Tips for a Good Reading

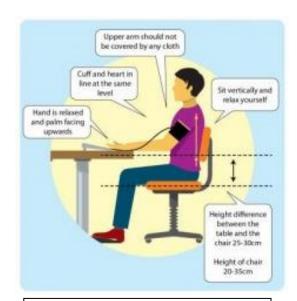
- Measure blood pressures around the same time every day
- Relax for at least five minutes before taking your measurement
- Avoid high stress or strenuous activities an hour before a measurement
- Use the restroom before taking a measurement
- Do not move whilst taking your measurement
- Take measurements when you have free time during the day
- Take a maximum of 3 readings at a time
- Ensure your device is accurate by calibrating it yearly

How to Properly Wear the Device

- Wear the cuff on your upper right arm, below your armpit
- Face the external unit on the right-outer side of your arm to ensure the device is comfortable
- Place device on bare skin for optimal readings
- If the device begins to irritate you, take it off for awhile

Correct Measurement Posture

- Sit upright in a chair when taking a measurement
- Place elbow on a table so the cuff is at heart level
- Relax your entire body
- Turn palm upwards



Correct Measurement Posture –
Taken from Dr. Trust Blood Pressure
Monitor Silver Line

Taking a Measurement

- Open the HealthWatch application
 Wear blood pressure reading device on your arm
 Begin the measurement
 Pump the cuff until instructed to stop
 When instructed, press and hold the release valve until instructed to stop
 View your blood pressure reading