

Where to check:

At-home monitor

Home blood pressure monitors are affordable and easy to use.

Local pharmacy

Most local pharmacies have blood pressure machines available.

Doctor's office

Talk with your doctor about any high blood pressure readings you have taken between visits.

Your Wellbeing Activity

Check Your Blood Pressure

Check your blood pressure. Use an at-home blood pressure monitor or visit your local pharmacy to get an updated reading. If your blood pressure is elevated, schedule an appointment with your healthcare provider to discuss next steps.



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