What is self-measured blood pressure?

Self-measured blood pressure (SMBP) is when you measure your blood pressure outside of the doctor’s office or other health care settings.

Why do I need to measure my blood pressure at home?
SMBP allows you to measure at different times throughout the day and over a longer period of time, helping your doctor get a more complete picture of your blood pressure. You may also take SMBP measurements for a virtual or telemedicine visit. Your doctor may ask you to take measurements before or sometimes during the visit to help in managing your blood pressure.

How does SMBP help improve my health?
Using SMBP can help you and your care team come up with a treatment plan to better control your blood pressure, which can prevent more serious health problems.

The consequences of uncontrolled hypertension can be costly and deadly.

54% of U.S. adults with high blood pressure do not have it under control


©2020 American Medical Association. All rights reserved.
What do the numbers mean when I take a blood pressure measurement?

**Systolic blood pressure (SBP or SYS):** Top number of your blood pressure measurement which indicates how much pressure your blood is exerting against your artery walls when the heart beats

**Diastolic blood pressure (DBP or DIA):** Bottom number of your blood pressure measurement which indicates how much pressure your blood is exerting against your artery walls while the heart is resting between beats

**Pulse:** Number of times your heart beats per minute

What are some important things to know before I start measuring my own blood pressure?

- Use a blood pressure measurement device with an upper arm cuff. Ask your doctor for a list of validated devices.
- If you purchase your own device, ask your care team to check the device functioning and that the cuff fits.
- Understand how to accurately measure your BP, including how to prepare and position yourself.
- Know when and how you will share your blood pressure measurements with your doctor.
- Make sure you have instructions from your care team on what to do if your blood pressure is out of the expected range.