A patient's home monitoring device should be tested before being used as part of an SMBP program, annually and any time blood pressure readings are questionable.

Step 1:

Take 5 measurements (administered by you or a member of your care team)

Measurement	Device	Systolic Measurement
А	Patient	
В	Patient	
С	Office	
D	Patient	
E	Office	

Step 2:

Average measurement B and D, then compare that to measurement C

If the difference is:

- Less than 5 mm Hg, proceed with your SMBP plan
- Between 6 and 9 Hg, proceed to Step 3
- Greater than 10mm Hg, replace the device before proceeding with your SMBP plan

Step 3:

Average measurement C and E, then compare that to measurement D

If the difference is:

- Less than 10 mm Hg, proceed with your SMBP plan
- Greater than 10mm Hg, replace the device before proceeding with your SMBP plan

Eguchi et al. A novel and simple protocol for the validation of home blood pressure monitors in clinical practice. Blood Pressure Monitoring 2012, 17:210–213