

# Checking Your Blood Pressure at Home



## How to prepare:

- Wait 30 minutes after eating or using caffeine or tobacco products before taking your blood pressure (BP)
- Have your log sheet ready to record your BP, then sit still, relax in a chair and do not talk for 5 minutes before your BP is taken

## During

Use the correct cuff size for your arm. The velcro should secure cuff around upper arm and should not be too loose or too tight.

Support arm on a flat surface at heart level

Put cuff on bare upper arm

Do not talk while taking your BP



**Sit in a chair with a straight back and feet flat on the floor**

## After

- Wait 1 minute and check your BP a second time
- You can repeat the reading a third time if the second BP reading is high
  - Record the lowest of the readings
- Record the readings in your BP log



**Don't forget to talk to your provider about what BP results are healthy for you and when you should call the office to be checked.**



If you have questions or concerns about home BP monitoring, contact your provider's office or MeridianComplete (Medicare-Medicaid Plan) at **1-855-323-4578** (TTY users should call **711**). Hours are from 8 a.m. to 8 p.m., seven days a week. On weekends and on state or federal holidays, you may be asked to leave a message. Your call will be returned within the next business day.



# Home Blood Pressure Log

Name: \_\_\_\_\_

Target Blood Pressure: \_\_\_\_\_

Date	Time (a.m.)	Blood Pressure	Time (p.m.)	Blood Pressure	Comments

MeridianComplete is a health plan that contracts with both Medicare and Michigan Medicaid to provide benefits of both programs to enrollees.

