Self-measured blood pressure
Using a wrist cuff* to measure blood pressure

Correct forearm position for wrist blood pressure measurement

1. Apply the wrist device
2. Keep elbow on table or desk with forearm bent
3. Place the wrist at heart level
4. Keep arm relaxed and hand resting against your body
5. Measure wrist blood pressure without moving arm from seated position

Incorrect forearm position

1. Wrist higher than heart level
2. Forearm in horizontal position
3. Forearm vertical and close to the body

* When an upper arm cuff cannot be used, validated wrist devices can be used for blood pressure estimation.
