Questions to Ask Your Doctor About Blood Pressure Tests

The following questions can help you talk to your physician about having your blood pressure tested. **Print out or write down these questions and take them with you to your appointment.** Taking notes can help you remember your physician’s response when you get home.

- Is my blood pressure reading **high**?
- If my blood pressure reading **fluctuates** at different times (home, physician’s office), am I okay?
- Does my blood pressure **medication** seem to be working as intended?
- What can I do to **lower my blood pressure**?
- Why is high blood pressure a **serious health concern**?