

HOW TO Take Your Blood Pressure

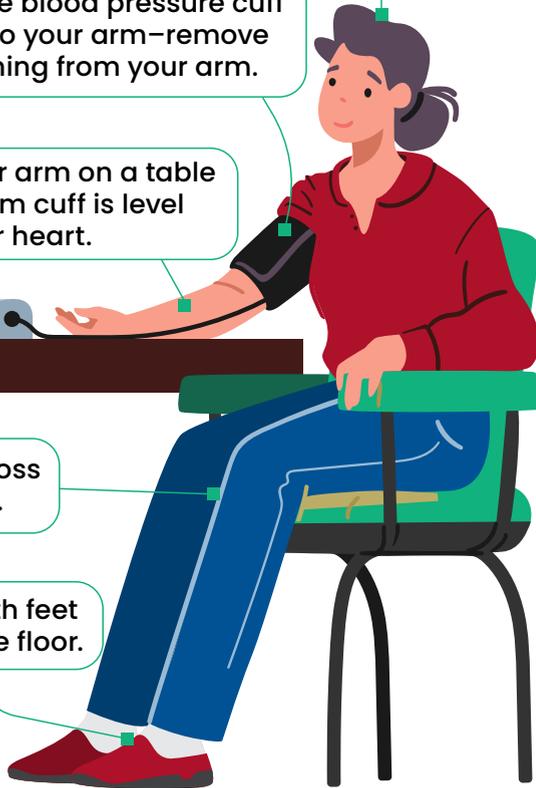
Remain still and do not talk during the measurement.

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.

Do not cross your legs.

Place both feet flat on the floor.



AFTER Taking Your Blood Pressure

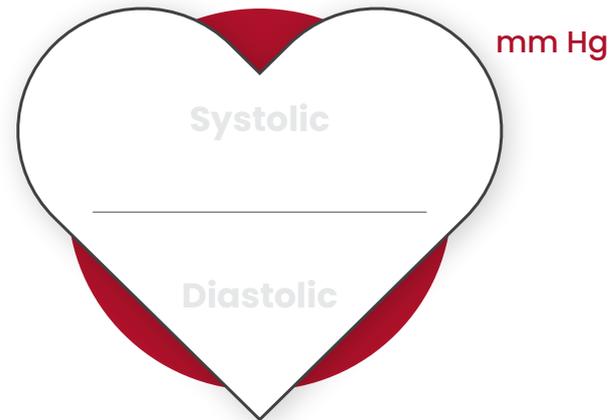
Write your blood pressure reading on your Blood Pressure Log. (log provided on the back)

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.



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