

# HOW TO CHECK YOUR BLOOD PRESSURE

We will ask you to check your BP in the morning and evening for 3 days in a row each month. If you are busy on those days, you will have 2 extra days to take your BP.

We will text you reminders to check your BP. If you miss those times, you can text in your BP at any time during those days. You choose the time that works for you.

To send us your BP, please reply to our text. Text each BP in a separate message. Text your BP in the format of systolic/diastolic such as 130/80.

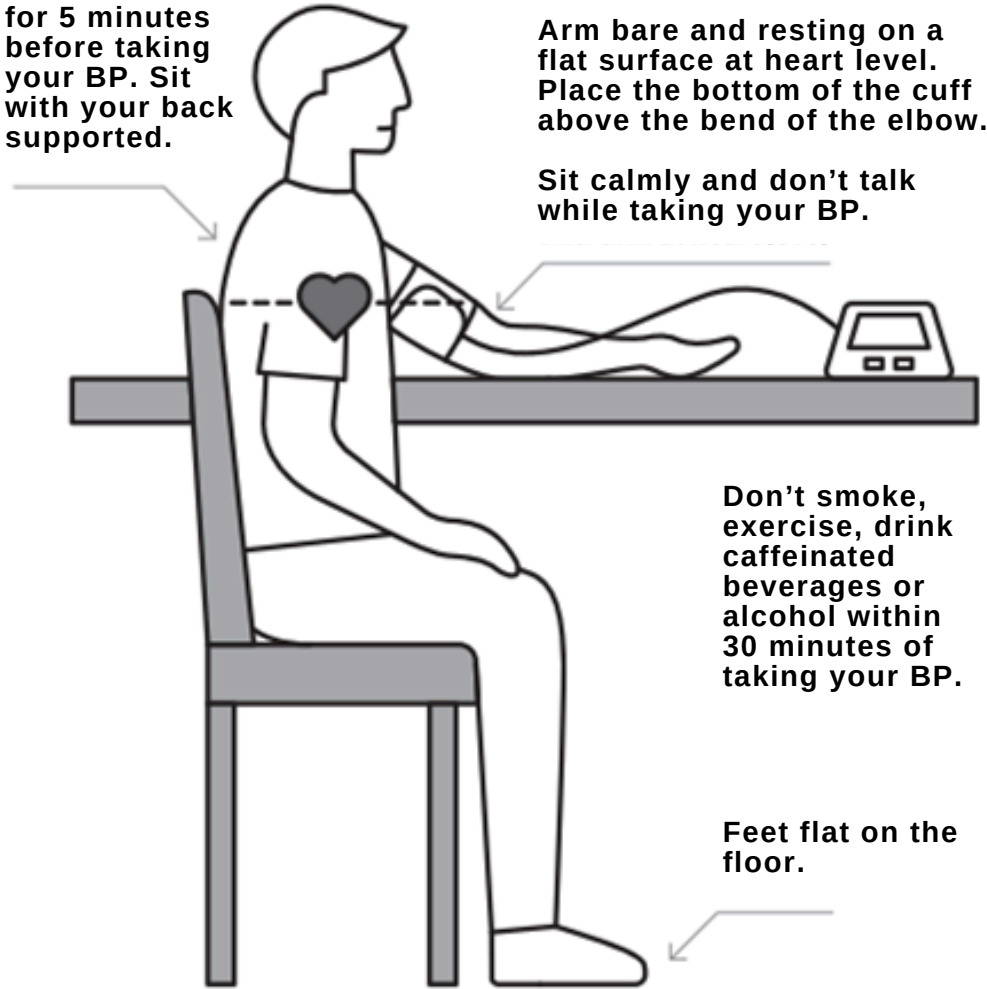
Rest in a chair for 5 minutes before taking your BP. Sit with your back supported.

Arm bare and resting on a flat surface at heart level. Place the bottom of the cuff above the bend of the elbow.

Sit calmly and don't talk while taking your BP.

Don't smoke, exercise, drink caffeinated beverages or alcohol within 30 minutes of taking your BP.

Feet flat on the floor.



## To set-up your monitor:

1. Take the monitor and cuff out of the package. The batteries are already inside!
2. Put the end of the tube into the hole on the side of your monitor until it clicks.

## To use your monitor:

1. Follow the picture on this handout to get the most accurate BP result.
2. When the cuff is on your arm, press the START/STOP button on your monitor. The cuff will tighten. The cuff should not hurt or cut off circulation while being worn. If this happens, please let us know.
3. Your BP will show on the screen after a short time. Text us your BP numbers.

**Questions? Call Healthy Heart at 215-278-9539.**