

Measuring your Blood Pressure at Home

Your doctor has provided you with a digital upper-arm blood pressure cuff to help you monitor and manage your blood pressure. Device-specific instructions are in the package. Below are best practices for at-home measurement.

1. Power the device – Plug the power cord into a power brick OR install the 3 AA batteries provided.
2. Apply the cuff – Place it on your bare upper arm, about 1 inch above the elbow crease. Wrap so it is tight enough not to slip, but loose enough that two fingers fit easily between cuff and arm.
3. Prepare yourself – Sit quietly for 5 minutes. No caffeine, exercise, or smoking for 30 minutes. Sit with your back supported, feet flat, arm at heart level, and no talking.
4. Take the reading – Press Start. The cuff will inflate and feel tight at first, then automatically deflate. Stay relaxed and still.
5. Repeat – Wait 1 minute, then take a second reading.
6. Record results – Write down both numbers and the date. The monitor shows SYS (systolic, top) and DIA (diastolic, bottom).

The red markings in the image highlight where to find SYS and DIA.

