

BLOOD PRESSURE METERS

Who will benefit the most from owning a BP meter?



Anyone diagnosed with high blood pressure



Individuals on high blood pressure medications



Individuals with risk factors for high blood pressure and its related conditions.



Pregnant women experiencing pregnancy-induced high blood pressure.



People who only have high readings at the doctor's office ("white coat" hypertension).



People who only have high readings at home but not at the doctor's office ("masked" hypertension).

Factors to consider when choosing a Blood Pressure Monitor

- Type:** Choose an automatic, cuff-style, arm monitor.
- Cuff Size:** Measure your upper arm circumference to get a cuff that fits! A fitting cuff size helps to ensure more accurate readings.
- Power Source:** Choose a monitor that comes with a power adapter if you are concerned about battery running out quickly.
- Display Window:** Reading should be large and bright
- Cost:** Choose a monitor that is within your budget!
- Connectivity:** Some blood pressure meters can connect to a smartphone for easy monitoring.

Who can you ask for further information on blood pressure monitoring devices?

Your pharmacist can further advise you on choosing the appropriate blood pressure monitoring device, how to interpret the readings and direct you to medical care if needed!

