Tips for Taking an Accurate Blood Pressure at Home

Your health care provider uses your blood pressure measurements to help make decisions about medications and treatments

Here are some tips for taking your blood pressure to ensure you are giving your provider the most accurate measurement:

Step 1:

Relax for 5 minutes before taking your blood pressure. It is **best not to talk** while taking your measurement.

Step 2:

Sit with **your back supported** by a chair and both **feet on the floor**.

Step 3:

Place the cuff **directly on the skin**. Do not put it over clothing.

Step 4 - with **Wrist Cuff:**

Place the cuff on your wrist. With your **elbow on the table**, place your **hand over your heart**. Relax your arm and rest your hand while the device is measuring.

Step 4 - with **Arm Cuff:**

Place the cuff on your arm above your elbow. Ensure that your **arm is supported** by a hard surface, like the arm of a chair or a table.
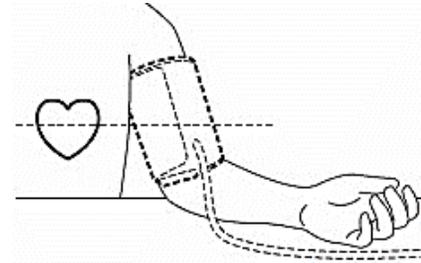
Step 5:

Once you have completed taking your blood pressure, be sure to **write down the date, time, and result**.

Keep the list of your blood pressure results and any questions you have for your health care provider in a safe place so you can share it during your telehealth visit.