

A close-up photograph of a person's arm resting on a white surface. A grey blood pressure cuff is wrapped around the upper arm. A white and blue digital blood pressure monitor is connected to the cuff by a tube. The monitor's screen displays a green background with white numbers. The person's hand is partially visible, resting near the monitor. The background is a soft, out-of-focus green and yellow.

- Always take your blood pressure at the same time every day.
- Take at least two readings, 1 or 2 minutes apart.
- Visit [**cdc.gov/bloodpressure**](https://www.cdc.gov/bloodpressure) to learn how to correctly measure your blood pressure.

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