

# Hypertension Identification Program (HIP) patient form

Please share this form with your patient at the end of the appointment.

<b>Patient name:</b>	<b>Dentist name:</b>
<b>Physician name:</b>	<b>Physician phone:</b>
<b>Pretreatment BP reading:</b>	<b>Posttreatment BP reading:</b>
<b>Blood pressure classifications</b> <ul style="list-style-type: none"> <li>○ <b>D0010: Normal</b> (systolic lower than 120 mm Hg AND diastolic lower than 80 mm Hg)</li> <li>○ <b>D0020: Elevated</b> (systolic 120-129 mm Hg AND diastolic 80 or &lt;80 mm Hg) — see primary care provider</li> <li>○ <b>D0030: Hypertensive stage 1</b> (systolic 130-139 mm Hg OR diastolic 80-89 mm Hg) — see primary care provider</li> <li>○ <b>D0040: Hypertensive stage 2</b> (systolic at or higher than 139 or ≥139 mm Hg OR diastolic at or higher than 90 or ≥90 mm Hg) — see primary care provider right away</li> <li>○ <b>D0050: Hypertensive crisis</b> (systolic at or above 180 or ≥180 mm Hg AND/OR diastolic at or above 110 or ≥110 mm Hg) — see primary care provider right away</li> </ul>	



Know your blood pressure numbers.

Having your dentist check your blood pressure can help save your life as you can have high blood pressure without knowing it. High blood pressure can put you at higher risk for heart attack, stroke, heart failure and other serious health issues. **Please share your blood pressure reading from your appointment today with your primary care provider.**

You can learn more about high blood pressure at [heart.org/en/health-topics/high-blood-pressure](http://heart.org/en/health-topics/high-blood-pressure).

Here are ways you can keep your blood pressure in check:

- Maintain a healthy weight
- Do not smoke
- Limit alcohol to no more than two drinks per day if you are a man, and no more than one per day if you are a woman
- Reduce salt in your diet
- Reduce fat and cholesterol in your diet
- Eat more fruits, vegetable and low-fat dairy items
- Make sure you're getting enough potassium, calcium and magnesium
- Do aerobic exercise at least 30 minutes per day