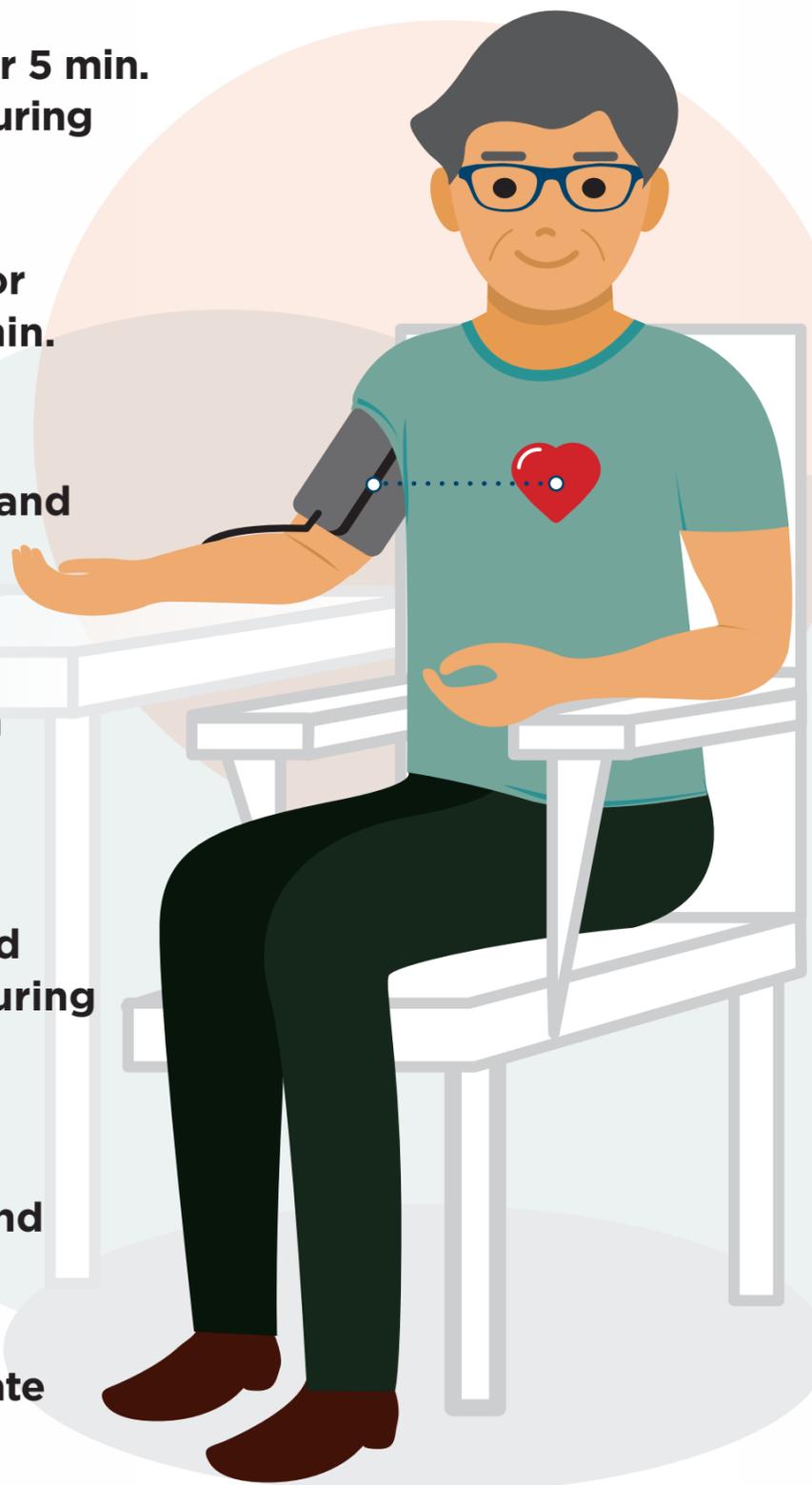


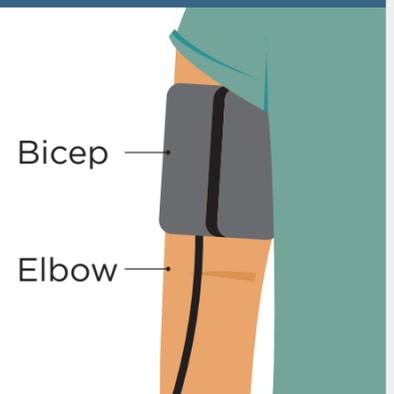


# TO GET AN ACCURATE BLOOD PRESSURE READING AT HOME

- 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

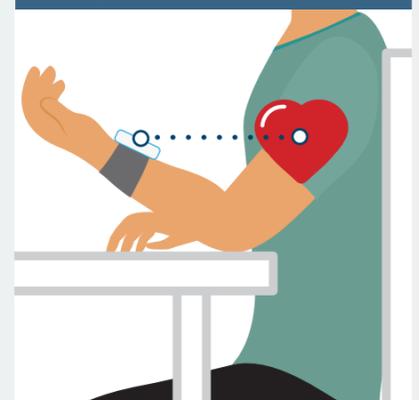


## Arm Cuff Placement



Place on Brachial Artery

## Wrist Cuff Placement (if recommended)



Arm Supported  
Wrist at Heart Level



Recommended by  
Recommandé par  
Hypertension Canada  
Gold Star



Recommended by  
Recommandé par  
Hypertension Canada  
Silver Argent

Visit [www.hypertension.ca](http://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.