

Q1: What is the difference between measuring blood pressure at home or at a professional healthcare clinic?

Blood pressure readings taken at home are now seen to give a more accurate account as they better reflect your daily life. Readings can be elevated when taken in a clinical or medical environment. This is known as White Coat Hypertension and may be caused by feeling anxious or nervous.

Q2: What causes different readings?

Blood pressure varies throughout the course of a day. Many factors including diet, stress, cuff placement, etc. may affect an individual's blood pressure. It is also affected by the way you tie your cuff and your measurement position, so please take the measurement under the same conditions each time and wait at least 3 minutes for another measurement.

Q3: Should I apply the cuff to the left or right arm? What is the difference?

Either arm can be used when testing; however, when comparing results, the same arm should be used. Testing on your left arm may provide more accurate results as it is located closer to your heart.

Q4: What is the best time of day for testing?

Morning time or any time you feel relaxed and stress free.

Q5: How to get the better accuracy?

It is best to take the average of three consecutive measurements as the blood pressure value and take a few minutes of rest before each measurement. The smart bp monitor has the function of Last 3 Tests Average which the screen will display the average test results from the last 3 readings with one key to help you easily obtain more accurate data.

We hope these tips were useful. If you have any inquiries about our products or services feel free to contact us via email, call our customer service at 855.822.6999 M-F 9am-5pm CT or visit us at healthcare-manager.com