TEAM UP
to Reach Your Blood Pressure Target

Having your blood pressure checked regularly and taking steps to reach your blood pressure target can help you improve your health. Team up with your health care provider.

At each visit ask:

1. **What are my numbers?**
2. **What should my blood pressure target be?**
3. **What steps can I take to reach my target?**

Produced by IHS Division of Diabetes Treatment and Prevention, www.diabetes.ihs.gov