

How to Check Your Blood Pressure

Steps to monitor blood pressure at home

1. Don't smoke, drink caffeinated or alcoholic drinks, and/or exercise 30 minutes before measurement.
2. Sit quietly for 5 minutes with your feet flat on the floor. Rest your back against the chair and place your arm on a flat surface, such as a table.
3. After 5 minutes, wrap the blood pressure cuff around the upper part of your arm or wrist. The cuff should be around the center of your artery.
4. An automatic monitor will inflate by itself when you press a button.
5. Check the top (systolic pressure), and bottom (diastolic pressure) readings on the dial or display window.



Tips:

- Make sure the cuff fits around your arm and the tube is positioned in the middle.
- Measure at the same time every day.
- Take multiple readings 1 minute apart and record your results.
 - * If your blood pressure is still high, contact your doctor immediately.*
- Don't measure your blood pressure over clothes.



To learn more about our doctor's group, call Member Relations:
(415) 590-7418

Follow AAMG on social media for the latest news, events, and more!



Website



YouTube



Facebook