



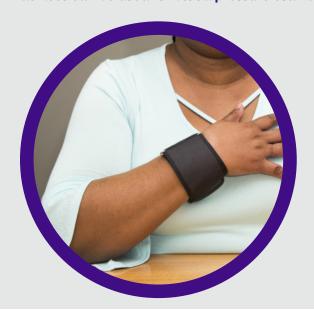


Using a wrist cuff to measure blood pressure*

Self-measured blood pressure







Correct forearm position

for wrist blood pressure measurement

- 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

Incorrect forearm position²



Wrist higher than heart level



Forearm in horizontal position



Forearm vertical and close to the body

- 1. Nerenberg K et al. Hypertension Canada's 2018 guidelines for diagnosis, risk, assessment, prevention, and treatment of hypertension in adults and children. C/C. www.onlinecjc.ca/article/S0828-282X(18)30183-1/fulltext. Accessed April 24, 2018.
- 2. Casiglia et al. Poor reliability of wrist blood pressure self-measurement at home: A population-based study, Hypertension. http://hyper.ahajournals.org/content/ early/2016/08/22/HYPERTENSIONAHA.116.07961. Accessed April 24, 2018.

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