

# Measuring Blood Pressure at Home

Follow these steps to provide your doctor with accurate readings:

1

PREPARE



2

GET IN POSITION



3

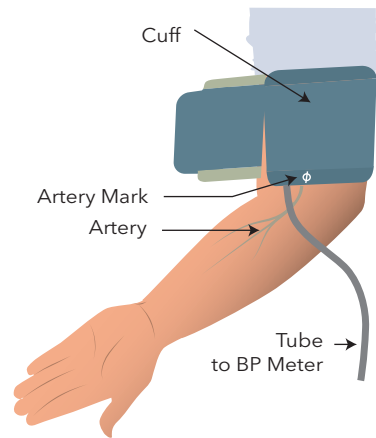
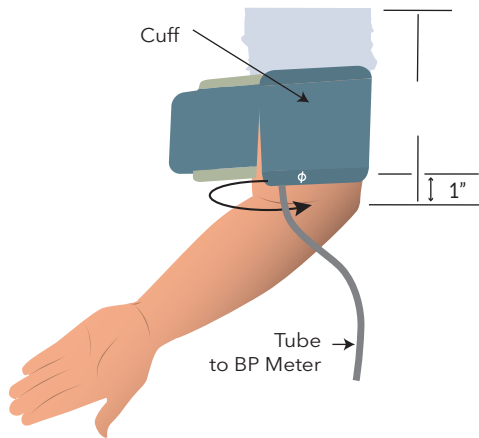
MEASURE

- Avoid caffeine, cigarettes and other stimulants 30 minutes before you measure your blood pressure.
- Wait at least 30 minutes after a meal.
- Empty your bladder beforehand.
- Find a quiet place away from noise or distractions.

- ✓ Sitting position
- ✓ Back supported
- ✓ Arm bare & supported
- ✓ Middle of the cuff at the heart level
- ✓ Legs uncrossed
- ✓ Feet flat on the floor



- Rest for a couple minutes while in position before starting.
- Sit quietly with no distractions during measurements - avoid conversations, TV, phones and other devices.
- **When completed your device will automatically send the reading to your doctor.**



## BLOOD PRESSURE CUFF PLACEMENT

1. Expose your upper arm by removing or adjusting clothing and jewelry.
2. Open the cuff and loosen fully.
3. Orient the cuff so that the tube exits towards your hand.
4. Place your arm through the cuff loop, with your palm facing up.
5. Position the cuff's edge about an inch (2–3 cm) above your elbow.
6. Align the artery mark  $\Phi$  on the cuff with the center of your inner arm.
7. Tighten the cuff evenly around your arm by pulling on the end—make sure the  $\Phi$  marker stays aligned with the center of your arm.
8. Wrap the end of the cuff over your arm to secure it in place. Don't make it too tight—allow a finger to fit between the cuff and your arm. You are ready to press "Start" and begin your measurement!