

This Action Plan is designed to help patients and their caregivers learn what steps to take when managing symptoms of high blood pressure. This plan includes three zones: Green, Yellow, and Red. If you are in the Green Zone, your symptoms are under control. If you are in the Yellow Zone, your high blood pressure (also called “hypertension”) may be uncontrolled. If you are in the Red Zone, you may need to call 911 or go to the emergency room.

This Action Plan was developed using standard hypertension guidelines, but it is important to review it with your doctor. They may have other steps for you to take when symptoms arise.

Green Zone: I feel well today.

- Blood pressure (BP) is controlled.
- Normal energy levels.

BP Category	Systolic	and/or	Diastolic
Normal Blood Pressure	Less than 120	and	Less than 80
Elevated (High) Blood Pressure	120 – 129	and	Less than 80

What to do:

- Take medications as prescribed.
- Log home BP measurements.
- Consume a low sodium (salt) diet.
- Lose weight if directed by your doctor.
- Exercise as directed by your doctor.
- Drink alcohol in moderation, if at all.
- Keep your medical appointments.

Yellow Zone: I’m not feeling quite right.

- Blood pressure (BP) is high.
- Symptoms, if present, may include headache, anxiety, some shortness of breath or fatigue. Remember, high BP often may not have any symptoms.

BP Category	Systolic	and/or	Diastolic
High BP (Stage 1 Hypertension)	130 – 139	or	80 – 89
High BP (Stage 2 Hypertension)	140 or higher	or	90 or higher

What to do:

- Take medications as prescribed.
- Check your BP again after resting for 5 to 10 minutes. Make sure your feet are flat on the floor, back is upright, and your arm is at heart level.
- If your BP remains in Stage 2 range, contact your doctor for advice.

Red Zone: I need help now.

- Blood pressure (BP) is critically high.
- Symptoms may include headache, changes in vision, shortness of breath, chest discomfort, or feeling confused. Remember, even critically high BP may not have symptoms.

BP Category	Systolic	and/or	Diastolic
Hypertensive Crisis	Higher than 180	and/or	Higher than 120

What to do:

- Call your doctor to report your symptoms or go to the nearest emergency room (or call 911).

My doctor’s name: _____

My doctor’s phone number: _____