

Blood Pressure Monitor



Blood pressure is measured using two numbers. The first is systolic (blood pressure when your heart beats). The second is diastolic (blood pressure when your heart rests in between beats).

How to take your Blood Pressure



Rest 20-30 mins before taking a measurement



Sit comfortably at a table. Rest your arm on the table



Ensure the cuff is on your upper arm in the middle



Remain still while taking a reading



Press start to begin your reading



It is normal for the cuff to feel tight



Try to take measurements at the same time each day



After you have finished taking your measurement, press the START button to turn off the power



Remove the cuff and record your reading

Attaching the arm cuff

- Wrap the cuff around the arm, about 2-3cm above the elbow. Place the cuff directly against the skin, as clothing may cause a faint pulse and result in a measurement error.