

Buying a home blood pressure monitor

Devices used to measure blood pressure at home can be purchased from most pharmacies and from other stores that sell health-care equipment. The retail staff should be able to provide training in the use of the blood pressure monitor and should assist in selecting the proper cuff size and features for you. This statement should appear on the box and/or in material supplied with the device: **Recommended by Hypertension Canada**. Blood pressure measuring devices that have a memory or printout for storing readings are recommended as this allows your doctor to see all readings that have been taken.

Ask your doctor or pharmacist to check the monitor to make sure it measures your blood pressure accurately. Automated blood pressure recording devices may not work properly in all individuals such as person with an irregular heart rhythm. Some models may perform better than others when an irregular heartbeat is present. If you have this condition, mention it to the sales staff and make certain that the device takes proper readings before making a purchase.

Recommended Monitor Models:

A&D® or LifeSource® Models: 705, 767, 767PAC, 767Plus, 774, 774AC, 779, 787EJ, 787AC, 787W, 631, 853, 854, 855, UA 1020CN (UA 1030CN)

Atico International Models and Le Groupe Jean Coutu Models: KD-556, KD-5031, KD-5963, A58H0401

Beurer North America LP Models: Beurer BM35, Beurer BM44, Beurer BM60

HoMedics® Models: BPA-040-OCA (BP-A04-00CA), BPA-060-OCA(BP-A06-00CA), BPA-110-2CA(BP-A11-02CA)

iHealth Models: Blood Pressure DOCK-BP 3, iHealth BP5

Microlife® or BIOS® Models (also sold as 'private label brands'): BP 3BTO-A, BP 3AC1-1, BP-3AC1-1 PC, BP 3AC1-2, BP 3AG1, BP 3BTO-1, BP 3BTO-A (2), BP 3BTO-AP, RM 100, BP A100 Plus, BP A 100, BP 3AL1-3E, BP 3MX1-1, 3AN1-3X

Omron® Models: HEM-705CPCAN, HEM-741CAN, HEM-711DLXCAN, HEM-773ACCAN, HEM-775CAN, HEM-790ITCAN, BP742CAN, BP760CAN

Physio Logic Model: HL868BA, 106-910, 106-915

Tremblay Harrison Inc Models: ABP-C1, ABP-C2 and ABP-C3