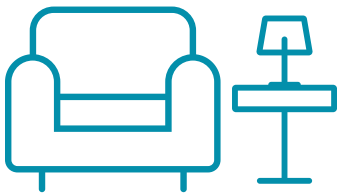


If you have high blood pressure, establish a practice to measure your blood pressure at home and other familiar locations. Self-measured blood pressure, combined with clinical support, can enhance the quality of care, improve adherence to medications, and ultimately reduce the risk of more serious heart-health complications or conditions.

High blood pressure, also called hypertension, puts you at higher risk for serious health problems such as heart attacks, strokes, and kidney disease. Managing blood pressure has been shown to reduce risk of serious health problems, including reducing the risk of dementia. In other words, what is good for the heart, is also good for the brain.



Find a quiet spot in your home to routinely take your blood pressure.

- ✓ Minimize distractions.
- ✓ Empty your bladder, if needed.
- ✓ Avoid caffeine and exercise right before taking your blood pressure readings.



Learn proper positioning for accurate readings.

- ✓ Sit in a chair with a supported back and flat surface to support your arm at heart level.
- ✓ Feet flat on the floor with your legs uncrossed.
- ✓ Cuff above elbow, directly on skin.
- ✓ Arm and body at rest.



Take blood pressure readings after 5 minutes of rest.

- ✓ No distractions, conversations or electronics.
- ✓ Take 2 readings, with 1 minute in between readings.
- ✓ Write down your readings.
- ✓ Share your blood pressure readings with your care team.

What do I need at home to check my blood pressure?

- A validated cuff that is the correct size for your arm.
- A quiet place where you can sit with minimal distractions for about 10 minutes a day.
- A chair with a supported back and flat surface to support your arm at heart level.

What do I do with my blood pressure readings?

- Work with your health care team on a plan to track your blood pressure.
- Watch for patterns to better understand your numbers.
- Share your blood pressure readings and insights with your care team.
- Set a goal for blood pressure control.

There are many common errors that can result in inaccurate blood pressure measurement. For example, inaccurate readings can happen if you are talking during readings, using a cuff that is too small for your arm, putting a cuff over clothing, taking a reading when your arm is unsupported or not at heart level, or taking a reading with a full bladder, crossed legs, or unsupported back.

Work with your primary care provider, pharmacist, or other care team members to learn proper positioning.

RESOURCES

- How to Measure Blood Pressure at Home - American Medical Association (<https://map.ama-assn.org/resources/how-measure-blood-pressure-home>)
- Everyday Actions to Address Hypertension - Mayo Clinic (www.mayoclinic.org/diseases-conditions/high-blood-pressure/in-depth/high-blood-pressure/art-20046974)
- Home Blood Pressure Monitoring Tips - American Heart Association (www.heart.org/en/health-topics/high-blood-pressure/understanding-blood-pressure-readings/monitoring-your-blood-pressure-at-home)
- Validated Blood Pressure Monitors
 - Validated Device Listing - American Medical Association (www.validatebp.org)
 - Validated Blood Pressure Monitors - Stride BP (www.stridebp.org/bp-monitors/)
- Seven-Step Self-Measured Blood Pressure Quick Guide for Clinics - American Medical Association (<https://map.ama-assn.org/resources/7-step-smbp-quick-guide>)