Self-measured blood pressure
Using a wrist cuff to measure blood pressure*

1. Apply the wrist device
2. Keep elbow on table or desk with forearm bent
3. Place the wrist at heart level
4. Keep arm relaxed and hand resting against your body
5. Measure wrist blood pressure without moving arm from seated position

Correct forearm position for wrist blood pressure measurement

Incorrect forearm position

Wrist higher than heart level
Forearm in horizontal position
Forearm vertical and close to the body

* When an upper arm cuff cannot be used, validated wrist devices can be used for blood pressure estimation.
