



## TAKING YOUR BLOOD PRESSURE

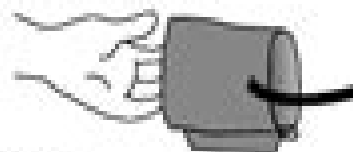
### Tips for Blood Pressure Monitoring

- ❗ Relax for about 5 to 10 minutes before measurement.
- ❗ Remove constricting clothing and place cuff on bare arm.
- ❗ Unless your physician recommends otherwise, use left arm to measure pressure.

Now you are ready. Follow these simple steps:

1. Sit comfortably with your left arm resting on a flat surface so that the center of your upper arm is at the same height as your heart.

2. Lay left arm on the table, palm up and thread cuff end through metal loop, smooth side against arm. Then position the tube off-center toward the inner side of arm in line with the little finger.



3. Pull the end of the cuff to tighten it, fold back the extra material, and fasten the Velcro. The cuff should be snug but not too tight. You should be able to insert two fingers between the cuff and your arm.



- ❗ **IMPORTANT:** Measure pressure at the same time each day.

## TAKING YOUR BLOOD PRESSURE



4. Before taking your blood pressure, you will need to set the pressure switch to a number that is at least 30 mmHg higher than your expected systolic pressure. Use the chart below as a guide. For example, if you believe your blood pressure to be 140 (systolic) over 90 (diastolic), set the switch to 180. If you know it is 120/80, you should set the switch to 150. Don't worry if you set the pressure switch too low. The monitor will automatically re-inflate to the next higher setting if it is unable to detect the systolic pressure at the current setting.

PRESSURE



Usual Systolic	Set at
up to 120	150
121-150	180
151-180	210
181-210	240
211+	see NOTE

**NOTE:** If your systolic reading is greater than 210, please press and hold the "START" button until the pressure switch reaches 30 mmHg higher than your systolic reading. The maximum cuff pressure is set at 320 mmHg. If it reaches 320 mmHg, the auto exhaust will be triggered and cuff pressure will deflate to 0.

If you think you have set the pressure too high, stop the inflation process by pressing START. Then reset the switch to the next lower setting.

# Lifesource Ua 767 User Guide

**Marcel A. Müller**



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**Table of Contents Lifesource Ua 767 User Guide**

1. Understanding the eBook Lifesource Ua 767 User Guide
  - The Rise of Digital Reading Lifesource Ua 767 User Guide
  - Advantages of eBooks Over Traditional Books
2. Identifying Lifesource Ua 767 User Guide
  - Exploring Different Genres
  - Considering Fiction vs. Non-Fiction
  - Determining Your Reading Goals
3. Choosing the Right eBook Platform
  - Popular eBook Platforms
  - Features to Look for in an Lifesource Ua 767 User Guide
  - User-Friendly Interface
4. Exploring eBook Recommendations from Lifesource Ua 767 User Guide
  - Personalized Recommendations
  - Lifesource Ua 767 User Guide User Reviews and Ratings
  - Lifesource Ua 767 User Guide and Bestseller Lists
5. Accessing Lifesource Ua 767 User Guide Free and Paid eBooks
  - Lifesource Ua 767 User Guide Public Domain eBooks
  - Lifesource Ua 767 User Guide eBook Subscription Services
  - Lifesource Ua 767 User Guide Budget-Friendly Options
6. Navigating Lifesource Ua 767 User Guide eBook Formats
  - ePub, PDF, MOBI, and More
  - Lifesource Ua 767 User Guide Compatibility with Devices
  - Lifesource Ua 767 User Guide Enhanced eBook Features
7. Enhancing Your Reading Experience
  - Adjustable Fonts and Text Sizes of Lifesource Ua 767 User Guide
  - Highlighting and Note-Taking Lifesource Ua 767 User Guide
  - Interactive Elements Lifesource Ua 767 User Guide
8. Staying Engaged with Lifesource Ua 767 User Guide

- Joining Online Reading Communities
- Participating in Virtual Book Clubs
- Following Authors and Publishers Lifesource Ua 767 User Guide
- 9. Balancing eBooks and Physical Books Lifesource Ua 767 User Guide
  - Benefits of a Digital Library
  - Creating a Diverse Reading Collection Lifesource Ua 767 User Guide
- 10. Overcoming Reading Challenges
  - Dealing with Digital Eye Strain
  - Minimizing Distractions
  - Managing Screen Time
- 11. Cultivating a Reading Routine Lifesource Ua 767 User Guide
  - Setting Reading Goals Lifesource Ua 767 User Guide
  - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of Lifesource Ua 767 User Guide
  - Fact-Checking eBook Content of Lifesource Ua 767 User Guide
  - Distinguishing Credible Sources
- 13. Promoting Lifelong Learning
  - Utilizing eBooks for Skill Development
  - Exploring Educational eBooks
- 14. Embracing eBook Trends
  - Integration of Multimedia Elements
  - Interactive and Gamified eBooks

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