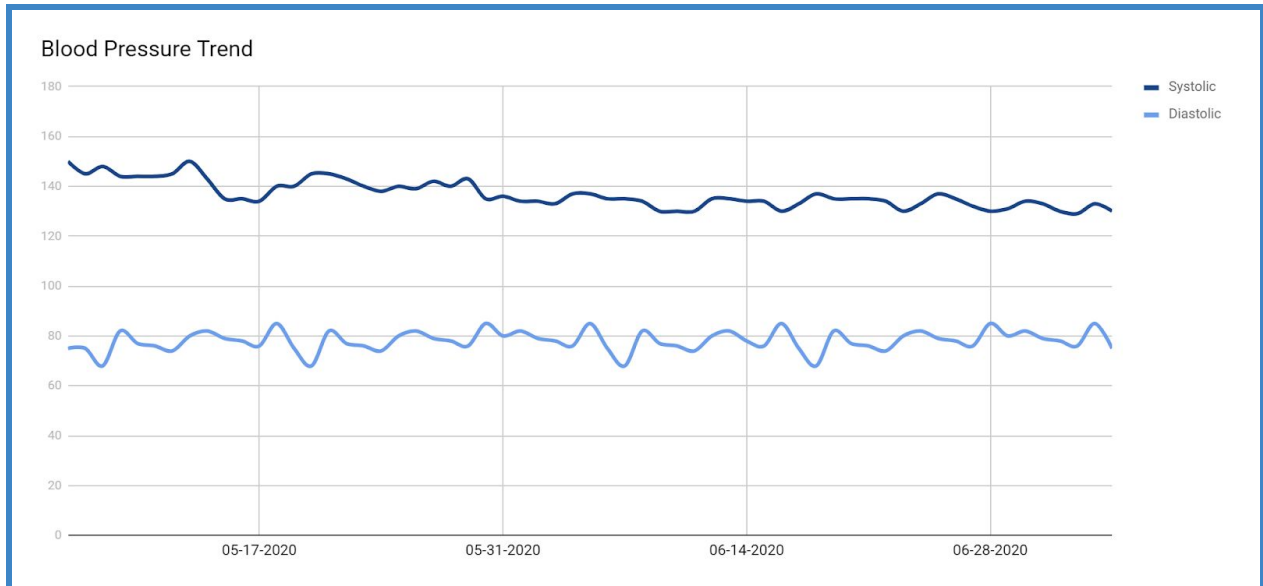


BLOOD PRESSURE

3 Month Review



Snapshot

05-06-2020	150	75	06-29-2020	131	80
05-07-2020	145	75	06-30-2020	134	82
05-08-2020	148	68	07-01-2020	133	79
05-09-2020	144	82	07-02-2020	130	78
05-10-2020	144	77	07-03-2020	129	76
05-11-2020	144	76	07-04-2020	133	85

Before You Take a Reading

- ✓ **Read the owner's manual carefully.** All devices are different, and you will need to understand how to operate your device to ensure your readings are sent to your doctor.
- ✓ **Check your device.** It should be stored in a safe and dry place, plugged in or fully charged, clean and free of debris, and inspected for any damage or faults.
- ✓ **Avoid** food, alcohol, exercise, smoking or bathing 30 minutes prior to use.
- ✓ Try to take your blood pressure at the **same time each day**. Blood pressure changes naturally throughout the day, and this will ensure your measurements are accurate.