

Measuring Your Blood Pressure

1 GET READY

- On your tablet, open the VitalCare app.
- On your BP device, ensure the hose is plugged in all the way.

2 BODY POSITION

- Sit upright with both feet flat on the ground.
- Your arm should be in a supported position.

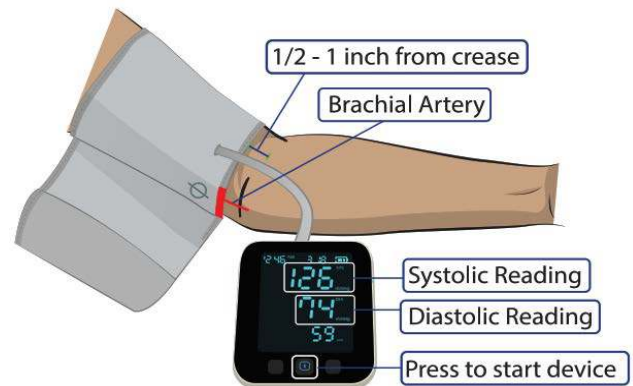


3 CUFF PLACEMENT

- Using your left upper arm, place the cuff 1/2 inch to 1 inch above your bent elbow.
- Rotate cuff to align red bar/arrow with artery as shown in the diagram.
- TIP: Cuff should be snug but not tight.

4 TAKE MEASUREMENT

- Relax quietly for 2-3 minutes.
- Press "start" on device to take BP, wait 1 minute, repeat 1-2 times.
- Your last reading is the most accurate.



Don't smoke, exercise, drink caffeinated beverages or alcohol within 30 minutes of measurement.

Rest in a chair for at least 5 minutes with your left arm resting comfortably on a flat surface at heart level. Sit calmly and don't talk.

Make sure you're relaxed. Sit still in a chair with your feet flat on the floor with your back straight and supported.

Take at least two readings 1 min. apart in morning before taking medications, and in evening before dinner. Record all results.