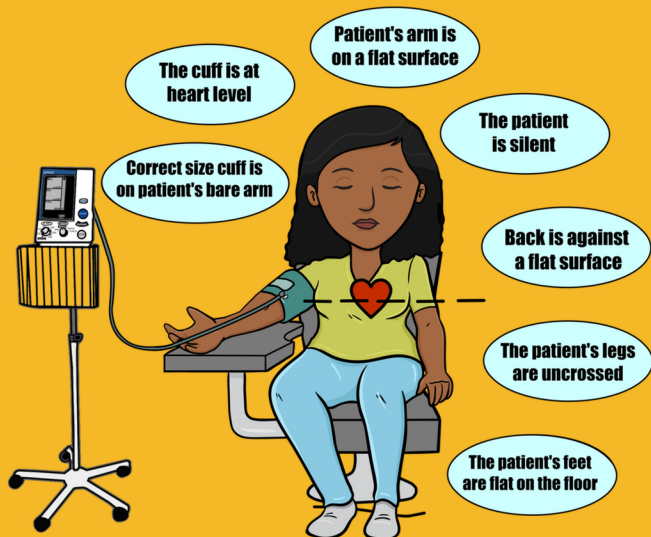


# Help Us Choose The Best Blood Pressure Treatment For You

## PREPARE



## What To Do

1. Put away your cell phone
2. Sit back and relax
3. Rest on back of chair
4. Rest arm on table so cuff is as high as your heart
5. Keep legs uncrossed
6. Rest feet flat on the floor or a step stool

## MEASURE



More Accurate



Avoid Moving



No Talking



Put away phone

## What To Expect

1. Your provider will use an electronic device (This is more accurate)
2. The cuff may feel tight (This is normal)
3. Depending on the reading, additional measures may be needed

If the number is **139/89 or LOWER** → **Ready for provider**  
If the number is **140/90 or HIGHER** → **CONFIRM**

## CONFIRM



## What To Expect

1. You'll be asked to empty your bladder
2. A timer will count down 5 minutes to give you time to relax
3. The cuff will tighten 3 times (Sit still until its done)
4. Confirming blood pressure takes 8 minutes total but helps avoid unnecessary treatment