

Non-black patients under the age of 60 with or without Diabetes (goal: 140/90)

STEP 1

Implement lifestyle modifications, prescribe the medications alone or in combo

Thiazides

\$4/10 for 30/90 tablets

- HCTZ: 12.5-50mg at Walmart or Hyvee
- Indapamide: 1.25-2.5mg at Walmart or Target

Using GoodRx Coupon

- Chlorthalidone: 25-50mg 30 tablets for \$18-20

Other

- Bendroflumethiazide

Calcium Channel Blockers

\$4/10

- Diltiazem (not ER): 30-90mg 60/180 tablets at Target
- Diltiazem (not ER): 120mg 30/90 tablets at Target

Using GoodRx Coupon

- Amlodipine: 2.5-10mg 30 tablets for \$6

Other

- Nitrendepine

ACE Inhibitors

\$4/10 for 30/90 tablets

- Lisinopril: 5-20mg at Walmart or Hyvee
- Enalapril: 2.5-20mg at Target

\$4/10 for 60/180 tablets

- Captopril: 12.5-100mg at Target

ARBs

Using GoodRx Coupon : 30 tablets

- Losartan: 25-100 mg for \$6 at Hyvee
- Valsartan: 40-320mg for \$11-17
- Irbesartan: 75-300mg for \$8-11
- Candesartan: 4-32mg for \$33-40
- Eprosartan: 600mg for \$45-90

STEP 2 (if not at goal)

titrate medications to maximum dose, add another medication (Thiazide, CCB, ARB, or ACEI) reinforce lifestyle changes

STEP 3 (if not at goal)

titrate medications to maximum dose, add a second line medication, reinforce lifestyle changes

Beta Blockers

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- Atenolol: 25-100mg at Walmart, Hyvee or Target

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- Metoprolol (tartrate): 25-100mg at Walmart, Hyvee or Target

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STEP 4 (if not at goal)

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All ages and races with CKD and with or without Diabetes

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Lifestyle Modifications to Recommend for all Hypertensive Patients

- Smoking Cessation
- Monitor Diet
 - DASH Diet
 - Moderate alcohol consumption
 - Reduce sodium intake to less than 2,400 mg
- Physical Activity
 - Moderate to vigorous activity 3 to 4 times a week averaging 40 minutes per session