

Medical Providers

Please document current labs and vital signs on this form to help my healthcare providers and me keep track of important information.

The goal of this form is to keep track of medical information that will help prevent metabolic syndrome and enhance communication between each of my medical providers as well as help me meet my goals of healthy living. Please help me remember to hand you this form by asking for it every time I see you.

| Blood Pressure Readings | Top Number | | Bottom Number | What you should do |
|-----------------------------|----------------|-----|----------------|---|
| Normal | Less than 120 | and | Less than 80 | GREAT JOB! Keep up the good work! |
| Prehypertension | 120-139 | or | 80-89 | Change health habits. Reduce salt in your diet. Eat more fruits and vegetables and get more exercise. . If you're heavy, lose weight. |
| Stage 1 Hypertension | 140-159 | or | 90-99 | Talk to your doctor about possible medications and change health habits. |
| Stage 2 Hypertension | 160 and higher | or | 100 and higher | Talk to your doctor about possible medications and change health habits. |

Information retrieved from <http://www.nlm.nih.gov/medlineplus/ency/article/003398.htm> and <http://www.health.harvard.edu/fhg/updates/update0803a.shtml>

Bring this record to all of your doctors appointments. Have your doctors update the information and look at the progress that you have made. If you are worried about any of the results then talk to your doctor so they can help you. KEEP THIS IN YOUR WALLET AT ALL TIMES.

