

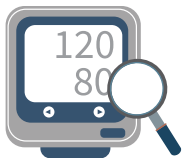
Buying a Blood Pressure Device



Refer to: <https://hypertension.ca/bpdevices>



1. Devices can be purchased from most pharmacies and stores that sell health care equipment and online. A device does not have to be expensive to be good.



2. Choose a device that says “Recommended by Hypertension Canada”. Both the gold and silver logos are accepted as accurate.



Recommended by
Recommandé par
Hypertension Canada
Gold | Or



Recommended by
Recommandé par
Hypertension Canada
Silver | Argent



3. Choose a device that measures blood pressure in your upper arm. Wrist, forearm, or finger monitors are less reliable.



4. It is important that the cuff fit properly.

- Before buying a device, work with your kidney care team or other health care provider to measure your mid-upper arm circumference (i.e., the distance around your arm at the midpoint between your shoulder and elbow). It is best for someone else to do this measurement for you.
- Most monitors come with a medium sized cuff. If you have a very small or a very large arm, you may have to buy a different sized cuff separately. Cuff sizes vary according to brand.
- The person at the store can help you pick out a device with the right size cuff.



5. If you have special needs (e.g., poor vision, difficulty using your hands) or need financial assistance, discuss options with your kidney care team.



6. It is ok to share a blood pressure machine with other members of your household. If the cuff size is the same, you may also share the cuff but it should be cleaned with a disinfectant wipe between uses.

Checking your blood pressure device

It is important to have your device checked before you use it the first time to make sure it is measuring your blood pressure accurately. Take it to your doctor's office, kidney care clinic or community pharmacy. The doctor, nurse or pharmacist will compare the measurement taken on your device with the measurement taken on the device in the office/clinic/pharmacy. Readings don't have to match exactly. Your health care provider will tell you if it is working properly.





Prescription for Blood Pressure (BP) Device for Use at Home

PATIENT INFORMATION LABEL

Name: _____

Address: _____

Phone: _____

Date of Birth (MM/DD/YYYY): _____

PHN: _____

Please purchase a **Blood Pressure (BP) Monitor** for use at home:

1. Look for “Recommended by Hypertension Canada” on the BP monitor or box (gold or silver logo).
2. Different brands of BP monitors come with different cuff sizes. Choose a brand where the size of the cuff fits within the range of the measurement below:

Mid-upper arm circumference (midpoint between shoulder and elbow): _____ cm

3. Special needs (e.g., talking device, pre-formed cuff, etc):

Some extended health plans may cover all or a portion of the cost. Contact your insurance provider prior to purchase. Otherwise, keep your receipt. You may be eligible for a credit on your income tax.

Take your device to your doctor’s office/clinic/pharmacy before using it. Then compare the measurement on your device with that on the device in the office/clinic/pharmacy.

Name of Licensed KCC HCP

Phone

Signature

Kidney Care Clinic

Email

Date

