

Visual Aid #2 for Question 7 - "after" (Boxes Removed)

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MEDICATION ACTION PLAN FOR Mr. John Q. Public, DOB: 07/04/1940

This action plan will help you get the best results from your medications if you:

1. Read "What we talked about."
2. Take the steps listed in the "What I need to do" boxes.

Have this action plan with you when you talk with your doctors, pharmacists, and other healthcare providers in your care team. Share this with your family or caregivers too.

DATE PREPARED: 10/31/2014

→ What we talked about:

- Topic #1: High Cholesterol
- Topic #2: High Blood Pressure - at visit on 1/14/2013 it was 154/92 mmHg

→ What I need to do:

- Topic #1:
 - Monitor diet; eat fewer high cholesterol foods (see dietary handout for healthier options).
 - Get your cholesterol checked.
- Topic #2:
 - Check blood pressure at least 3 times a week and record on log.
 - Maintain blood pressure less than 130/80 mmHg.
 - Monitor salt in my diet and increase daily exercise.
 - Make an appointment with physician to have blood pressure rechecked and share log.