

# HOME BLOOD PRESSURE MONITOR RECOMMENDATIONS

Accurate home blood pressure monitoring is essential for diagnosis and treatment decisions. Please choose a validated upper-arm monitor (not wrist devices).

## BEST OVERALL CHOICE (MOST PATIENTS)

**Omron M3 (Comfort series – HEM-7154 / 7155 variants)**

- Clinically validated
- Easy to use
- Large display
- Irregular heartbeat detection
- Stores multiple readings
- Approximate price: \$80–\$120 AUD
- Widely available at pharmacies and online



## BEST FOR ELDERLY / SIMPLE INTERFACE

**Omron M3 (Comfort series – HEM-7154 / 7155 variants)**



- Large, clear display
- Simple one-button operation
- Reliable and validated
- Minimal setup required
- Approximate price: \$45–\$75 AUD

## BUDGET OPTIONS (\$40–\$80 AUD)

**Omron M1 Basic**

- Very simple operation
- Affordable
- Validated

**A&D UA-651 or UA-767 series**

- Strong accuracy reputation
- Durable and reliable
- Used in research settings



## MODERATE RANGE (\$80–\$130 AUD)

**Omron M2 Intelli IT (Bluetooth)**

- Syncs with smartphone app
- Helpful for tracking trends

**Microlife BP B2 Basic / BP A2 Basic**

- Validated
- Irregular heartbeat detection

**Beurer BM 28 or BM 44**

- Large display
- Easy to read

## HOW TO MEASURE YOUR BLOOD PRESSURE CORRECTLY

### Before Measuring

- Empty your bladder
- Sit quietly for 5 minutes
- Measure before medications
- Measure before meals (e.g. before dinner, not after)

### Avoid within 30 minutes of

- Caffeine
- Smoking
- Exercise
- Alcohol

### During measurement

- Back supported
- Feet flat on floor (not crossed)
- Arm supported at heart level
- Cuff on bare upper arm
- Do not talk or move

- How Often:**
- Take 2 readings, 1 minute apart
  - Measure morning and evening
  - Record for 5 days

- Important**
- Use upper-arm cuff devices only
  - Ensure correct cuff size
  - Avoid wrist monitors

## 5-DAY BLOOD PRESSURE RECORD Bring readings to your appointment

DAY	AM READING 1	AM READING 2	PM READING 1	PM READING 2
DAY 1				
DAY 2				
DAY 3				
DAY 4				
DAY 5				

(Write BP as: 120/75 and pulse if shown.)