

# Choosing Your At-Home Blood Pressure Monitor



Checking your blood pressure at home will help you and your care team better manage and control your high blood pressure. Here are some tips on choosing the right monitor for you:

## We recommend:

- 1 An upper arm monitor that automatically reads your blood pressure with a touch of a button.
- 2 Blood Pressure Cuffs come in multiple sizes. Make sure you have the proper size for your arm to ensure an accurate reading.
- 3 Make sure your device is certified to ensure an accurate reading. Please visit [www.validatebp.org](http://www.validatebp.org) for an updated list of certified devices, verified by the American Medical Association.
- 4 Once you obtain your blood pressure monitor, bring it into your provider's office to compare it to in-office readings.

## Getting your BP monitor:

- Your health insurance may pay for some or all of the cost for a blood pressure cuff if your provider orders it.
  - The CHA Central refill pharmacy can check to see if your insurance covers the device.
  - You can find these at any pharmacy or retail store (ie. Target, Walmart, Amazon, etc.).
- If insurance does not pay for the monitor:
  - Flexible spending or health savings accounts can be used to pay for a blood pressure monitor.
  - Ask your CHA care team how to get discounts towards your blood pressure monitor or use our lending program for home monitors.

**Use the chart below to learn more about some of the most common blood pressure monitor devices:**

Name*	Omron 3 Series	Welch Allyn 1700 series	Omron 7 Series
<b>Image</b>			
<b>Cost:</b>	\$35	\$100	\$63
<b>Memory:</b>	14 readings, no app	99 readings, track readings and send by email	90 readings, track readings and send by email
<b>Features:</b>	Upper arm cuff 9"-13"	Available in regular and XL cuff	Molded cuff 9"-13," easy to put on

*\*Some store brands are validated and may be available at a lower cost.*



**Scan the QR code to learn more.**