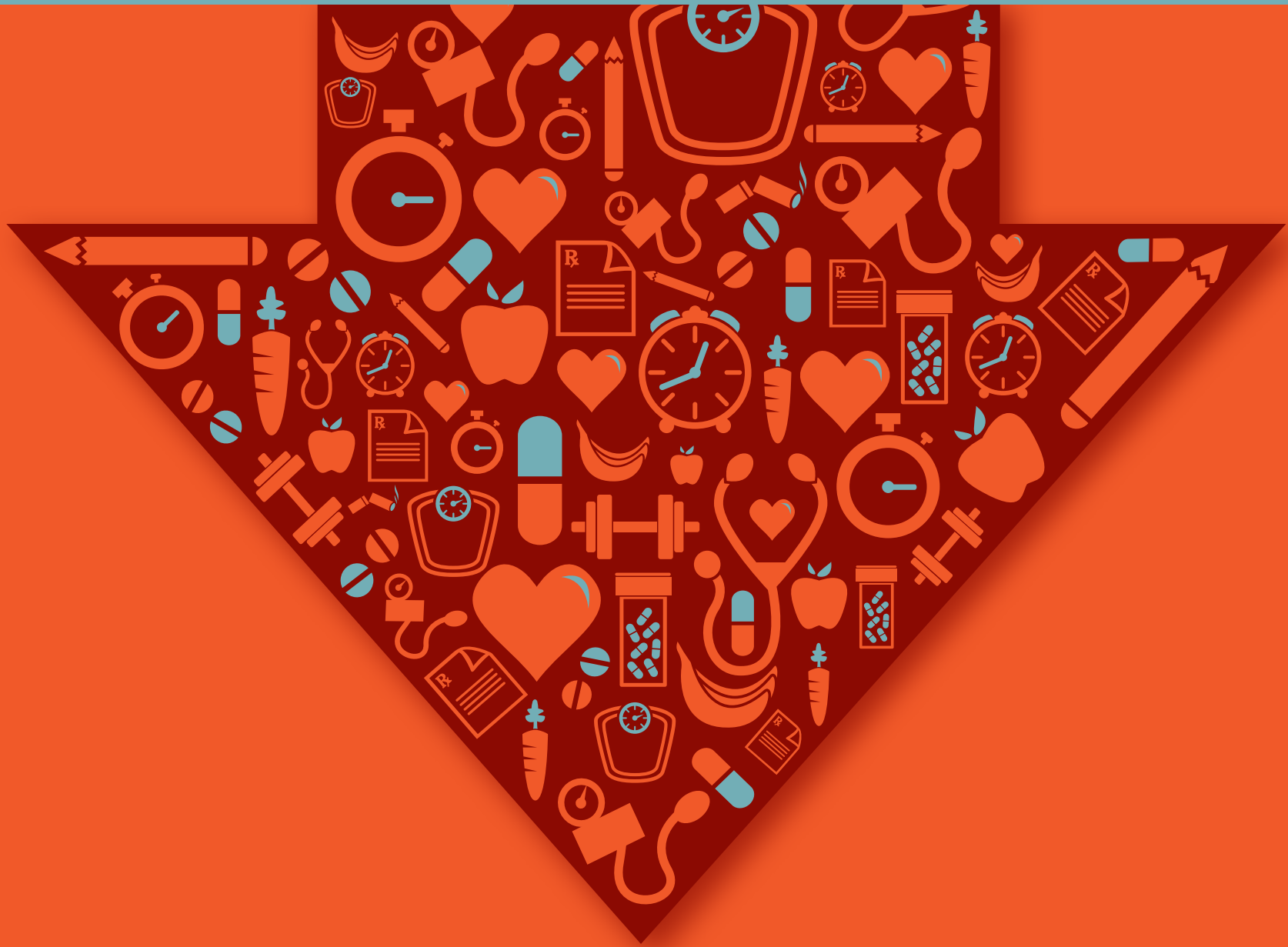


Pharmacists, take these 5 steps to heart...



Build a relationship. Get to know your patients so you can better understand their level of knowledge about high blood pressure.

- Reinforce that you are interested, qualified and available to help them reach the blood pressure goals outlined by their doctor.



Measure and monitor blood pressure. Establish a baseline blood pressure reading and work with your patients to help them achieve and maintain blood pressure goals.

- Suggest they acquire an at-home device to regularly measure their blood pressure, and show them how to use it properly.



Discuss treatment. Talk to your patients about the importance of adhering to medication(s), the unique role each medication plays in lowering blood pressure, potential side effects, and refilling prescriptions on time.

- Discuss the health benefits of lifestyle changes and encourage patients to follow the DASH eating plan, get at least 2 hours and 30 minutes of exercise each week, quit smoking, and limit alcohol.
- Encourage patients to talk with a counselor for help with quitting smoking: 1-877-44U-QUIT (1-877-448-7848).



Follow up with your patients. Make sure to check in when they come in for refills to see if adjustments in treatment are required. Ask questions such as:

- Are you comfortable taking your prescribed medication(s)?
- Have you noticed any side effects or troublesome reactions from your medication(s)?
- Are you skipping doses or forgetting to take your medication(s) daily?
- Do you feel overwhelmed by the number of medications or the number of doses per day?



Promote *Team Up. Pressure Down.* resources and tools.

- Offer patients resources such as the Million Hearts™ medication wallet card, blood pressure journal, and refrigerator magnet.
- Encourage patients to learn more at: <http://millionhearts.hhs.gov>

