
Measuring your Blood Pressure at Home

Time Stamp	Script
00:00	Your heart affects your whole body, from head to toe. When your heart works harder than it should, it can leave you feeling bad, and it can lead to serious medical conditions like heart attack and stroke. But there's good news...
00:15	You can lower your risk for heart attack and stroke by controlling your blood pressure. There are a lot of small steps you can take to control your blood pressure. One quick and easy step is measuring your blood pressure at home and sharing those numbers with your health care team.
00:32	If you are interested in measuring your own blood pressure, talk to your health care team or pharmacist to see if they have recommendations about home blood pressure monitors. For now, let's take a look at how to get accurate blood pressure measurements from home.
00:48	Getting accurate blood pressure measurements starts with a little planning. Pick a consistent time of day to take your blood pressure. Think of a time you are often at home, that is easy to remember.
01:02	Taking your blood pressure around the same time helps you find patterns in your blood pressure numbers.
01:09	Getting an accurate blood pressure measurement starts before you sit down to take your blood pressure!
01:15	Avoid exercise, smoking, caffeine and alcohol for 30 minutes before measuring your blood pressure.
01:23	Use the restroom before you take your blood pressure, as this can also affect your reading.

01:29	When it's time to get started, you'll want to choose a good place to take your blood pressure. Place your blood pressure monitor on the table – somewhere with a chair that supports your back and a table to support your arm at heart level.
01:43	Then place your blood pressure cuff on your bare arm, just above where your elbow bends.
01:50	Your monitor may come with special instructions about how to line up your cuff properly. If not, check that the tube is running down the inside of your arm.
02:03	Sit up in your chair so your back is supported, with your legs uncrossed and both feet flat on the floor.
02:11	Rest your arm on the table so the cuff is at heart-level.
02:16	You're in position to go, but you will want to wait quietly for five minutes before starting your blood pressure monitor.
02:25	After five minutes have passed, you can follow your device instructions to start measurement.
02:31	While the device is going, stay still, do not look at the monitor, keep your arm supported at heart level and do not talk.
02:40	You can tell when the measurement is over, because the cuff will deflate.
02:44	That's it! You're ready to record your blood pressure. Look at your blood pressure monitor to find the two largest numbers. They should be labelled with "S-Y-S" or "Systolic" and "D-I-A" or "Diastolic." Write down both of these numbers on your blood pressure tracker.
03:05	Your monitor may not look like the one you're seeing here. That's okay. If you need help reading your monitor, you can ask your care team or coach.

03:16	Remember to take your blood pressure tracker with you when you visit your health care provider! Showing your care team your home blood pressure numbers will help them better understand how you are doing and if you need changes to your care plan.
03:31	You can also share anything you've noticed about what might be affecting your blood pressure numbers.
03:38	You have the right to be an active part your health care team and measuring your blood pressure is an important and impactful way to be a part of that team.
03:47	People who measure their own blood pressure have more success with blood pressure control than those who only have their blood pressure checked in a clinic.
03:56	Be proactive, share your numbers and ask questions. Health care works best when you and your care team work together!

