



# VIDEO BLOOD PRESSURE VISITS

Simple, Easy, and Safe.

Stay at home for your blood pressure (BP) check with Video BP Visits.



A VA BP cuff is issued to you and a VA Video Connect (VVC) visit is scheduled.



Log into VVC through your personal computer, tablet, or phone.



During the visit, use the cuff to measure your BP and show it to the clinician. The clinician records your BP and updates your file.

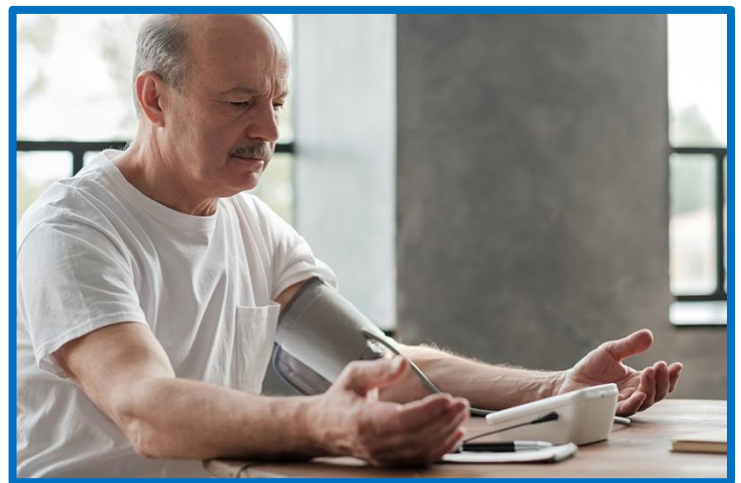
## How to use your VA Blood Pressure Cuff

1. Wrap the cuff around your arm with the palm up, positioning the tubing in line with your little finger
2. Pull the end of the cuff to tighten. The cuff should be snug but not too tight.
3. Push the ON/OFF button to turn on the power
4. Push the start button
5. Remain still (no talking) while the cuff inflates to the correct level. It is normal for the cuff to feel very tight.
6. Your BP results are displayed.



**Tip:** Make sure you are sitting in a chair with your feet flat on the floor while taking your blood pressure. Sit and rest for five minutes before you begin.

**Contact your PACT team to sign up for Video Blood Pressure Visits!**



For more information on VA Video Connect, visit <https://mobile.va.gov/app/va-video-connect> and/or test your mobile device using the QR code to the right. Apple users will need to download the VA Video Connect app before testing.

