**Hello**………………………

This is your **Patient Contract** to stay well.

**You have hypertension (high blood pressure)...now what ?**

|  |  |  |
| --- | --- | --- |
| Visit the [**www.NHS.uk**](https://www.nhs.uk/conditions/high-blood-pressure-hypertension/) website and | There’s an excellent service in Walsall |  |
| learn more. |  | that can lower your blood pressure by |  |
| **Did you know** | helping you with your diet, exercise, or |  |
| quitting smoking. |  |  |
| 1 in 4 people have high blood | This will reduce your risk of heart attacks |  |
| pressure, but many people do not |  |
| and strokes. Plus you will feel better ☺ |  |
| know, because it rarely has |  |
|  |  |  |
| symptoms. But if untreated, it |  |  |  |
| increases your risk of serious |  |  |  |
| problems such as heart attacks | Tel: 01922 444044 (Mon - Fri 9am - 6pm) |  |
| and strokes. |  |  |
|  | Website: [**www.oneyouwalsall.com**](http://www.oneyouwalsall.com/) |  |
|  |  |  |
| Portland Medical Practice | **Patient Contract for Hypertension** | Version 1.2 Oct 2019 xxx |  |

What **next ?**

Different people have different targets for their blood pressure.

Your blood pressure target is \_\_\_\_\_

**Did you know**

If you measure blood pressure over your clothes (meaning it’s not on bare skin), it can add 50 to the reading you get! Please read how to measure it correctly.

Blood test and urine test



ECG

Your ‘QRISK’

Medication

Online access

Eye check with your optician

Every year you will need a blood test and a medication check. And if you have a home blood pressure machine, bring one week of readings too.