Using a wrist cuff to measure your blood pressure

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

Correct forearm position for wrist blood pressure measurement

Avoid these common positioning mistakes


*You should only use a wrist device if you cannot use a blood pressure device with an upper arm cuff. If a wrist device is not used properly, the accuracy and reliability of blood pressure measurements can be affected. Talk to your physician, provider or other clinical care team members for guidance on what device you should use to measure your blood pressure and to receive training on how to use a wrist cuff properly.

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