
Get the **most accurate**
BP readings you can
at home.



Taking your blood pressure at home (self-measured blood pressure, or SMBP) is an important step toward controlling your blood pressure.

It is important to use an accurate device when taking your blood pressure. Now it's easy to see which devices are validated for clinical accuracy. Just go to validatebp.org and select the "home" filter. The Validated Device Listing (VDL™) is periodically updated as new devices are reviewed and approved.

Blood pressure measurement devices included 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.