

Self-Measured
Blood Pressure
Partnership Program



Home Blood Pressure Monitoring

You will need:

- A blood pressure machine with a cuff that goes around the upper arm (wrist cuffs are not accurate)
 - Your insurance plan may cover the blood pressure machine (you may need a prescription).
 - If your insurance does not cover a blood pressure machine, both Walmart and Target have options for less than \$30.

When you measure your blood pressure:

- Have an empty bladder (go pee first!)
- Have refrained from exercise, caffeine, and cigarette usage for at least 30 minutes prior
- Sit comfortably with both feet on the floor, legs uncrossed, and back supported
- Position the elbow at heart level

Measure your blood pressure at two time periods daily (between 7:00 to 10:00 AM and between 1:00 to 10:00 PM) for one week and **record your numbers** (you can use a paper log or an app ^a). You will take two measurements each time with 1-2 minutes between measurements for a total of 4 recorded measurements daily (2 in the AM, 2 in the PM). **If you are taking blood pressure medicine, self-measure your blood pressure 30 to 60 minutes before taking your blood pressure medication(s).*

If your home blood pressure readings average $\geq 130/\geq 80$, please see your primary care provider for further evaluation of possible hypertension. If you need assistance finding a primary care provider, we are happy to help you. Please call our office at 713-500-2830.

^a Blood Pressure Tracker+ is a convenient iOS app that averages your blood pressure readings for you.