

How to Check Your Blood Pressure at Home™

A few small details can make your home readings more useful.



Use a validated automatic upper-arm monitor with a cuff that fits your arm. Ask your healthcare provider or pharmacist if you are unsure about the device or cuff size.

1

Prepare for the Reading



For 30 minutes beforehand, avoid smoking, caffeine and exercise. Empty your bladder before you sit down.

2

Rest Quietly



Sit for at least 5 minutes. Keep your back supported, both feet flat and your legs uncrossed. Do not talk or use your phone.

3

Place the Cuff



Wrap the correct-size cuff around your bare upper arm. Position the lower edge just above the bend of your elbow.

4

Support Your Arm



Rest your arm on a table with your palm up. Keep your arm relaxed and the middle of the cuff at heart level.

5

Take Two Readings



Stay still and quiet. Take two readings at least 1 minute apart, unless your healthcare provider gave you different instructions.

6

Record the Details



Write down both numbers, your pulse, the date, time and anything unusual. Use the same arm and similar times when possible.



Quick Position Check

- ☐ Bare upper arm
- ☐ Back supported
- ☐ Feet flat
- ☐ Legs uncrossed
- ☐ Arm supported at heart level
- ☐ No talking



Bring Your Monitor to an Appointment

Ask whether your home device and cuff are suitable, and compare a home reading with the office equipment.



When a Reading Is Very High

If a reading is higher than 180/120 mm Hg, wait at least 1 minute and check again. If it stays that high, contact your healthcare professional. Call 911 if it is accompanied by chest pain, shortness of breath, weakness, numbness, vision changes or difficulty speaking.

Gentle Reminder

One unusual reading does not tell the whole story. Correct technique and repeated readings provide better context.

Martine's Midlife Wellness Tip

Keep your cuff, monitor and log together. Making the setup easy can help you measure more consistently.



New chest pressure, shortness of breath, fainting or pain spreading to the jaw, back or arm needs prompt medical attention. Call 911 for possible heart attack symptoms.