

## Questions that pertain to you and this article

Please answer the following questions pertaining to you and this article, and then click the "Continue" button at the bottom of the page.

1. If your doctor prescribed medication for treating your high blood pressure, and you do not have any symptoms, is it okay to stop taking your medicine?

- Yes
- No

2. High blood pressure is the same as:

- Indigestion
- Hypertension
- Headache

3. According to the article, the path that leads to successful lifestyle change includes:

- Having your own reason for making a change
- Following the path of least resistance
- Set long-term goals and short-term goals that you can measure easily
- Measure improvements to your health
- Set a path of no return
- Thinking about what might get in your way, and prepare for slip-ups
- Getting support from your family, your doctor, and your friends

4. Untreated high blood pressure:

- is not that serious
- can lead to back spasms
- can lead to fatal heart attacks or strokes
- can be resolved quickly
- is not a permanent condition

Quiz questions are focused on actionable information

**Multimedia Screenshot 5** - Patients answer questions to confirm their understanding of how to self-manage their health.