



Checking Your Blood Pressure at Home

All 6 of Ohio's Medicaid Managed Care Plans are working with your doctor's office to help you check your blood pressure at home!

- *Aetna*
- *CareSource*
- *Paramount Advantage*
- *Buckeye Health Plan*
- *Molina*
- *UnitedHealthcare*

Home Blood Pressure Monitor

Your health plan will cover a home blood pressure monitor commonly through your Durable Medical Equipment (DME) supplier.

5 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 home blood pressure monitor to your home or, pick it up from the DME supplier when it is ready.
4. Call your health plan if you need assistance getting there: Ask about transportation options!
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.

Benefit Information

Plan	Aetna	Buckeye Health Plan	CareSource	Molina	Paramount Advantage	UnitedHealthcare
Medicaid	—	DME	DME	DME	DME	DME
MyCare	DME or Over the Counter	DME or Over the Counter	DME	DME or Over the Counter	—	DME




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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.