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](http://millionhearts.hhs.gov)

*Team Up. Pressure Down. is a program of Million Hearts™, a national public-private initiative led by the U.S. Department of Health and Human Services.*