

## High Blood Pressure: What care should I take?

# How to Measure Blood Pressure

### Before measuring



Do not smoke or consume caffeine within 30 minutes prior to the measurement

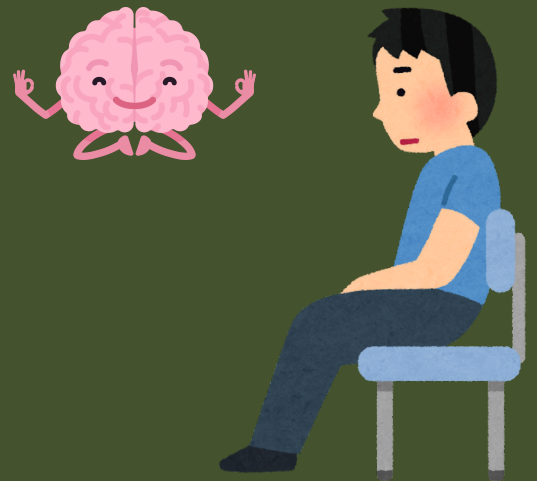
Do not measure your blood pressure with a full bladder

Sit comfortably in a quiet environment for 5 minutes before starting the blood pressure measurements

### During the measurement

Sit with your back supported on a chair and your arm resting on a table

Remain still, with legs uncrossed, without speaking, and relaxed



### After the measurement



Wait 1–2 minutes after the first measurement, then take a second measurement

**Record** the results of **both measurements** in the app

### How to choose the device?

Choose an automatic upper-arm blood pressure monitor

Make sure it is validated — you can check the list of validated devices at [www.stridebp.org](http://www.stridebp.org)

Periodically check your monitor's accuracy by contacting your Family Health Team

