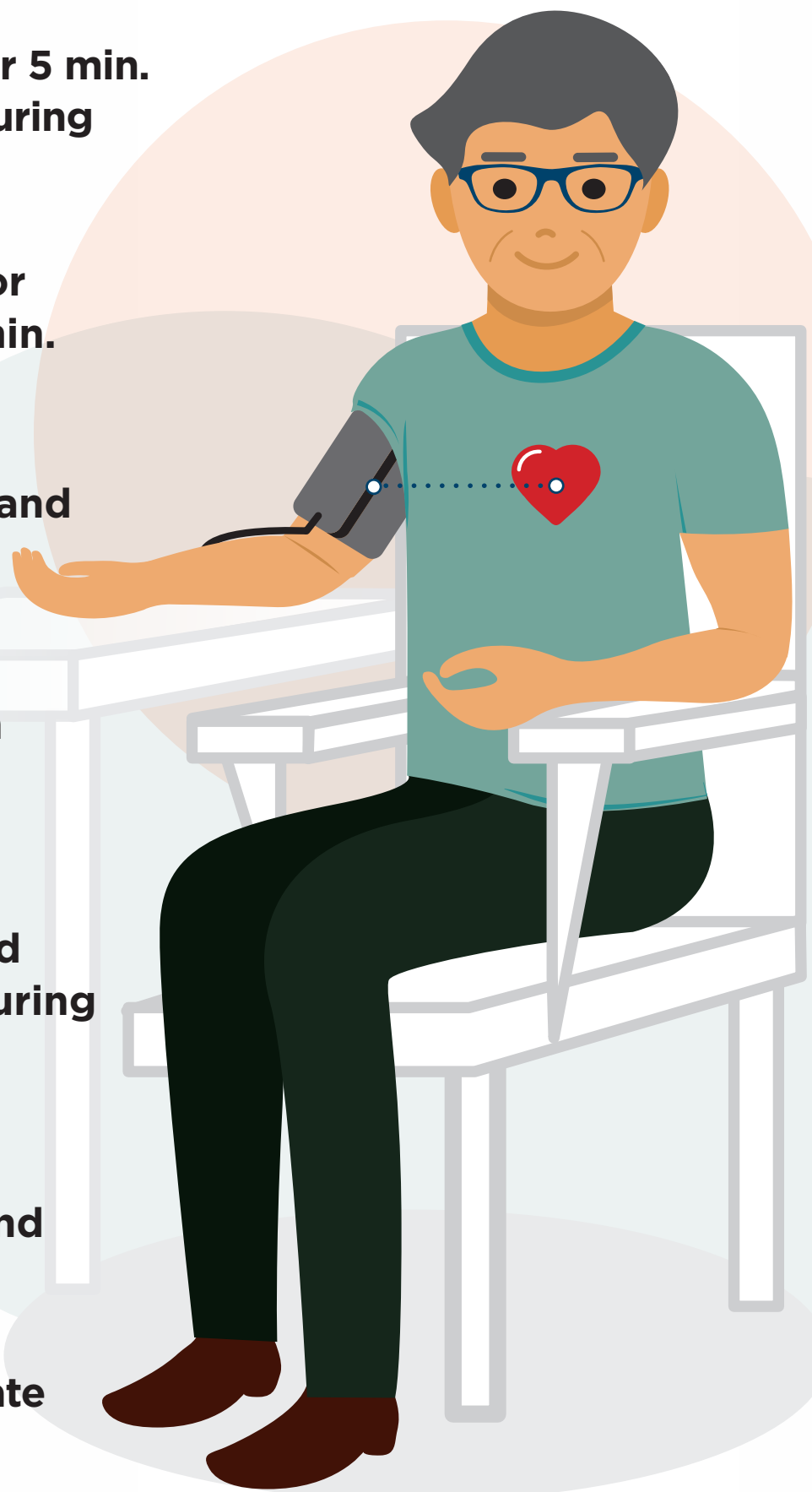




TO GET AN ACCURATE BLOOD PRESSURE READING AT HOME

- 1** Sit and rest for 5 min. prior to measuring
- 2** No smoking or caffeine 30 min. beforehand
- 3** Support arm and place cuff at heart level
- 4** Apply cuff on bare arm
- 5** Sit quietly and remain still during measurement
- 6** Support back & feet and uncross legs
- 7** Use appropriate cuff size



Arm Cuff Placement

Bicep

Elbow

Place on Brachial Artery

Wrist Cuff Placement (if recommended)

Arm Supported
Wrist at Heart Level



Recommended by
Recommandé par
Hypertension Canada
Gold Seal



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Recommandé par
Hypertension Canada
Silver / Argent

Visit www.hypertension.ca
for a list of recommended
blood pressure devices

KMH
CARDIOLOGY CENTRES INC.



Improper use can cause an inaccurate reading.

For proper diagnosis of hypertension, measure twice in the morning and twice in the evening for 7 days.