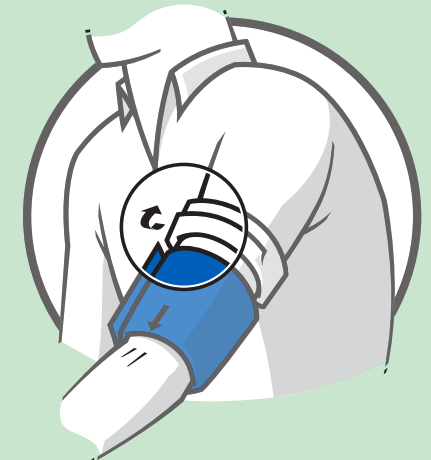
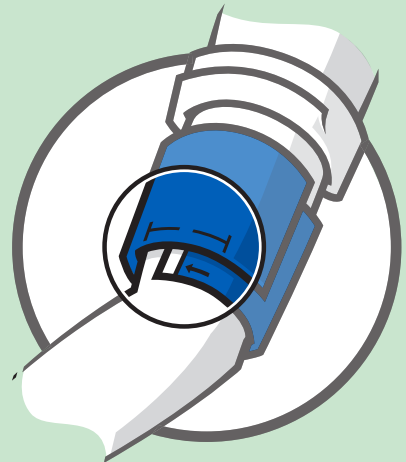


BEST PRACTICES FOR TAKING ACCURATE BLOOD PRESSURE READINGS



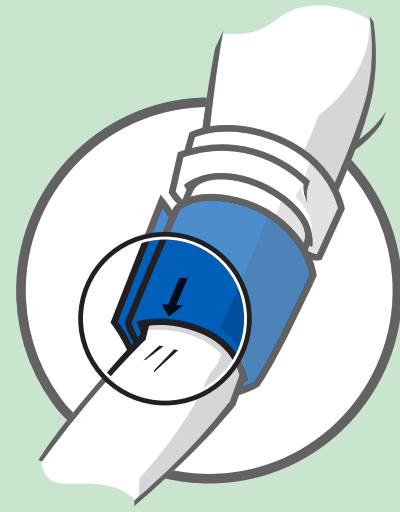
Roll Sleeve

Place the cuff on a bare upper arm



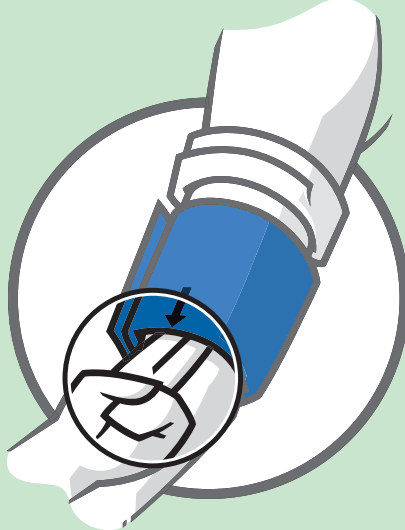
Use Range Indicator

Use the proper size cuff; if two sizes fit the patient, use the larger one



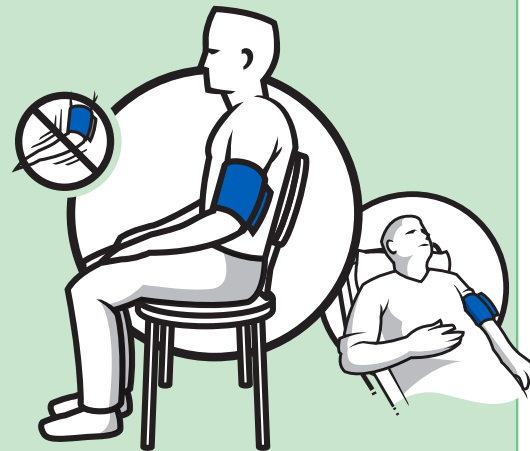
Align with Brachial Artery

Place the artery marker over the brachial artery



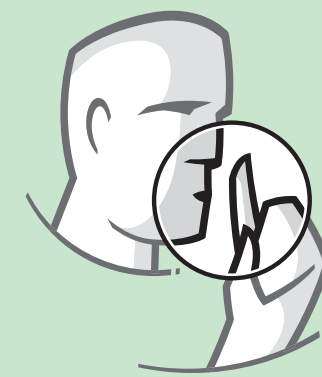
Apply Cuff Snugly

Allow room for no more than two fingers



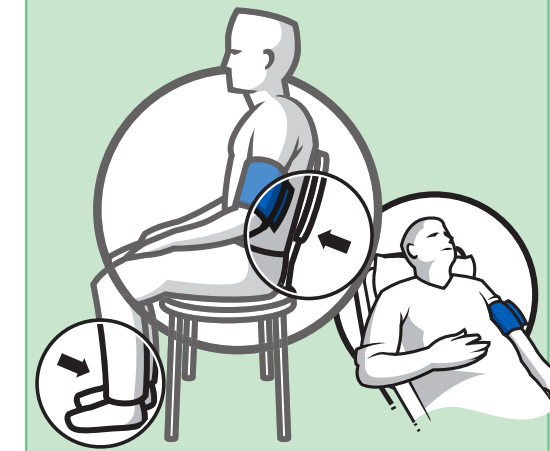
Do Not Move

Once the cuff is placed, allow the patient to sit quietly for five minutes



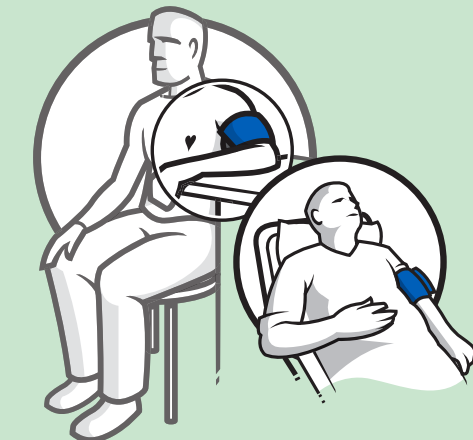
Shhhh

Do not talk to the patient while taking the blood pressure reading



Support Back—Legs Uncrossed

Support the patient's back and feet during measurement; keep legs uncrossed



Arm at Heart Level

Keep the patient's upper arm at heart level and passively support the lower arm



Stay Still

Keep the arm still during the measurement cycle