HOPE

BLOG

Your Office Reading Was High. Now What?

Ask Which Method Fits You

- Home monitor or a portable monitor?
- How often should I measure?
- For how many days or weeks?

Ask About the Device

- Is it validated and accurate?
- Does it measure at the upper arm?
- Can you check how I use it?

Ask What Happens Next

- When will we review my readings?
- What if they are normal outside the office?
- What are my options if they stay high?

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Read the full article

One High Reading Is Not the Whole Story: Checking Blood Pressure Outside the Office

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