

Home Blood Pressure Monitoring Checklist

Right Equipment

- Upper arm device
- Validated device (check validatebp.org)
- Correct size cuff for arm

Right Environment

- Quiet space
- Chair with good back support
- Table or desk where can support arm at chest height

Pre-Monitoring Preparation

- For 30 minutes before checking blood pressure, avoid caffeine, alcohol, smoking, eating, and exercise
- Empty bladder

Proper positioning

Cuff

- On bare arm
- On upper arm with bottom edge approximately 1 inch above elbow crease
- Artery index marker lined up on center of inner arm over brachial artery
- Snug, but not tight (can fit 2 fingers between arm and deflated cuff)

Body

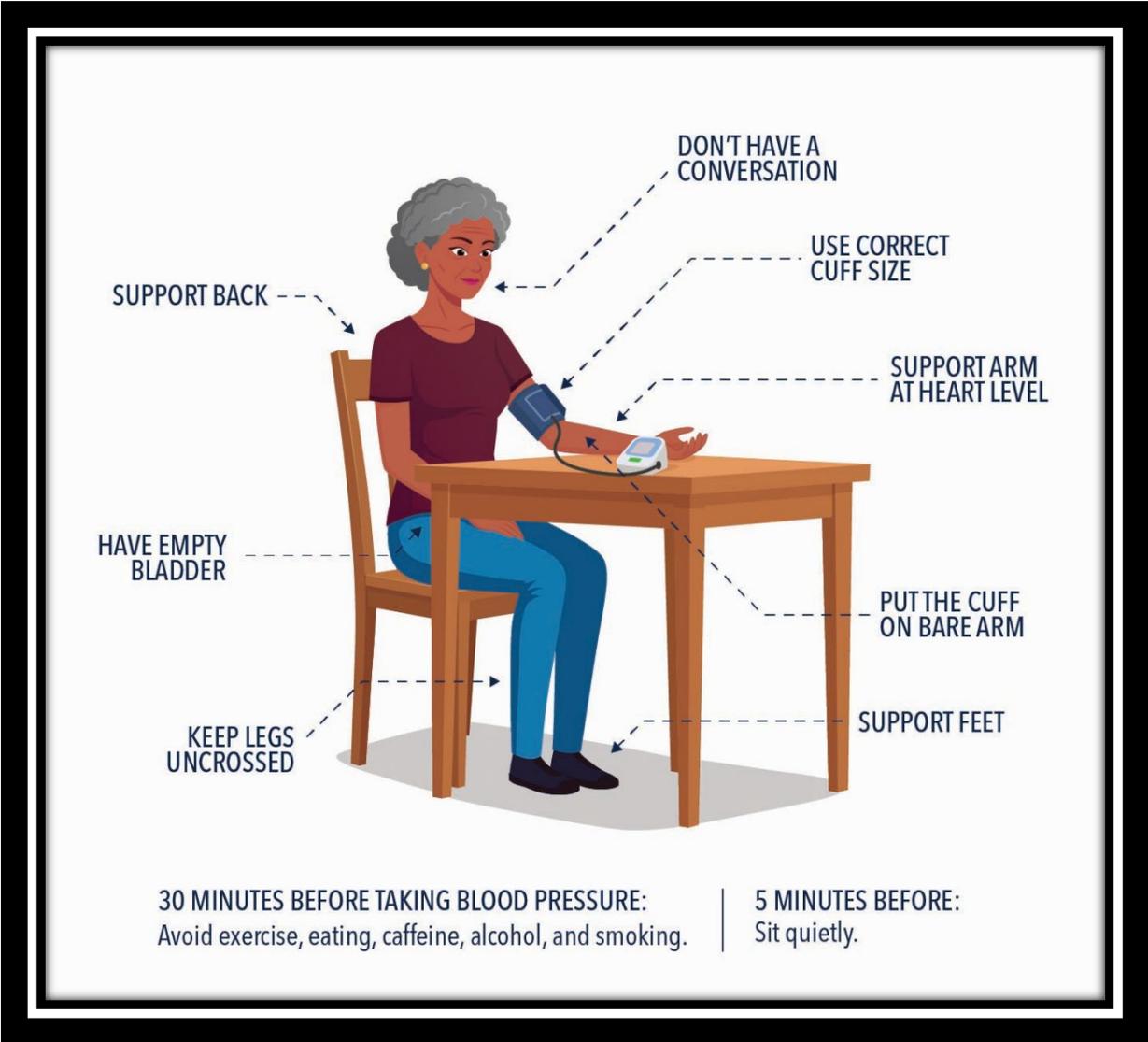
- Sitting in chair with back supported
- Legs uncrossed and both feet on floor
- Arm supported on flat surface with palm facing up with cuff at mid-chest level

Proper technique

- Once in position, rest for 5 minutes without distractions
- Press start on device
- Sit quietly and do not talk while blood pressure is being measured
- Write down blood pressure numbers along with the date and time it was taken
- Rest for 1-2 minutes with cuff deflated, then repeat measurement

Communication with Health Care Provider

- Bring your blood pressure log to all clinic visits
- Share your blood pressure readings with your health care provider between visits if requested
- If your blood pressure is consistently above your target range, let your health care provider know so you can work together to get it under good control



You can find additional information about blood pressure and heart health, including videos and a printable Heart Health Tracker Booklet, at vdh.virginia.gov/heart-disease/

