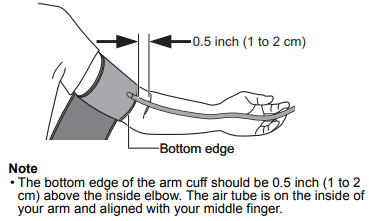
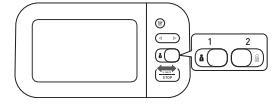
**In-Home Blood Pressure (HBPM)**

**Participant Checklist**



* Confirm that you have the following:
* Omron Blood Pressure Monitor with cuff and 4 AA batteries
* Set up an area to measure your blood pressure:
* Use a sturdy table that supports your arm at heart level
* Sit in a chair that supports your back
* Make sure the area is quiet and free of distractions
* Get prepared:
* Wear a shirt/top with easy access to your upper arm
* No caffeine/eating/drinking/smoking/exercising 30 minutes prior to measurements
* Empty your bladder before taking your blood pressure
* Place your feet flat on the floor – don’t cross your knees or ankles
* Place the blood pressure cuff on your arm:
* Place the cuff on bare skin of your upper arm with the tubing pointing toward your hand. The bottom of the cuff should be at least ½ inch above your elbow
* The cuff should be wrapped snugly but comfortably around your arm – you should be able to fit 2 fingers in between your arm and the cuff (The Velcro flap part on the cuff may cover some of the tubing. This is okay and will not affect any of your measurements)
* Make sure the tubing on the cuff runs down your arm towards your hand. Do not rest your arm on the tube.
* Rest quietly for 5 minutes. (Estimate the wait time with a clock in the environment you are sitting down in. This can be your phone.
* While you are resting quietly for 5 minutes, it is okay to do any activity that can be quickly and easily put aside once it is time to take your blood pressure, like some light reading.
* Take your blood pressure measurements:
* Make sure User 1 is showing.



* Press the “START/STOP” button to begin
* No talking during the blood pressure
* The monitor will take 3 blood pressures with 30 seconds in between each measurement
* After the third reading, the screen will display your average blood pressure reading
* You can use the Bluetooth button on the back of the device to view the 3 readings and the average
* Repeat this process every day for 8 days before taking your blood pressure medication (if applicable):
* Morning (7am-9am)
* Evening (7pm-9pm)