



Checking Your Blood Pressure at Home

Ohio's Medicaid and MyCare Managed Care Organizations are working with your doctor's office to help you check your blood pressure at home!

Benefit Information

MCO	Aetna	AmeriHealth Caritas Ohio	Anthem	Buckeye Health Plan	CareSource	Humana	Molina Healthcare	United Healthcare
Medicaid	N/A	DME	DME	DME	DME	DME	DME	DME
MyCare (Medicare-MyCare Dual)	DME or over-the-counter	N/A	N/A	DME or over-the-counter	DME	N/A	DME or over-the-counter	DME or over-the-counter

*DME=Durable medical equipment

Five Easy Steps You Can Take:



1. Ask your doctor for a prescription for a Home Blood Pressure Monitor.
2. Work with your doctor to have your prescription sent to a DME supplier near you.
3. You can ship your new blood pressure monitor to your home or pick it up from the DME supplier when it is ready.
4. Call your managed care organization and ask about transportation options if you need assistance getting to your doctor or DME supplier.
5. Bring your new home blood pressure monitor with you to your next doctor visit to check its accuracy, review readings, and receive tips on how to use it.



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Importance of Checking Your Blood Pressure at Home

- Understand and track your own numbers.
- Reduce your risk of stroke, heart attack, heart failure or kidney failure.
- Help you and your doctor make decisions about your treatment.
- Cut down the number of times you go to the doctor.

[Learn how here!](#)

BLOOD PRESSURE MEASUREMENT INSTRUCTIONS

American Heart Association.

1. DON'T SMOKE, EXERCISE, DRINK CAFFEINATED BEVERAGES OR ALCOHOL WITHIN 30 MINUTES OF MEASUREMENT.
2. REST IN A CHAIR FOR AT LEAST 5 MINUTES WITH YOUR LEFT ARM RESTING COMFORTABLY ON A FLAT SURFACE AT HEART LEVEL. SIT CALMLY AND DON'T TALK.
3. MAKE SURE YOU'RE RELAXED. SIT STILL IN A CHAIR WITH YOUR FEET FLAT ON THE FLOOR WITH YOUR BACK STRAIGHT AND SUPPORTED.
4. TAKE AT LEAST TWO READINGS 1 MIN. APART IN MORNING BEFORE TAKING MEDICATIONS, AND IN EVENING BEFORE DINNER. RECORD ALL RESULTS.
5. USE PROPERLY CALIBRATED AND VALIDATED INSTRUMENT. CHECK THE CUFF SIZE AND FIT.
6. PLACE THE BOTTOM OF THE CUFF ABOVE THE BEND OF THE ELBOW.