

Don't smoke, exercise, drink caffeinated beverages or alcohol within 30 minutes of measurements.

Take at least 2 readings, 1 minute apart, in the morning before taking medications and in the evening before dinner. Record all results.

Place the bottom of the cuff above the bend of the elbow.

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.

Ensure you're relaxed. Sit still in a chair with both feet flat on the floor and keep your back straight and supported.

Want to refresh your knowledge or access the training anytime, anywhere?

Scan the QR code here to revisit the Blood Pressure Monitoring Module on your phone, tablet, or computer.

**Stay confident. Stay informed.
Stay in control of your health.**



Can't scan? Visit: <https://hsm-course.s3.eu-west-1.amazonaws.com/device-opt/story.html>