



TAKING YOUR BLOOD PRESSURE

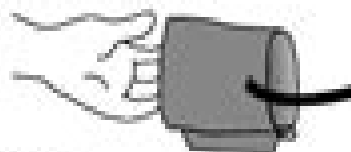
Tips for Blood Pressure Monitoring

- ❗ 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.

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