



Choosing your blood pressure monitor

On your next visit, stop by your Kaiser Permanente pharmacy to pick up your blood pressure monitor. Having a blood pressure monitor makes it easy for you to check your blood pressure at home.

Tips for choosing and using a blood pressure monitor:

- Not all blood pressure monitors are equal. Use a blood pressure monitor with a cuff that fits snugly but not tightly around your upper arm. You should be able to insert two fingers between the cuff and your arm.
- Avoid using a monitor that fits around a finger or wrist.
- You can pick up a LifeSource UA-767 Plus from the pharmacy. Choose a cuff size that is a comfortable fit for your arm. Blood pressure cuffs come in two sizes for adults:
 - * Small cuff: Fits arms that are 6 to 14 inches
 - * Medium cuff: Fits arms that are 9 to 14 inches
 - * Large cuff: Fits arms that are 14 to 17 inches
- Once you have picked your home blood pressure monitor, bring it to your doctor's office to compare the reading you get at home with the reading taken in the office. Your health care team can help you select the right monitor for you.

For more information

- Visit the Kaiser Permanente pharmacy to pick up your home blood pressure monitor. If you are unsure about your cuff size, ask your pharmacist to help you.
- Learn more about blood pressure monitors in our online health encyclopedia kp.org/health.
- Sign up for Care™ for Your Health, an online personalized program to help you manage your ongoing condition, at kp.org/healthylifestyles.
- Watch our online video on high blood pressure at kp.org/watch.