



Self-measured blood pressure

Using a wrist cuff* to measure blood pressure

* When an upper arm cuff cannot be used, validated wrist devices can be used for blood pressure estimation.¹



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 position²



Wrist higher than heart level



Forearm in horizontal position



Forearm vertical and close to the body

1. Nerenberg K et al. Hypertension Canada's 2018 guidelines for diagnosis, risk, assessment, prevention, and treatment of hypertension in adults and children. *CJC*. [www.onlinecjc.ca/article/S0828-282X\(18\)30183-1/fulltext](http://www.onlinecjc.ca/article/S0828-282X(18)30183-1/fulltext). Accessed April 24, 2018.

2. Casiglia et al. Poor reliability of wrist blood pressure self-measurement at home: A population-based study. *Hypertension*. <http://hyper.ahajournals.org/content/early/2016/08/22/HYPERTENSIONAHA.116.07961>. Accessed April 24, 2018.