

How Do I Check My Blood Pressure?

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 through the day, and this will ensure your measurements are accurate.
- ✓ **Make sure your blood pressure cuff fits.** Refer to these sizes if you're not sure about the cuff size for your arm:

Arm Circumference	Recommended Cuff Size
22 to 26 cm (8.7 to 10.4 in)	12 × 22 cm (4.7 × 8.6 in) (small adult)
27 to 34 cm (10.5 to 13.4 in)	16 × 30 cm (6.2 × 11.8 in) (adult)
35 to 44 cm (13.5 to 17.4 in)	16 × 36 cm (6.2 × 14.2 in) (large adult)

Note: If you require a cuff size outside of these ranges, please see your family doctor for additional instructions.

Measuring your Blood Pressure

1. Find a quiet environment and rest for 15 minutes.
2. Sit in a chair with your feet flat on the floor and your back straight. Do not cross your legs, and make sure your upper arm is bare.
3. Apply the blood pressure cuff on your upper arm. Refer to your device owner's manual for proper placement.
4. Rest your arm on a table at your heart level. Make sure your palm is facing upward.
5. Do not talk while measuring your blood pressure. This can affect the accuracy of the measurement.
6. Start the device to measure your blood pressure. The cuff will inflate and then deflate before completing the measurement and displaying the result of your reading. **Refer to the owner's manual for how to turn on the device and send the reading to your doctor.**
7. You're done! You can now remove the cuff and put the device back in storage.