

Measuring Your Blood Pressure at Home

Why it's important

The American Heart Association recommends home monitoring for all people with high blood pressure to help determine whether treatments are working. By correctly taking your blood pressure measurements at home, it also reduces the need for you to come into the clinic solely for that purpose and helps you avoid unnecessary contact with other patients who may be sick.



UPCOMING VISITS

If you have an upcoming clinic or telehealth visit, follow the guidelines on the additional page to take your blood pressure in the morning and the evening for at least three days prior to the appointment (taking two readings each time for a minimum of 12 readings). Having this information is very useful to your provider.

Recommended devices

Our list of recommended devices that can be integrated with your MyChart account via Apple HealthKit (iOS) or Google Fit (Android).

SOME CONSIDERATIONS WHEN SELECTING THE DEVICE FOR YOU

- Cuff size
- Type of display preferred
- More than one user per household
- Storage capacity and recording preference

Device Name	Model No.	2 Users
Omron 5 Series w/ Bluetooth	7250	
Omron 7 Series w/ Bluetooth	7350	Yes
Omron 10 Series w/ Bluetooth	7450	Yes
Welch Allyn Home 1500 Series	1500	
Welch Allyn Home 1700 Series	1700	
iHealth Feel	BP5	
iHealth Clear	BPM1	
iHealth Ease*	BP3L	

** Must have Apple or Android smartphone to read display.*

All listed home blood pressure monitors are Bluetooth or Wi-Fi enabled, use upper arm cuffs, and can be connected to your smartphone. Pricing ranges from approximately \$40 to \$120 depending upon the device chosen and where purchased. These devices are available at a variety of retailers such as Walmart, Target, Walgreens, Best Buy, CVS, and Rite Aid, as well as online direct from the manufacturer or Amazon.

How to measure your blood pressure at home

1 Prepare.

Avoid caffeine, cigarettes, and other stimulants 30 minutes before you measure your blood pressure.

Wait at least 30 minutes after a meal.

Empty your bladder beforehand.

If you take blood pressure medication, measure your BP before you take your medication, unless otherwise instructed by your provider.

Find a quiet space where you can sit comfortably without distraction.

2 Get in position.

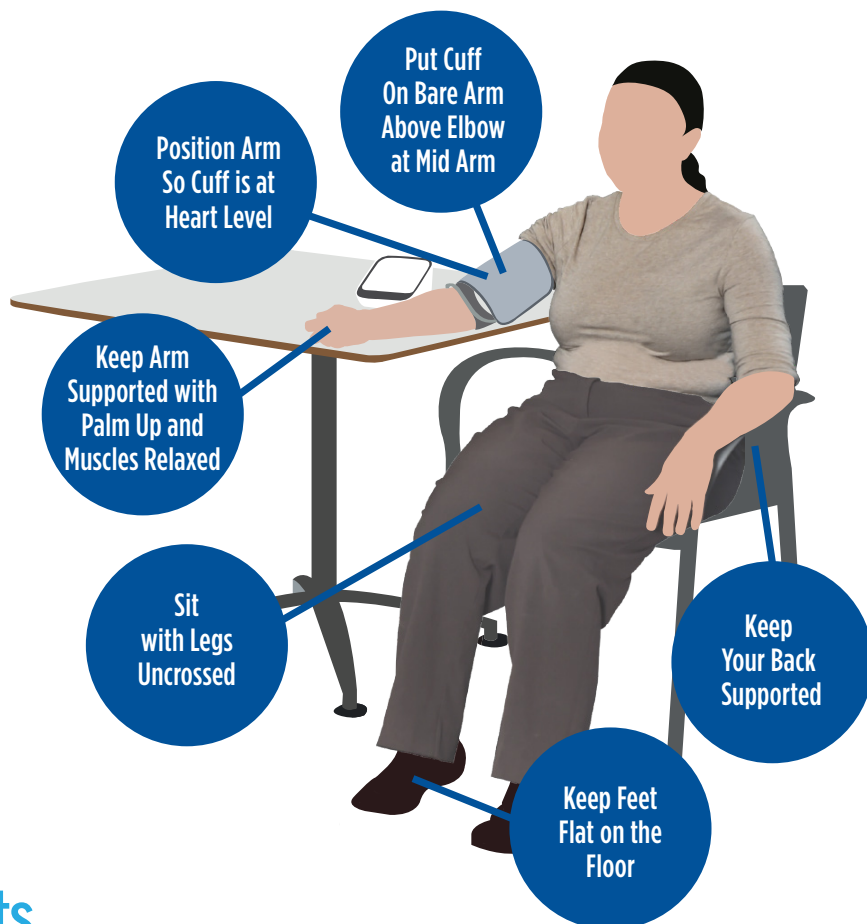
3 Measure.

Rest for five minutes while in position before starting.

Take two or three measurements, one minute apart.

Keep your body relaxed and in position during measurements.

Sit quietly with no distractions during measurements – avoid conversations, TV, phones, and other devices.



4 Record measurements.

If you have a smartphone and a Bluetooth enabled blood pressure monitor, check to ensure the measurements upload to your phone each time.

Blood pressure readings taken by yourself during a telehealth visit can be shown on screen for your provider to record in your chart.

If those options aren't possible, keep a manual log of your blood pressure readings for your own records.