
Home BP Measurement

- Electronic devices used on the upper arm preferred.
 - Be sure the correct cuff size is purchased.
 - Establish a reporting system with healthcare provider and bring equipment to visits for evaluation.
 - Discuss the goal for readings and levels that should be reported right away.
 - Videos explaining home measurement procedure can be viewed/obtained from
 - www.sharedcareinc.com
 - www.mayoclinic.com
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