

HOW TO

Take Your Blood Pressure

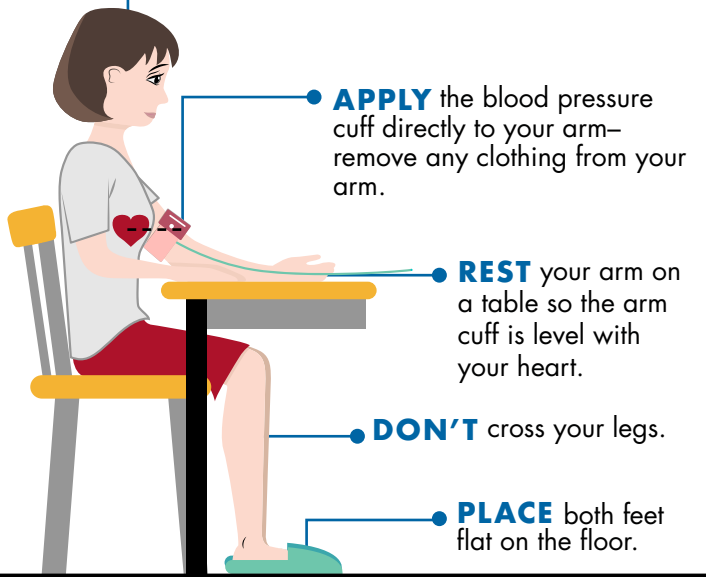
REMAIN still and do not talk during the measurement.

APPLY the blood pressure cuff directly to your arm—remove any clothing from your arm.

REST your arm on a table so the arm cuff is level with your heart.

DON'T cross your legs.

PLACE both feet flat on the floor.



* For additional instructions, please refer to your system's operating manual.

AFTER

Taking Your Blood Pressure

Write your blood pressure reading on your Blood Pressure Log. (*log provided on the back*)

A single measurement *does not* provide an accurate indication of your blood pressure. You need to record **several** readings over a period of time.

Follow your care provider's instructions for how frequently and for how long you will record your blood pressure readings at home.

Enter your target blood pressure here:

*Your target blood pressure is determined by your care provider

