

Before measurement

- Either arm can be used for measurement
- Sit upright with your back supported
- Both feet flat on the floor
- Adjust chair height until your heart is level with the cuff unit

Insert your arm and relax

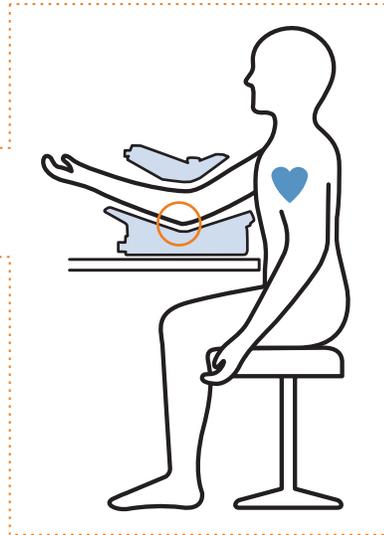
- Place your elbow on the elbow rest

Press the START / STOP button



During measurement

- Relax and remain still
- Do not talk



Your blood pressure varies throughout the day, take your blood pressure once in the morning and once at night everyday to get a fuller picture of your heart health.

American College of Cardiology (ACC) & American Heart Association (AHA) Hypertension Guidelines

| Blood Pressure Category | Systolic (mmHg) | | Diastolic (mmHg) |
|-----------------------------|-----------------|-----------------|------------------|
| NORMAL | <120 | & | <80 |
| ELEVATED | 120 – 129 | & | <80 |
| HYPERTENSION STAGE 1 | 130 – 139 | or | 80 – 89 |
| HYPERTENSION STAGE 2 | 140+ | or | 90+ |
| HYPERTENSIVE CRISIS | 180+ | &/or | 120+ |

www.heart.org/en/health-topics/high-blood-pressure/understanding-blood-pressure-readings

Note Your blood pressure varies throughout the day. This unit helps you measure your blood pressure, but it does not replace regular consultation with your doctor health care professional.