointment.



- My blood pressure numbers are outside of the range my doctor gave me.
- I need a refill of my medicine (call your doctor's office, use the MyChart refill request, or call your pharmacy).
- I am having a reaction or side effects to my medicine.
- I have headaches that do not get better with rest and drinking water.
- I feel dizzy.
- I have swelling in my ankles.
- I feel like I might throw up.
- My blood pressure numbers are very high (top blood pressure number is over 180 or my bottom number is over 110) **and I do not** have other symptoms such as vision loss, chest pain, etc.

Take action now! Call 9-1-1 or go to the Emergency Department right away!



- My blood pressure numbers are very high (top blood pressure number is over 180 or my bottom number is over 110) **and I have** other symptoms such as vision loss, chest pain, etc.
- I have sudden vision loss or my vision is suddenly dim, dark, or blurry.
- I have chest pain or trouble breathing.
- I have very bad pain in my back or belly.
- I have signs of a stroke (sudden weakness or feeling numb in the face; face or eyelid may droop; weakness or loss of feeling in arm; sudden trouble speaking or slurred speech).
- I have a sudden, very bad headache with no known cause.