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







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



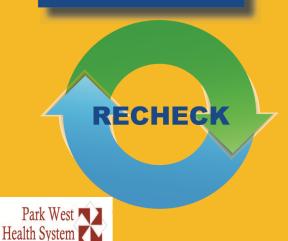
Ready for provider

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