“It was great to talk with you.

Thank you for your interest in ‘Why and How to Buy a Home Blood Pressure Monitor.’ I hope you find this tip sheet helpful.

Please give me a call if you have more questions about this or other topics.

As your health coach, I’m ready to help in any way I can.”

Why buy a home blood pressure monitor?

Tracking your blood pressure at home can help you and your doctor know:

- How your blood pressure goes up and down during the day.
- If your blood pressure medicines are working as they should.
- If you need more or less medicine or a different medicine.
- How physical activity, food, medicine, and stress can change your blood pressure.
- If healthy lifestyle changes have lowered your blood pressure or changed your need for medicine.

Buying a blood pressure monitor

Home blood pressure monitors are sold at most drug stores and medical supply stores, as well as on some internet sites.

- Choose a **digital monitor**. A manual monitor requires a stethoscope and special training. A digital one reads your blood pressure for you.
- Choose a monitor **designed for the upper arm**. Finger and wrist monitors are not accurate.
- Be sure the **cuff fits your arm**. If the cuff is too small or large for you, it won’t give a correct reading.
- Look for a **display** that is clear and easy to read.
- Check with your insurance about coverage and where to buy a blood pressure cuff.
- Choose a monitor that states on the label or instructions that it was validated for accuracy.
- Take your monitor to your doctor’s office to check that it is working correctly.

(continued on next page)
Take Action

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<tr>
<th>My SMART Goal for This Week</th>
<th>Check when completed</th>
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<tr>
<td>Do your best to reach the SMART* goal you set with your health coach. Write it here. Check the box when you have completed it.</td>
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<th>Staying on the Path to Wellness</th>
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<td>When you are ready, choose one or two tips above that you would like to put into action. Set a weekly SMART goal for each one. Write your goals here. Check the boxes when you have completed them.</td>
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*SMART goals are specific, measurable, appropriate, realistic, and timely. For example, “On Saturday afternoon I will go to two drug stores. I will compare prices and features of different models of blood pressure monitors. I will look for the size cuff I need.”

SMART goals help you succeed! If you have any trouble setting your weekly SMART goals, ask your health coach for help.

The information in this tip sheet is for educational purposes only and is not intended to be a substitute for professional medical advice.

Sources: