

Competing Products

Best Overall

Omron Upper Arm Gold Blood Pressure Monitor

Omron Upper Arm Gold Blood Pressure Monitor

Amazon

Our Ratings

Ease of Setup

5

/5

Fit

5

/5

Ease of Use

5

/5

Data Display

5

/5

Portability

5

/5

Pros

Cons

Key Specs:

Power Source: Batteries or AC adapter | Number of Readings Stored: 60 per user | Number of Users for Data Storage: 2 | Weight: 25.6 oz

Why We Recommend It

When we looked at our most important attributes (ease of use, fit, and data display), the Omron Upper Arm Gold Blood Pressure Monitor excelled in every category. We found that it was not only easy to fit and position on your arm, but it gave extremely clear, straightforward data in less than a minute.

The cuff itself is large enough to accommodate a range of arm sizes, but the most impressive feature of this device is how straightforward its instructions are. Once the cuff is around your arm, press the start button and wait for about 30 seconds until your blood pressure and heart rate readings appear on the screen.

Keep In Mind

While this monitor is great for quick readings and taking on the go (it comes with its own carrying case), its Bluetooth feature is a bit clunky and difficult to navigate easily. We ultimately found that was a fair trade-off for a device that's so versatile and easy to use.

Best Budget

iHealth Track Blood Pressure Monitor

iHealth 500BT

iHealth Labs

Pros

Cons

Key Specs:

Power Source: Batteries | Number of Readings Stored: 99 on device, unlimited in-app | Number of Users For Data Storage: 1 | Weight: 15.5 oz

Why We Recommend It

The iHealth Track Blood Pressure Monitor has a simple, yet intuitive design. The one-button operation and color-coded display make it easier to use and interpret your readings. We loved that we were able to quickly set up the iHeart Track Blood Pressure Monitor and app and have our reading within five minutes. The app was self-explanatory with simple steps to follow. The measurements were accurate according to our medical expert overseeing the test. The adjustable cuff fit well on our arm, though it did take a bit of fine-tuning to ensure it was in the correct spot.

A person doesn't need to be tech-savvy to use the monitor or the app which we really appreciated. Although the device had internal memory, we preferred storing our data on the app. This machine is an inexpensive way to track important metrics in an easy-to-understand way.

Keep In Mind

We wish the device was rechargeable instead of battery-operated because we think it'd make it a bit easier to use. But that was our only gripe.

Best Data Storage

Microlife Watch BP Home

Microlife Watch BP Home

Amazon

Pros

Cons

Key Specs:

Power Source: Batteries | Number of Readings Stored: 250 | Number of Users It Can Store Data For: 1 | Weight: 13.6 oz

Why We Recommend It

If you're investing in a quality blood pressure monitor, you're likely going to want to get plenty of uses out of it. The Microlife Watch BP Home Blood Pressure Monitor stores up to 250 blood pressure readings so you can track your vitals over time. The device is easy to set up and only requires plugging the cuff into the monitor itself. The cuff, which has instructions for use printed on the outside, stays put once positioned on your arm.

Once we took our readings, the monitor automatically stored the data, and previous readings could be accessed by the "M" button on the machine. It offers a Diagnostic Mode for people whose doctors put them on a 7-day self-monitoring program and can detect AFib.

Keep in Mind

The one downside to this machine is that it provides more information than necessary on its display. The screen shows the date, battery life, and various other icons that could confuse an inexperienced user. However, this can be ideal for anyone who prefers that level of detail.

Pros

Cons

Key Specs

Power Source: Batteries or AC adapter | Maximum Readings Stored on Device: 200 | Number of Users It Can Store Data For: 2 | Weight: 16 oz

Why We Recommend It

Omron's Platinum Wireless Blood Pressure Monitor has a display that stands out from the rest. We found during testing that the numbers were large and easy to read, and the device's backlit screen made the data stand out in both light and dark settings. The screen shows your two most recent blood pressure readings, so you can compare data quickly. Additionally, the device is easy to connect to its paired app, which stores 200 readings (100 per user).

We loved that this device was incredibly easy to set up—plug the cuff into the device and you’re ready to take your reading. This device performed well overall, but its display really stole the show.

Keep in Mind

We noted that the Omron Platinum was very sensitive to movement, which triggered an error message during a reading. It took us a few trials to figure this out; the machine did not explicitly say that the added movement caused the error message to appear.

Pros

Cons

Key Specs:

Power Source: Batteries or AC adapter | Maximum Readings Stored on Device: 90 on the device, unlimited in-app | Number of Users It Can Store Data For: 1 | Weight: 10.6 oz

Why We Recommend It

The A&D Premier Talking Blood Pressure Monitor is a great option for visually impaired users. This blood pressure monitor features an audio setting that reads out instructions, results, and a brief data analysis in English, Spanish, or French.

We liked that the setup for this device was simple and the cuff fit nicely. The talking function worked well and was activated by simply pressing the start button. Then it verbally guided us throughout the process with a loud, clear voice while simultaneously displaying the results on the device’s screen.

Keep in Mind

We noted that the cuff was only adjustable to a maximum of 14.6 inches, making it smaller than the others we tested. It's also worth mentioning that the screen was dimly lit, making it harder to see results in low-light settings.

A&D Premier Talking Blood Pressure Monitor

Verywell Health / Nick Kova

Pros

Cons

Key Specs:

Power Source: Batteries or AC adapter | Maximum Readings Stored on Device: 99 on the device, unlimited in-app | Number of Users It Can Store Data For: 1 | Weight: 19.2 oz

Why We Recommend It

The Welch Allyn Home Blood Pressure Monitor offers clinical-grade technology at home. This device comes with a standard-size upper arm cuff (8.75–16.5 inches), however, extra-small (5.9–9.4 inches) and extra-large (15.7–21.2 inches) cuffs are available for a custom fit. Using the correct size cuff improves the accuracy of readings. Having options for a wider range of people makes this our blood pressure monitor with the best fit.

Directions for proper placement are printed on the cuff and we could put it on unassisted. We loved how quickly readings were captured with this monitor. Measurements are collected within 20 seconds while the cuff is inflating to minimize the discomfort of the squeezing. The one-button operation was easy to use and the results were prominently displayed on the screen (including an irregular heartbeat indicator). The optional app allowed us to store, track, and share our data in real-time.

Keep in Mind

This device doesn't come with a storage case, which makes it more susceptible to damage, and the AC adaptor isn't included, which is a little frustrating. While it's fairly inexpensive to buy the adaptor separately, it adds another step before you're able to start using this blood pressure monitor.

Pros

Cons

Key Specs:

Power Source: Batteries | Maximum Readings Stored on Device: 100 on the device, unlimited in-app | Number of Users It Can Store Data For: 1 on the device, Unlimited in-app | Weight: 8.5 oz

Why We Recommend It

The Omron Evolv Wireless Blood Pressure Monitor is one of the most aesthetically pleasing models on our list. The sleek, compact two-in-one design, which combines the cuff and monitor, is minimalistic and innovative. Up to 100 measurements are stored and viewable on the high-contrast display. Unlimited memory is available when paired with the Omron Connect app. This battery-powered, lightweight device, free of hoses and wires, is perfectly portable.

We loved the look of Omron Evolv. It reminded us of wearing our cellphone in an armband while working out. Similarly to other app-enabled monitors, we appreciated that our measurements were easily stored, tracked, and shared from our smartphones.

Keep in Mind

The carrying case is sold separately, and you may need assistance to put it on your arm. There's also only one cuff size available so it's not very adjustable.

Easiest to Use

A&D Medical Upper Arm Blood Pressure Monitor with Wide Range Cuff (UA-651)

A&D Medical Upper Arm Blood Pressure Monitor with Wide Range Cuff (UA-651)

A&D Medical

Pros

Cons

Key Specs:

Power Source: Batteries or AC adapter | Maximum Readings Stored on Device: 60 | Number of Users It Can Store Data For: 1 | Weight: 10.6 oz

Why We Recommend It

With one large start button and the instructions prominently written on the cuff, A&D Medical Blood Pressure Monitor is our choice for the easiest blood pressure monitor to use. This battery-operated

device stores up to 60 readings and displays the average of all measurements. A free app can be used to manually log and track measurements.

We found the A&D Medical Blood Pressure Monitor uncomplicated and very accurate. The adjustable cuff was easy to slip into without assistance and the soft interior fabric and gentle inflation made it comfortable. Everything was simple and direct with this device from the push start button to the large, brightly lit display. We were able to view our 3-, 7-, and 30-day averages in list form or as a graph. The machine also has irregular heartbeat detection for added peace of mind.

Keep in Mind

The free app could use a bit of work, but it sufficed for our basic tracking needs.

Pros

Cons

Key Specs

Power Source: Batteries | Maximum Readings Stored on Device: 60 | Number of Users It Can Store Data For: 1 | Weight: 3 oz

Why We Recommend It

Blood pressure monitors with a wrist cuff are a great option for at home or while traveling. The compact size, comfortable cuff, and protective storage case make the Omron 3 Series ideal for an expecting parent to take on the go. This machine stores up to 60 readings to easily share with your care provider and track trends. “High” flashes on the display to indicate elevated blood pressure which is important to monitor during pregnancy since conditions such as preeclampsia can lead to a medical emergency if not treated right away.

We liked being able to scroll through our readings using the memory feature, and seeing the average of our previous readings was helpful. The quick start guide aided us in correctly setting up the device and placing the cuff. It only took a few minutes to get an accurate reading. The large display made the numbers easy to see and understand. The Omron Series 3 is also easy for one person to operate without assistance. This is a must-have for soon-to-be parents.

Keep in Mind

It's not Bluetooth or app compatible, so if you want a more tech-savvy blood pressure monitor this may not be the one for you.

Best for Syncing with Apple Health

iHealth Neo Wireless Blood Pressure Monitor

iHealth Neo Wireless Blood Pressure Monitor

Amazon

Pros

Cons

Key Specs

Power Source: Rechargeable Battery | Maximum Readings Stored on Device: 99 on the device, unlimited in-app | Number of Users It Can Store Data For: 1 | Weight: 8.5 oz

Why We Recommend It

Real-time data can be synced, stored, and shared with the iHealth NEO Wireless Blood Pressure Monitor. The app allows unlimited storage and information can be easily exported to your care provider as a PDF, CSV, or XLS. The rechargeable battery connects via USB and allows up to 130 measurements on a full charge. Complete with Bluetooth connectivity, this lightweight, travel-friendly machine is compatible with both Apple and Android devices.

We love the design of the iHeart NEO and how easy it is to use the app. During testing, accessing our stored data on the app was straightforward. Features such as triple-check accuracy, large numbers, and color-coded results were helpful. We especially loved that the measurements were easy to interpret and formatted for email. The ultra-thin arm cuff fit well and had directional arrows to help with proper placement. It didn't pinch as it inflated and the readings were fast and accurate.

Keep in Mind

The instructions were a bit unclear on how to sync the device, but once we figured out that we had to hold the "M" and the "Start" buttons until the Bluetooth flashed, set up was seamless.

Best Wrist

A&D Premium Wrist Blood Pressure Monitor

A&D UB-543 Medical Premium Multi-User Wrist Blood Pressure Monitor

Walmart

Our Ratings

Accuracy

3.5

/5

Ease of Setup

5

/5

Fit

4.5

/5

Ease of Use

5

/5

Data Display

4.8

/5

Pros

Large, bright display

Quick, three-step setup

Comfortable cuff

Cons

Key Specs:

Power Source: Batteries | Maximum Readings Stored on Device: 180 | Number of Users It Can Store Data For: 2 | Weight: 4 oz

Why We Recommend It

We loved the simplicity of The A&D Medical Premium Wrist Blood Pressure Monitor. The dual-user device comes with pre-installed batteries so you can use it straight out of the box. And, during testing, the quick, three-step setup process felt easy. Plus, there's no app to connect to so those who aren't tech-savvy can use this option without added stress.

The display features big, bold lettering against a bright LCD screen so those who are vision impaired can read their results without scrambling for their glasses. From setup to finish, it took us about five minutes to get an accurate reading (and we're confident we'd be able to do it even faster with more practice). It also comes with a durable, thick plastic travel case that's the perfect size for any medium or large tote bag. This product is a great option for anyone seeking a user-friendly, no-frills wrist monitor.

Keep in Mind

The cuff is adjustable but may be too snug on larger wrists. Also, some users may need help putting it on, as it was hard for us to put it on with one hand. Although the manufacturer states this monitor can hold 180 collective readings, we found it only saved one at a time. If it keeps more readings, accessing them wasn't intuitive. Lastly, the touch button is sensitive, so be careful not to turn it off accidentally while fixing the cuff.

A Note About Wrist Monitors

On average, wrist blood pressure monitors aren't as reliable and give higher blood pressure readings than arm monitors. When first using a wrist monitor, we suggest comparing the data to your arm readings to ensure accuracy and only using it if the differences are small (within +/-20/+/-10 mmHg).¹

Best for Quick Readings

A&D Medical UA767F Blood Pressure Monitor

A&D Medical UA767F Blood Pressure Monitor with 4-User Memory

Walmart

Our Ratings

Accuracy

5

/5

Ease of Setup

4.3

/5

Fit

5

/5

Ease of Use

5

/5

Data Display

4.3

/5

Pros

Cons

Key Specs:

Power Source: Batteries | Maximum Readings Stored on Device: 240 | Number of Users It Can Store Data For: 4 | Weight: 5 oz

Why We Recommend It

If you're short on time and need quick results, we suggest the A&D Medical Blood Pressure Monitor. Thanks to a few factors, we started and finished the entire process in less than a minute. During testing, it was immediately ready for use once we installed the batteries. The cuff's clearly labeled size indicators took the guesswork out of finding our fit and it felt comfortable with no scratching or chafing. We also loved that this option offers a metal loop that makes it easy to tighten and adjust with one hand, meaning you won't need assistance to use this monitor.

Our accurate results were simple to read and interpret on the large display and color-coded scale. Overall, it was a streamlined, stress-free experience that required no additional assistance. To top it off, it tracks up to four users' data directly on the device. What you see is what you get, as no app or bonus software is needed to operate it. It's also compact enough to travel easily with.

Keep in Mind

Aligning the cuff with our vein was difficult, even with the cuff's pictogram and markers. Beginners may struggle more than experienced users. You'll also have to manually keep track of your long-term stats, as we couldn't do so on the device.

Best Cuff

Microlife Premium Blood Pressure Monitor

Microlife BP A6 PC Premium Blood Pressure Monitor

Microlife

Pros

Cons

Key Specs:

Power Source: Batteries or AC adapter | Maximum Readings Stored on Device: 198 | Number of Users It Can Store Data For: 2 | Weight: 1.5 lbs

Why We Recommend It

The Microlife Premium Blood Pressure Monitor had the most comfortable cuff out of all the monitors we tried during testing. We were happy that the sizes it accommodates are wide-ranging and it can fit both larger and smaller arms without issue. Plus, the highly adjustable velcro strap ensures a custom fit. It felt secure and perfectly snug on us and didn't cause any irritation as it inflated.

The directions came with illustrated instructions. We could use the device almost immediately; we just had to program the time and date. The LCD monitor is sleek and long, and it displays accurate results, the date and time, and our heart rate. Our favorite accessory was the monitor stand—it saved our necks from strain when reading our data. There is also a transfer cable for the computer and a travel pouch in the box.

Keep in Mind

The travel pouch didn't fit the monitor stand and AC adapter so this option isn't ideal for anyone who needs a travel-friendly monitor. We also didn't like that we had to download the company's software to transfer our results into the computer. Tech-savvy folks may not mind it, but it felt like an extra step for us.

Best with App

ForaCare Test N'GO P80

ForaCare Test N'GO P80 Wireless Bluetooth Upper Arm Blood Pressure Monitor

ForaCare

Pros

Key Specs:

Power Source: Batteries 1 | Maximum Readings Stored on Device: 1 on the device; 200 in app | Number of Users It Can Store Data For: Not listed | Weight: Not listed

Why We Recommend It

Some apps that come with blood pressure monitors can be a little confusing. ForaCare TN'G BP does a great job ensuring its app is as user-friendly as possible. During testing, we synced the backlit monitor to our phone's Bluetooth on the first try, and both screens displayed our results simultaneously in real time. We received an accurate reading in 30 seconds and could upload the data directly to Telehealth apps for our healthcare providers. The app can also store up to 200 readings, which is ideal for tracking your stats and patterns over time.

If you're tired of everything nowadays needing an app, you can forgo it. The standalone monitor can be used independently; it was straightforward and just as effective without the bonus tech. The comfortable and adjustable cuff can also fit larger arms up to 16.9 inches. For those on the go, it's lightweight and portable and the monitor has a protective wallet.

Keep in Mind

Considering its simplicity, the monitor felt a little too bulky. We wish it were a little smaller or slimmer. Also, if you decide not to use the app, be aware that the monitor only stores one reading.

An at-home blood pressure monitor is a practical way to keep up with an important health marker. While at-home blood pressure monitors may not be as advanced as in-office monitors, tracking your blood pressure trends at home can potentially help you avoid inaccurate readings that are often caused by the anxiety experienced in medical settings. Using an at-home monitor lets you easily keep an eye on patterns to help you take charge of your health. Just be sure to work with an expert healthcare provider, too.

To find the best blood pressure monitors on the market, we tested 21 options vetted and approved by the Validated Device Listing. Our tests were performed in the Verywell Testing Lab under the guidance and supervision of Huma Sheikh, MD, a neurologist at Mount Sinai in New York City. We considered setup, fit, accuracy, ease of use, data display, and portability during testing. Additionally, our highly experienced expert on our Medical Expert Board carefully reviewed this entire article, assessing the credibility of blood pressure monitor selection criteria, the reliability of their readings, and the correct interpretation of results.

We Also Tested

Omron 7 Series Wireless BP6350: The cuff was a bit tricky to adjust to the proper fit, but this device was whisper-quiet while in use. Up to 90 readings can be stored on the unit, however, we found that using the app was more helpful when it came to tracking our data.

Where We Stand

Our best overall blood pressure monitor, The Omron Upper Arm Gold Blood Pressure Monitor, was a favorite during testing because it surpassed all of our expectations. We loved the ease of use, comfort, and the inclusive size range. We're continuing to test blood pressure monitors, so check back here for new products and updates.

How We Tested the Blood Pressure Monitors

In our Lab, we tested 21 blood pressure monitors from the Validated Device Listing with the expertise of Dr. Mark L. Meyer from our Medical Expert Board, to oversee the testing process. For additional expert advice, we consulted with C. Adair Blyler, clinical pharmacist and hypertension specialist at the Smidt Heart Institute at Cedars-Sinai in Los Angeles. At the beginning of the test, our editors had their blood pressure taken by Dr. Huma U. Sheikh, using a hospital-grade blood pressure monitor to compare to the devices we tested for accuracy and consistency. The test took place over the course of eight hours, with testers following recommended protocols to ensure accurate readings. We also made sure to pay attention to a few key components:

Comfortability and fit: During the test, we noted if the cuffs adjusted comfortably to fit well around the arm or wrist. We paid attention to whether or not the armbands were adjustable and if the size options available accommodated smaller and larger arms.

Accuracy: We followed recommended protocols to ensure accurate readings, including fasting for 30 minutes and resting for 10 minutes before readings. We took two readings on each arm and wore sleeveless or short-sleeved tops. We took note of any variances.

Ease of setup: We assessed how quickly we could use the blood pressure monitor from the moment we unboxed it. If setup was required, we looked for intuitive or uncomplicated processes that were easy to perform. We also took into account any tech setup and how seamless that was.

Data Display: We rated each device for how clearly it displayed results, how easy it was to access stored results (and whether it could store measurements for multiple users), and how easy it was to decipher the results. If there was an app, we also considered its interface and how it displayed our information.

Value: We looked at everything above in relation to the cost of the blood pressure monitor to assess whether the value was comparable. We included blood pressure monitors that we felt were worth the cost.

