



# Home Blood Pressure Monitoring Participant Checklist

## You will need:

- Omron Blood Pressure Monitor with cuff with 4 AA batteries already inside
- A quiet place with a sturdy table that supports your arm at heart level and a chair that supports your back.

### Helpful reminders:

- 1 Wear clothing with easy access to your upper arm
- 2 No caffeine, eating, drinking, smoking, or exercising 30 minutes before taking your blood pressure
- 3 No talking during measurement
- 4 Measure your blood pressure before taking any blood pressure medication (if applicable)
- 5 Empty your bladder before taking your blood pressure
- 6 Have your feet flat on the floor – do not cross knees or ankles

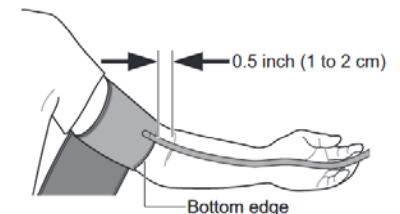
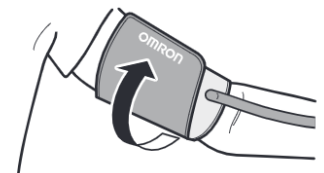


## Wrap the blood pressure cuff around your upper arm.

- Place cuff on bare skin with the tubing pointing down toward your hand. The bottom of the cuff should be at least ½ inch above your elbow.

**You should be able to fit 2 fingers between your arm and the cuff. It should be snug but comfortable.**

- Do not rest your arm on the tubing. *(The Velcro flap may cover some tubing. This is okay and will not affect measurements.)*
- Rest quietly for 5 minutes, with a way to check the time. It is fine to do an activity that can be quickly set aside when it is time to take your blood pressure, like some light reading.



## Take your blood pressure.

- 1 Make sure User 1 is showing on the screen.
- 2 Press the "START/STOP" button to begin.
- 3 The monitor takes 3 readings with 60 seconds between each measurement.
- 4 The screen displays your average pressure after the 3rd reading.
- 5 Pressing the Bluetooth button on back displays last 3 readings and average.
- 6 Complete the Patient Experience Form.



**Repeat this process daily for 8 days in the morning (7am-9am) and Evening (7pm-9pm).** For any questions, please reach out to your study site.