

# Take Control and Measure Your Blood Pressure at Home

## Why should you measure your blood pressure at home?

Measuring your blood pressure at home helps your healthcare provider understand how well controlled your blood pressure is on a day-to-day basis. Home and office blood pressure measurements may not be exactly the same (home measurements are generally lower) but they can show trends in blood pressure levels. It also shows how lifestyle changes and medications help to control your blood pressure.

Your healthcare provider may ask you to measure and record your blood pressure twice a day for at least one week before each appointment. This shows how well your blood pressure is controlled during your daily routine.

## What type of blood pressure monitor should you buy?

There are many blood pressure monitors for sale. Ask your healthcare provider which monitor is right for you.

Blood pressure cuffs come in different sizes. It is very important that the cuff fits your arm properly. The wrong cuff size will give incorrect readings.

It is important to measure arm circumference to buy the right cuff. Take the measurement midway between the shoulder and elbow (see *figure below*).

