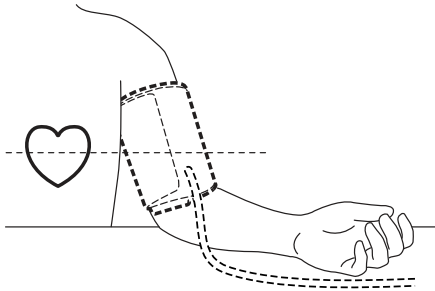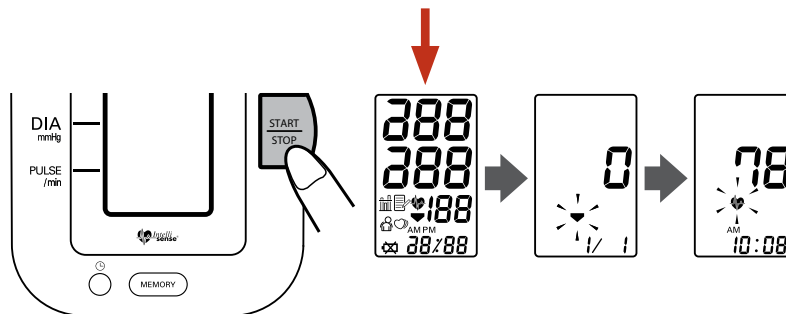# Checking Your Blood Pressure

<div style="background-color:#B5341A;color:white;">

Taking Your Blood Pressure

</div>

- ◆ Support your arm at the level of your heart on a table or high armrest.

- ◆ Stay in a seated position.

- ◆ Avoid talking when taking a measurement.

- ◆ **Take 2 readings, each 5 minutes apart.**

- ◆ Press the START/STOP button on the monitor. Display symbols will appear on the screen.

- ◆ The cuff will inflate on its own and feel tight for a few seconds.

- ◆ The cuff will relax and display the reading. Record the reading.

- ◆ Press STOP.

- ◆ Wait five minutes. Repeat these steps for a total of two readings.

For persons with disabilities this document is available on request in other formats. To submit a request, please call 1-800-525-0127 (TTY/TDD 711).

PUBLIC HEALTH
ALWAYS WORKING FOR A SAFER AND
HEALTHIER WASHINGTON

Healthy Communities
Washington
Partners promoting healthy
people in healthy places
www.doh.wa.gov/healthycommunities