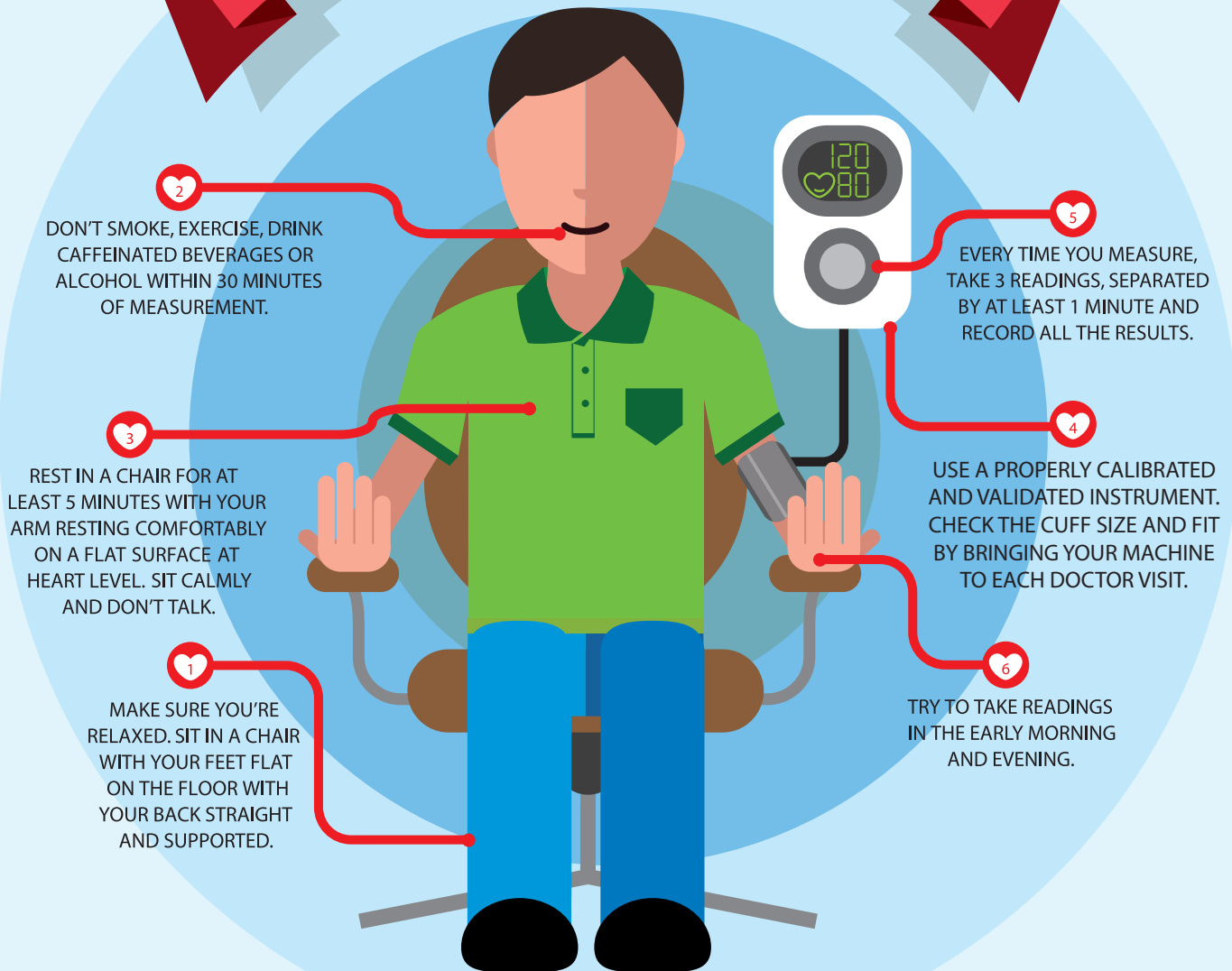


BLOOD PRESSURE MEASUREMENT INSTRUCTIONS



2
DON'T SMOKE, EXERCISE, DRINK
CAFFEINATED BEVERAGES OR
ALCOHOL WITHIN 30 MINUTES
OF MEASUREMENT.

5
EVERY TIME YOU MEASURE,
TAKE 3 READINGS, SEPARATED
BY AT LEAST 1 MINUTE AND
RECORD ALL THE RESULTS.

3
REST IN A CHAIR FOR AT
LEAST 5 MINUTES WITH YOUR
ARM RESTING COMFORTABLY
ON A FLAT SURFACE AT
HEART LEVEL. SIT CALMLY
AND DON'T TALK.

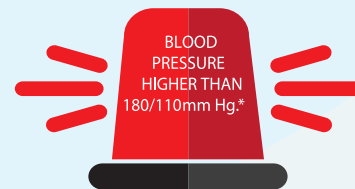
4
USE A PROPERLY CALIBRATED
AND VALIDATED INSTRUMENT.
CHECK THE CUFF SIZE AND FIT
BY BRINGING YOUR MACHINE
TO EACH DOCTOR VISIT.

1
MAKE SURE YOU'RE
RELAXED. SIT IN A CHAIR
WITH YOUR FEET FLAT
ON THE FLOOR WITH
YOUR BACK STRAIGHT
AND SUPPORTED.

6
TRY TO TAKE READINGS
IN THE EARLY MORNING
AND EVENING.

American Heart Association recommended blood pressure levels

BLOOD PRESSURE CATEGORY	SYSTOLIC (mmHg)		DIASTOLIC (mmHg)
Normal	less than 120	and	less than 80
Elevated Blood Pressure	120-129	and	less than 80
High - Stage 1	130-139	or	80-89
High - Stage 2	140 or higher	or	90 or higher



*Wait a few minutes and take blood pressure again. If it's still that high, call your provider.

