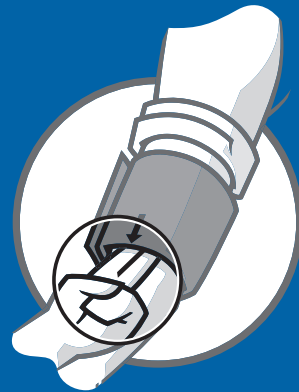


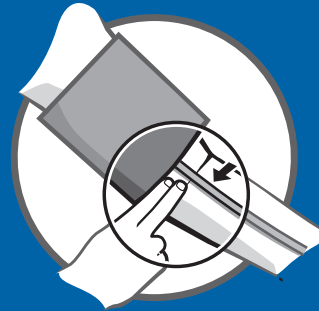
BEST PRACTICES FOR TAKING ACCURATE BLOOD PRESSURE READINGS AT HOME



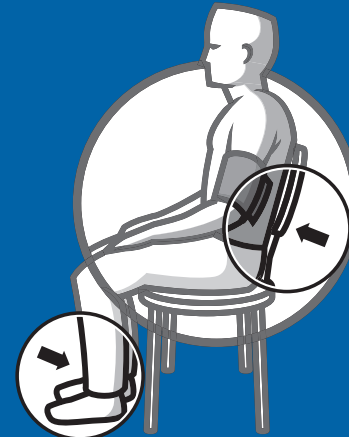
Place cuff on your bare upper arm.



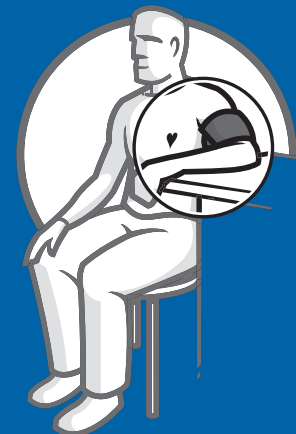
Apply cuff snugly, allowing room for no more than two fingers.



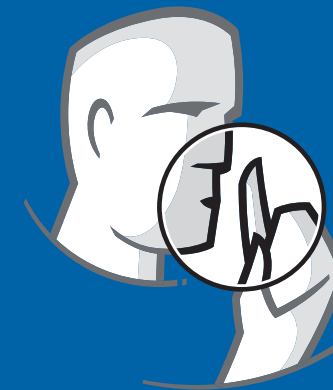
Tube should run down middle of forearm, with bottom of cuff two finger widths *(about 1 inch)* above the bend in your arm.



Sit in a chair that supports your back. Place feet flat on the floor and keep legs uncrossed.



Support your arm on a flat surface, ensure cuff is level with your heart.



Sit quietly for 5 minutes prior to taking a reading.



Keep your arm still during the measurement cycle.