Blood Pressure Checklist

SnapSana

Keep this next to your monitor and run through it every time.

30 minutes before

- [ ] No caffeine, smoking or exercise
- [ ] Empty your bladder — a full bladder: about 10-15 points

Before you press start

- [ ] Sit quietly for 5 minutes
- [ ] Back supported, feet flat on the floor — unsupported: about 6-10 points
- [ ] Legs uncrossed — crossed legs: about 2-8 points
- [ ] Cuff on bare skin, not over a sleeve — over clothing: about 5-50 points
- [ ] Cuff is the right size for your arm — too small: about 2-10 points
- [ ] Arm resting on a table at heart level — unsupported: up to about 10 points

While it measures

- [ ] Stay still and silent, no phone — talking: about 10 points

Afterwards

- [ ] Wait 1 minute and take a second reading
- [ ] Write down both readings
- [ ] Measure at the same times every day

Good readings deserve a good log

Scan to get SnapSana. Snap a photo of your monitor and your readings are logged and charted for you.

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Point estimates are from American Heart Association guidance (2018). They vary between people and do not simply add up. Above 180/120: wait 1 minute and retest. If it is still that high, contact your healthcare professional right away. With chest pain, shortness of breath, back pain, numbness, weakness, vision changes or trouble speaking, call emergency services. Not medical advice.