Check Your Pulse Using Your Wrist

Your heart rate, or pulse, is the number of times your heart beats per minute. Knowing your average heart rate can help your healthcare provider monitor your heart health. One way to check your pulse is on your wrist. Try it now.

Step 1. Place one hand, palm facing up. Step 2. Take the index and middle finger of your other hand and find your pulse on your wrist below your thumb. Step 3. Count the number of times your heart beats within 10 seconds. You can use a watch with a secondhand or set a stopwatch on your phone. Step 4. Multiply that number by 6 to get your heart rate per minute. The total number is your pulse or heart rate. A normal resting heart rate or pulse is between 60 and 100 beats per minute.

Let's try that again. Place your palm face up. Place your index and middle finger on your wrist below your thumb. Count the number of times your heart beats in 10 seconds. Multiply that number by 6. 6 times 10 seconds or one minute will give your heart rate or pulse per minute.

If you notice your pulse is unusually high or unusually low, talk to your healthcare provider about further ways to check your heart health. And keep a record of your pulse checks to share with your healthcare provider at your next visit.

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