






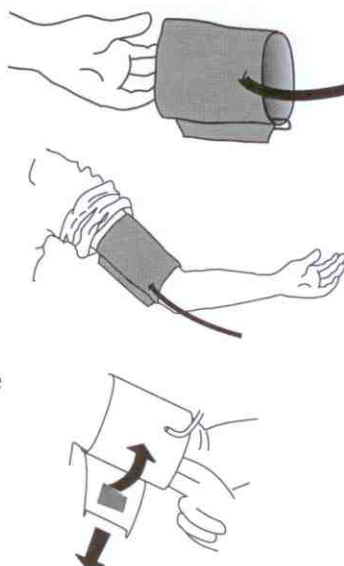
TAKING YOUR BLOOD PRESSURE

Tips for Blood Pressure Monitoring:

-  Relax for about 5 to 10 minutes before measurement.
-  Remove constricting clothing and place cuff on bare arm.
-  Unless your physician recommends otherwise, use left arm to measure pressure.

Now you are ready. Follow these simple steps:

1. Sit comfortably with your left arm resting on a flat surface so that the center of your upper arm is at the same height as your heart.
2. Lay left arm on the table, palm up and thread cuff end through metal loop, smooth side against arm. Then position the tube off-center toward the inner side of arm in line with the little finger.
3. Pull the end of the cuff to tighten it, fold back the extra material, and fasten securely. The cuff should be snug but not too tight. You should be able to insert two fingers between the cuff and your arm.



... Clearly a Better Value

