



# 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?**



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and Prevention, [www.diabetes.ihs.gov](http://www.diabetes.ihs.gov)