

Checking Blood Pressure

Prepare:

- ♥ No coffee in past 30 minutes
- ♥ No meals or exercise within past 2 hours
- ♥ Visit rest room. Full bladder can affect reading.

Getting Ready:

- ♥ Sit quietly for 5 minutes before measuring.
- ♥ Feet flat on floor, back supported.
- ♥ Use left wrist.
- ♥ Cuff is placed on wrist.
- ♥ Have the cuff the same height as your heart



Taking Your Blood Pressure:

- ♥ Press the “Start” button. The cuff will inflate.
- ♥ The monitor will detect your pulse and blood pressure.
- ♥ *Avoid moving or talking* when taking a measurement.
- ♥ The cuff will relax and display the reading.



Recording the Blood Pressure:

- ♥ Record the reading on your wallet card.
- ♥ The “Systolic” blood pressure reading will be displayed at the top of the screen, the “Diastolic” blood pressure reading will be displayed at the bottom. The pulse will also be displayed.
- ♥ Press “Stop” when complete. This will turn the unit off.

