



American
Heart
Association.

Nai pwaasin omw aninöö nongen blood pressure

Iti: _____

Ai pwepweneik osukosukan chuun: _____ mm Hg

Ngang mi annimun omw instruction:

- Kopwe chek omw preserun chuun 3 ran (minimum) ngeni 7 ran (preferred) monomw omw appointment ren omw health care professional. Kose tongeni angei ruu readings, epwe etiwa 1 minute, ruu seni ran. Ruú pwúún neesor mwáánúún achu ren omw angangáún mesen, me mongö; me ruú pwúún nupwen koonúún pwin, mwáánúún suupw.
- Mwen omw kopwe mecher, kosap mwongo smok, kafiin, alkol, are exercise 30 min aramoi; aea chocho mi mecher me cuff size mi pwung, me aea ne urinis.
- Ren ei aninis mi pwarata, kopwe motieiti ren nimwomw epwe aninis, nuun epwe nomw won floor, me nomwuk ese tow. Mot fan kinamwe lap seni 5 minich me kosap kapas.
- Ika e angei omw presha neni, kose asor seni omw niimw won ew kikin mi pwefit, pwe cuff epwe ewe level ren omw awoo. Pwinini ngeten pwan ngeni peemw, epwe nomw fiyen kii, ese iten wuuw.
- Kopwe maketi omw blood pressure won ei sheet, iwe kopwe sisi ngeni omw health care professional lon meinisín visit.

RANIK	AM	PM

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Kopwe etto seni **monitöring omw blood pressure lon iimw**. (website non fosun Merika)