



# Helpful tips

To get a more accurate blood pressure (BP) reading

**Empty bladder**

A full bladder **can increase your BP by 10mmHG** (mmHG means millimeters of mercury, which is a unit of pressure)

**Put cuff on bare arm**

A cuff used over clothing **can increase your BP by 5–50mmHG**

**Use correct cuff size**

A cuff that's too small **can increase your BP by 2–10mmHG**

**Support back/feet**

Unsupported back and feet **can increase your BP by 6mmHG**

**Keep legs uncrossed**

Crossing your legs **can increase your BP by 2–8mmHG**

**Support arm at heart level**

Not supporting your arm **can increase your BP by 1mmHG**

**Don't have a conversation**

Talking or active listening **can increase your BP by 10mmHG**



## A few reminders

1. If your BP is elevated (whether at the doctor or at home), compare another reading after 1 to 3 minutes of rest.
2. Discuss your BP goal with your doctor.
3. Keep a BP log and share your latest readings with your doctor at all visits, including telehealth.

**Questions?** We can help. Call us at the number on your member ID card.

Source: Heart.org

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