

### 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