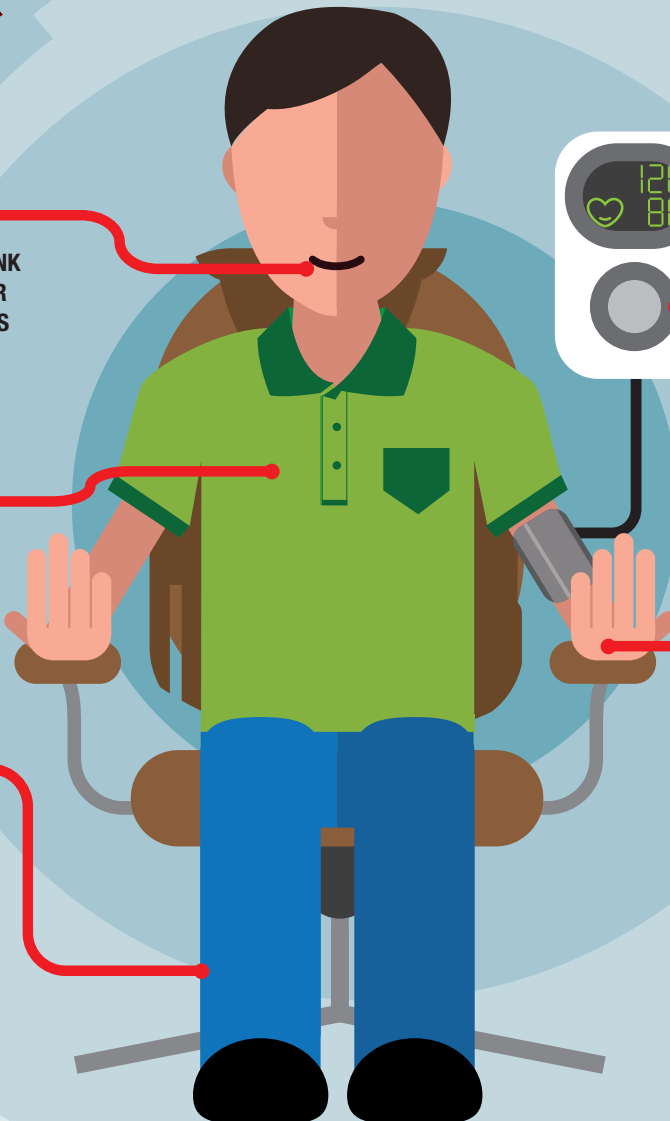




# BLOOD PRESSURE MEASUREMENT INSTRUCTIONS



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 LEFT ARM RESTING COMFORTABLY ON A FLAT SURFACE AT HEART LEVEL. SIT CALMLY AND DON'T TALK.

4

USE PROPERLY CALIBRATED AND VALIDATED INSTRUMENT. CHECK THE CUFF SIZE AND FIT.

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 (mm Hg)		DIASTOLIC (mm Hg)
Normal	less than 120	and	less than 80
Prehypertension	120-139	or	80-89
High			
Stage 1	140-159	or	90-99
Stage 2	160 or higher	or	100 or higher



\* Wait a few minutes and take blood pressure again. If it's still that high, seek emergency medical care.