



**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

