



PREVENTING HIGH BLOOD PRESSURE STARTS
WITH MEASURING YOUR OWN BLOOD PRESSURE.
HOWEVER YOU MAY BE ASKING:

HOW DO I KNOW HOW TO SELECT A BP MONITOR THAT IS ACCURATE?





STRIDE BP: https://www.stridebp.org/bp-monitors

validated devices for adults, children, pregnancy (English, Spanish, Chinese)



US Blood Pressure Validated Device Listing (VDL™): https://www.validatebp.org

validated devices for adults (English)



Hypertension Canada: https://hypertension.ca/bpdevices

validated devices for adults (English)

To check if your BP monitor has passed accuracy testing:

https://www.whleague.org/images/Validated_Blood_Pressure_Monitor.pdf English, Afrikaans, Arabic, Chinese, Danish, Dutch, French, German, Italian, Korean, Portuguese, Setswana, Spanish, Urdu, Vietnamese



Khan et al. (2022). Virtual management of hypertension: lessons from the COVID-19 pandemic: International Society of Hypertension position paper endorsed by the World Hypertension League and European Society of Hypertension: Journal of Hypertension 38:000–000