

HOW TO CHECK YOUR BLOOD PRESSURE

We will ask you to check your BP in the morning and evening for 3 days in a row each month. If you are busy on those days, you will have 2 extra days to take your BP.

We will text you reminders to check your BP. If you miss those times, you can text in your BP at any time during those days. You choose the time that works for you.

To send us your BP, please reply to our text. Text each BP in a separate message. Text your BP in the format of systolic/diastolic such as 130/80.



- Sit down and place your elbow on a table or desk
- Rest your hand against your body with your wrist at heart level
- Keep your arm relaxed and do not move while checking your blood pressure (BP)



To use your monitor:

1. Take the monitor and cuff out of the package. The batteries are already inside!
2. When you are ready to check your BP, follow the picture on this handout. This will help you get the most accurate BP.
3. When the cuff is on your wrist, press the START/STOP button on your monitor. The cuff will tighten. Your BP will show on the screen after a short time.
4. Text us your BP numbers as systolic/diastolic such as 130/80.

Questions? Call Healthy Heart at 215-278-9539.