

At-Home Blood Pressure Monitors



Disclaimer:

Information contained in this document is not exhaustive. This document does not make any representation or warranty regarding any product, including but not limited to its accuracy or suitability for a given individual. Device features and offerings may change at any time. Some of the manufacturers listed may offer products which are not validated for accuracy on **www.validatebp.org**. Products mentioned or omitted do not constitute endorsement. These guidelines are intended for use as general reference only. You are responsible for determining the actual suitability of a product, as well as any applicable HSA/FSA and insurance coverage, for yourself. No liability is assumed for use of this information.

A home blood pressure machine will help you and your doctor understand how well your blood pressure is controlled. When choosing a cuff, there are a few helpful features to keep in mind:

Strongly recommended:

- Automatic measurement by pushing a button
- Devices certified to be accurate (validated) by respected organizations
- Upper arm measurement with a cuff that is the right size for you
- Large digital screen

Optional/preferred:

- Memory to store readings with dates and times
- Bluetooth option to allow readings to be sent electronically
- Ability to average readings taken over 10 minutes
- Includes two user settings if needed

Visit **www.validatebp.org** for a complete and current list of devices that are validated for accuracy by the AMA.

We recommend that you bring your home blood pressure monitor to your doctor to compare results with an in-office device.



Below are examples of devices that have been validated for accuracy by the American Medical Association (AMA) and may be FSA and HSA eligible.

Name	Omron 3 Series	Omron 7 Series	A&D Medical Blood Pressure Monitor with Verbal Assistance	Welch Allyn Home 1700 Series
Picture:				
Cost:	Around \$33-50	Around \$55-90	Around \$75-85	Around \$100
Memory:	14 readings	2 users with 60 readings each	90 readings	99 readings
App feature:	None listed	Track and view blood pressure at any time and send blood pressures by email	None listed	Track and view blood pressure at any time and send blood pressures by email
Extra features:	Motion indicator and irregular heartbeat indicator	Motion indicator and irregular heartbeat indicator	Gives verbal coaching during measurement to help people who are visually impaired	Motion indicator and irregular heartbeat indicator

Please check your individual program details for coverage. Some insurance companies may help cover home blood pressure monitors. Call your insurance to find out more information.

Resources on how to measure your blood pressure at home:

<https://www.heart.org/en/health-topics/high-blood-pressure/understanding-blood-pressure-readings/monitoring-your-blood-pressure-at-home>

You can also find this information by searching “how to measure your blood pressure at home” on the internet.

Resources on daily blood pressure log:

<https://www.heart.org/-/media/files/health-topics/high-blood-pressure/my-blood-pressure-log.pdf>

You can also find this chart by searching “heart.org blood pressure log” on the internet.

