



**Kat pou  
swiv  
tansyon an**

Rele **311** oswa ale sou  
[nyc.gov/health](https://nyc.gov/health).

**NYC**  
Health

## Objektif pou Tansyon mwen se

\_\_\_\_\_ / \_\_\_\_\_

M ap kontwole tansyon mwen chak:

jou

semèn

nan

maten

aprèmidi

Tansyon wo ka danjere pou ou menm ak ti bebe w la. Kontakte pwofesyonèl swen sante w la tousuit si tansyon w pi wo pase

\_\_\_\_\_ / \_\_\_\_\_.

Itilize tablo sa a pou w swiv evolisyon tansyon ou pandan tout peryòd gwosès ou a ak aprè ou fin akouche. Pale ak pwofesyonèl swen sante ou sou kantite fwa pou ou kontwole tansyon ou.

Dat	Tansyon	Dat	Tansyon	Dat	Tansyon	Dat	Tansyon	Dat	Tansyon	Dat	Tansyon
___/___/___ ● a.m. ● p.m.	/	___/___/___ ● a.m. ● p.m.	/	___/___/___ ● a.m. ● p.m.	/	___/___/___ ● a.m. ● p.m.	/	___/___/___ ● a.m. ● p.m.	/	___/___/___ ● a.m. ● p.m.	/
___/___/___ ● a.m. ● p.m.	/	___/___/___ ● a.m. ● p.m.	/	___/___/___ ● a.m. ● p.m.	/	___/___/___ ● a.m. ● p.m.	/	___/___/___ ● a.m. ● p.m.	/	___/___/___ ● a.m. ● p.m.	/
___/___/___ ● a.m. ● p.m.	/	___/___/___ ● a.m. ● p.m.	/	___/___/___ ● a.m. ● p.m.	/	___/___/___ ● a.m. ● p.m.	/	___/___/___ ● a.m. ● p.m.	/	___/___/___ ● a.m. ● p.m.	/
___/___/___ ● a.m. ● p.m.	/	___/___/___ ● a.m. ● p.m.	/	___/___/___ ● a.m. ● p.m.	/	___/___/___ ● a.m. ● p.m.	/	___/___/___ ● a.m. ● p.m.	/	___/___/___ ● a.m. ● p.m.	/
___/___/___ ● a.m. ● p.m.	/	___/___/___ ● a.m. ● p.m.	/	___/___/___ ● a.m. ● p.m.	/	___/___/___ ● a.m. ● p.m.	/	___/___/___ ● a.m. ● p.m.	/	___/___/___ ● a.m. ● p.m.	/
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Sèvi ak pwòp tansyomèt ou pou ou kontwole tansyon w oswa konsilte famasi lokal ou a. Pou jwenn yon famasi touprè w ki pwopoze pou kontwole tansyon gratis, ale sou [nyc.gov/health/map](https://www.nyc.gov/health/map). Si w bezwen èd, mande pèsònèl famasi a!

# Plan Aksyon Mwen



## Enstriksyon Espesyal

Lè tansyon mwen pi wo pase \_\_\_\_ / \_\_\_\_,  
mwen dwe

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Lè tansyon mwen pi ba pase \_\_\_\_ / \_\_\_\_,  
mwen dwe

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Dat	Tansyon	Dat	Tansyon	Dat	Tansyon
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## Enfòmasyon Pèsonèl

Non:

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Dat limit (si sa a aplikab):

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Pwofesyonèl swen sante:

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Nimewo telefòn pwofesyonèl swen sante a:

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Medikaman pou tansyon an:

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Swiv medikaman ou yo. Si pwofesyonèl swen sante w la chanje yon medikaman ak / oswa yon dòz, mete seksyon sa a ajou.

Pou plis enfòmasyon, pale ak pwofesyonèl swen sante w la oswa rele nan **311**.