A patient’s home monitoring device should be tested before being used as part of an SMBP program, annually and any time blood pressure readings are questionable.

**Step 1:**
Take 5 measurements
(administered by you or a member of your care team)

<table>
<thead>
<tr>
<th>Measurement</th>
<th>Device</th>
<th>Systolic Measurement</th>
</tr>
</thead>
<tbody>
<tr>
<td>A</td>
<td>Patient</td>
<td></td>
</tr>
<tr>
<td>B</td>
<td>Patient</td>
<td></td>
</tr>
<tr>
<td>C</td>
<td>Office</td>
<td></td>
</tr>
<tr>
<td>D</td>
<td>Patient</td>
<td></td>
</tr>
<tr>
<td>E</td>
<td>Office</td>
<td></td>
</tr>
</tbody>
</table>

**Step 2:**
Average measurement B and D, then compare that to measurement C

If the difference is:
- **Less than 5 mm Hg**, proceed with your SMBP plan
- **Between 6 and 9 Hg**, proceed to Step 3
- **Greater than 10 mm Hg**, replace the device before proceeding with your SMBP plan

**Step 3:**
Average measurement C and E, then compare that to measurement D

If the difference is:
- **Less than 10 mm Hg**, proceed with your SMBP plan
- **Greater than 10 mm Hg**, replace the device before proceeding with your SMBP plan

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Eguchi et al. A novel and simple protocol for the validation of home blood pressure monitors in clinical practice.

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Provided by American Medical Association and the American Heart Association through the TargetBP program.