



# To Average or Not to Average

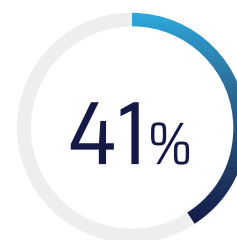
## Help Improve Hypertension Detection With Blood Pressure Averaging

Should blood pressure (BP) averaging be part of your practice? The American Heart Association thinks so. According to the latest guidelines updated in 2025, the statement says in-office BP measurements that can capture and average at least two readings are the preferred method for evaluating office BP.<sup>1</sup>

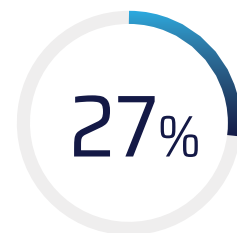
When a series of BP readings are taken, there is often variability between each measurement.<sup>2</sup> This, coupled with the fact that first-time readings tend to be higher than subsequent readings,<sup>2</sup> supports the need for a new approach.

The **Welch Allyn Spot Vital Signs 4400** device and **Connex Spot Monitor** deliver fast, simple BP averaging right from the home screen. With the tap of a button, you can capture and average multiple readings for a comprehensive picture of your patient's health. Feel confident in your hypertension screenings and help limit reading-to-reading variability by adding BP averaging to your practice.

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of patients have a higher first reading.<sup>2</sup>



of patients could have been misclassified if a single blood pressure reading was used instead of multiple, averaged readings.<sup>2,3</sup>

#### References

1. Writing Committee Members\*, Jones DW, Ferdinand KC, Taler SJ, et al. 2025 AHA/ACC/AANP/AAPA/ABC/ACCP/ACPM/AGS/AMA/ASPC/NMA/PCNA/SGIM Guideline for the Prevention, Detection, Evaluation and Management of High Blood Pressure in Adults: A Report of the American College of Cardiology/American Heart Association Joint Committee on Clinical Practice Guidelines. *Circulation*. 2025;152(11):e114-e218. doi:10.1161/CIR.0000000000001356
2. Robert Smith, MD. Blood Pressure Averaging Methodology: Decreasing the Rate of Misdiagnosing Hypertension. 2014.
3. Baxter Data on File.

**Rx Only.** For safe and proper use of the product mentioned herein, please refer to the appropriate Operator's Manual or Instructions for Use.

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