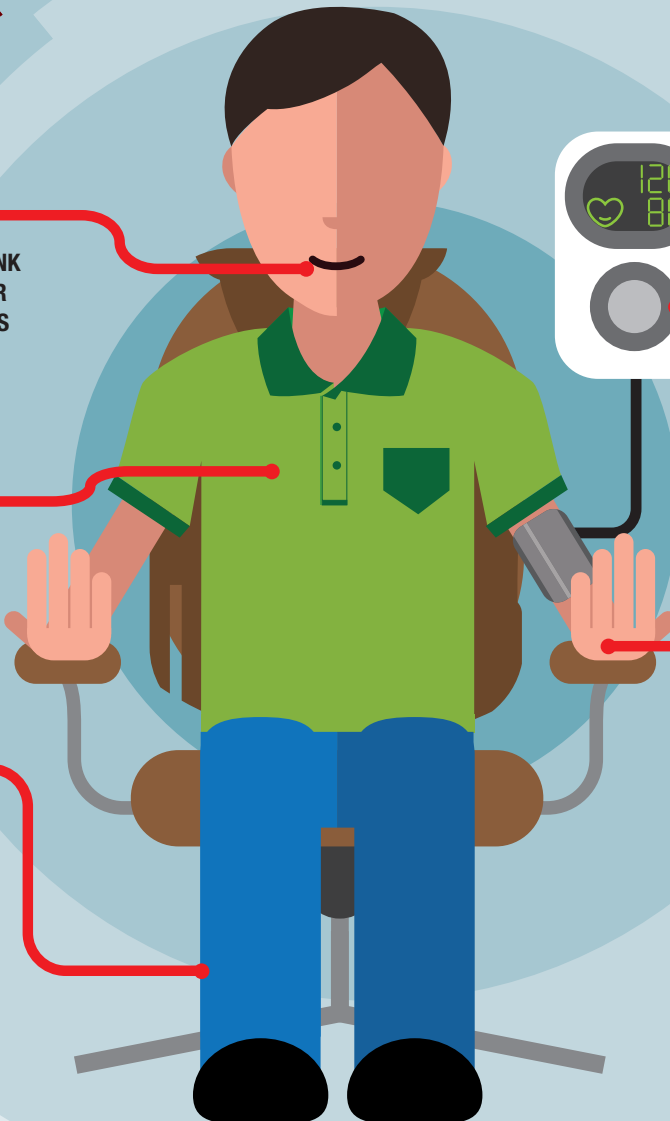




BLOOD PRESSURE MEASUREMENT INSTRUCTIONS



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.