The VW Health Team Tests the Best Blood Pressure Monitors

Blood pressure monitor testing

Verywell Health / Nick Kova

What to Look for in a Blood Pressure Monitor

Fit: The AHA recommends an automatic, cuff-style, bicep (upper-arm) monitor. They advise against using a wrist and finger monitor as they yield less reliable readings.² It's important to measure around your upper arm and choose a monitor that comes with the correct size cuff. Additionally, if you struggle with having limited mobility, a cuff that keeps its shape and doesn't require a lot of strength to wrap around your arm is ideal.

Blood pressure monitor testing

Verywell Health / Nick Kova

Ease of Use: If you're tech-savvy, you might want to consider going with a blood pressure monitor that includes features like Bluetooth, app connectivity, and ample storage for readings. For others, that might not be the best option. If you're not someone who regularly uses a smartphone and would rather use a simple, no-frills design, consider the device's setup and use instructions to guarantee it fits your lifestyle.

Blood pressure monitor testing

Verywell Health / Nick Kova

Data Display: When shopping for a blood pressure monitor, take your vision and preferred method of data display into consideration. You'll want to find a monitor that displays large, bright readings, or one that can easily pair to an app. You'll also want to keep in mind what you plan to do with your blood pressure monitor; if you need to store multiple users' data or digitally keep track of your readings, you'll need to make sure your blood pressure monitor has those capabilities.

Portability: If your doctor has recommended that you take your blood pressure every day, you'll want to find a device that is easy to tote around, particularly for those who travel often. We recommend looking for a lightweight device and, ideally, a device that comes with a carrying case.

Our Experts

C. Adair Blyler, clinical pharmacist and hypertension specialist at the Smidt Heart Institute at Cedars-Sinai in Los Angeles

Mark L. Myer, MD, FACP, FACC, New York-based cardiologist at Mount Sinai Hospital and founder of Madison Avenue Cardiovascular, a private practice in Manhattan

Huma U. Sheikh, MD, neurologist-headache and vascular disorder specialist at NY Neurology Medicine and an assistant professor at Mount Sinai Beth Israel in New York City

Frequently Asked Questions

How accurate are at home blood pressure monitors?

The ultimate indicator for whether a blood pressure device has the necessary requirements to give an accurate reading is whether it's validated or not. The American Heart Association (AHA) recommends patients purchase a device that's been validated by experts.

How do you read a blood pressure monitor?

There are two numbers to pay attention to when reading a monitor: systolic blood pressure (the first number) and diastolic blood pressure (the second number). Systolic blood pressure indicates how much pressure your blood exudes against the artery walls when the heart beats. Diastolic blood pressure, in comparison, indicates how much pressure your blood exudes against the artery walls when the heart is at rest. Consult with this chart when reading your blood pressure to best understand the reading.³

Should your blood pressure reading be the same on both arms?

Your blood pressure should not read differently between the right and left arms, but sometimes there may be a blockage. Therefore experts recommend checking your blood pressure on both arms. If each arm presents different numbers, talk to your doctor to make sure you're getting an accurate reading from your monitor.

How much do blood pressure monitors cost?

You can expect to pay between \$50–100 for a quality blood pressure monitor. You might see cheaper devices available, but they might provide less data storage or require you to manually inflate the cuff. More expensive options may include additional bells and whistles that you really don't need (or do more than measure your blood pressure). The cheapest device on our list is often available for less than \$50, while our top recommendation, the Omron Upper Arm Gold Blood Pressure Monitor was \$78 when we published this list.

Why Trust Verywell Health

Christina Oehler is the commerce editor for Verywell Health and has an RYT-200 Certification. She previously worked as an assistant editor for Health magazine. While testing blood pressure monitors at The Lab, she focused on the integrity of the test and created a methodology that helped thoroughly review the products through the eyes of a buyer. Christina conducted side-by-side comparisons of each blood pressure monitor and consulted a neurologist for the best techniques to get the most thorough insights to provide to buyers.

Additional reporting to this story by Danielle Zoellner

As a seasoned health writer, Danielle Zoellner knows the importance of finding just the right product to fit your medical needs. Throughout her career, Danielle has interviewed a variety of experts in the medical and health fields while reviewing dozens of products. Her experience and knowledge in the field work together to help readers like yourself find the best products for your daily life.