



### More Tips to Accurately Measure Blood Pressure at Home

- Measure twice in the morning (before breakfast or coffee) and twice before bedtime
- Write down your blood pressure readings (unless they are saved by your monitor)
- Bring most recent readings (from the last 7 days) and your monitor to your doctor's appointment



## Recommended Home Blood Pressure Monitors



<b>Brand</b>	OMRON 3 Series	OMRON 7 Series	A & D Medical Multi-User Auto Arm
<b>Model Number</b>	BP710N	BP760N	UA-767F
<b>Cuff size</b>	9 to 17 inches	9 to 17 inches	8.6 to 16.5 inches
<b>Reading storage</b>	Up to 14 readings at a time	Up to 120 readings at a time	Up to 60 readings per user
<b>How many users can use it?</b>	1 user capacity	2 user capacity	4 user capacity
<b>Battery requirements</b>	4 AA batteries	4 AA batteries	4 AA batteries
<b>Batteries included?</b>	NO	YES	YES
<b>AC (wall) charger</b>	N/A	Sold separately	N/A
<b>Pharmacy price</b>	\$57.99	\$80.00	\$54.99
<b>Amazon.com price</b>	\$35.00	\$56.00	\$49.99