

Home Blood Pressure Monitoring and You

Before You Buy a Home Monitor

Step 1: Select the right monitor for you

Auto-inflation models are recommended for those who experience difficulty when squeezing inflation bulb. If you have difficulty hearing or have soft heart sounds, you will have greater success with a Digital Monitor. Special Case: If you have a weak or irregular heartbeat, a digital monitor may not obtain an accurate reading. In this case, we recommend that you purchase a manual Aneroid Blood Pressure Kit.

Kaiser Milpitas Pharmacies carry the [LifeSource UA-767 One Step Auto-Inflation Blood Pressure Monitor](#): UA-767V (medium cuff included) is \$49.95* plus tax, UA767L (large cuff included) is \$49.95* plus tax, UA-281 (large cuff separate from monitor) is \$22.95* plus tax. *Prices subject to change.

Step 2: Select Correct Cuff Size

To determine your cuff size, measure your upper arm circumference and select cuff from the following chart:

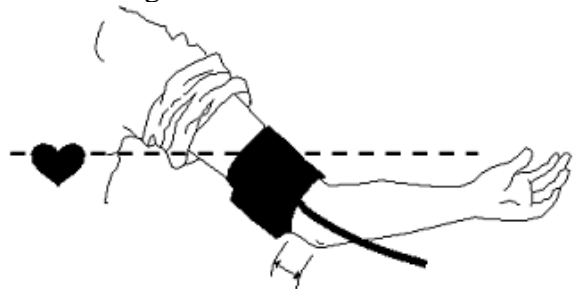
ARM SIZE	CUFF SIZE	MODEL #
5.1-7.9" (13-20 cm)	Small	UA-279
7.5-12.2" (19-31 cm)	Medium	UA-280
7.5-14.2" (19-36 cm)	Medium EasyCuff™ Feature	UA-380
11.8-17.7"(30-45 cm)	Large	UA-281

Step 3: Read the Instruction Guide carefully.

Before you start, take a few minutes to read the Instruction Guide that is included with your blood pressure monitor. It contains many helpful tips to obtain an accurate reading.

Important Tips for Successful Home Monitoring

- **Sit and relax for five minutes** before taking a blood pressure reading. This is a very important step for a good reading. If you rush and take a blood pressure reading without waiting, it will be higher than it should be. This is a common cause of inaccurate readings.
- **Rest and position your arm** on a table so that the arm cuff will be at heart level. If your arm is above heart level, your reading will be too low. If your arm is below heart level, it will be too high. Once you establish a correct position, use it for each subsequent reading.



- **Place the cuff over your bare arm.** Remove tight, bulky clothing from upper arm to prevent constriction. Do not place the cuff over clothing or below a thick rolled-up sleeve. Unless physician says otherwise, use left arm for measurement
 1. Hold cuff open with tube pointing downward. Slide cuff onto upper arm
 2. Position cuff with tubing over the brachial artery and aligned with small finger. Lower edge of cuff should be about 1" from elbow
 3. Fasten so cuff is snug, but not too tight. *Two fingers should fit between arm & cuff*
 4. Position arm to ensure cuff is at heart level



- **Inflation.** Set your Auto-Inflation Digital Monitor or inflate you Manual Inflation Monitor to 30-40 mmHg above your usual systolic blood pressure reading. Refer to you Instruction Guide for further information.
- **Do not move or talk** during your blood pressure measurement. Remain still and quiet with feet flat on the floor. Digital Monitors measure blood pressure by detecting small movements. Any movement or talking may cause inaccurate readings or error messages.
- **Wait at least 10-15 minutes** between readings to allow circulation to return to normal. Turn your blood pressure monitor off. Remove the cuff and relax between readings.

IMPORTANT: Select a quiet place at home to take your measurement at the same time, in the same manner everyday

For best result-tracking, be *consistent!*