

HOW TO TAKE YOUR BLOOD PRESSURE

Your guide for taking measurements at home



BEFORE YOU START

Take it easy!

Avoid eating, drinking alcohol or caffeine, smoking, exercising, or bathing for 30 minutes prior to taking your blood pressure.



PREPARING TO MEASURE

Relax and get comfortable

Use the restroom, then sit quietly in a chair with your back supported and your feet flat on the ground for 5 minutes. Rest the arm that will be measured on a table, about the level of your heart.



TAKE YOUR BLOOD PRESSURE

Stay calm, take nice deep breaths

Using the same arm each time, place the cuff 1/2 inch above the bend in your arm. Follow the instructions for your blood pressure machine to take the reading.



ESTABLISH A BASELINE

In the beginning we need a lot of numbers!

For 1 week, you will take 4 blood pressure readings per day, 2 in the morning and 2 in the evening. Wait at least 1 minute between the 2 readings.



RECORD AND SHARE READINGS

We take a team approach

Mosaic's care team will work with you on a plan for recording and sharing your readings. Together we will determine what our next steps will be!

