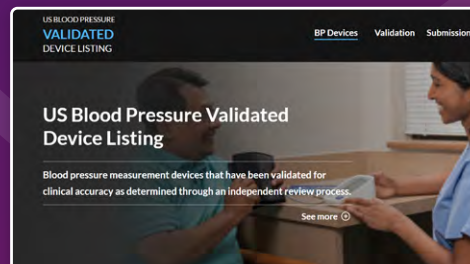
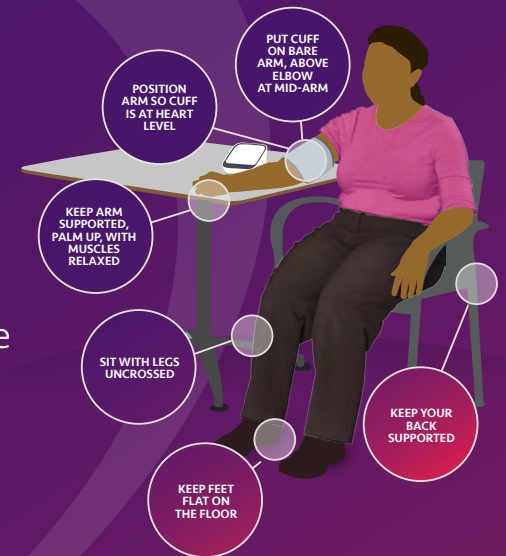




  
**RELEASE**  
THE PRESSURE

# SELECTING YOUR BLOOD PRESSURE MEASUREMENT DEVICE

Taking your blood pressure (BP) at home is a critical step toward managing your BP and improving heart health. It is important to consider the device that you will use at home to measure your BP and share the readings with your health care team.



The BP measurement devices on the US Blood Pressure Validated Device Listing (VDL™) have been tested and verified to be clinically accurate through an independent review process. Learn more at [validatebp.org](https://www.validatebp.org).