



BLOG

What Happens at a Blood Pressure Screening

It Starts With an Office Reading

- Measured on your upper arm
- Seated, after 5 minutes of rest
- With a validated, accurate device

A High Reading Gets a Second Look

- Readings outside the office
- At home or with a portable monitor
- Done before treatment starts

If It Is Confirmed

- Lifestyle changes, medication or both
- Chosen for your age and risk
- A plan you make with your provider



Read the full article

Blood Pressure Screening: Who Should Be Checked and How Often

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General information, not medical advice. Your provider can tell you
what is right for you.