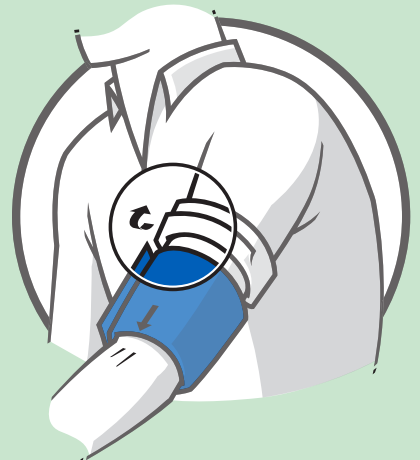
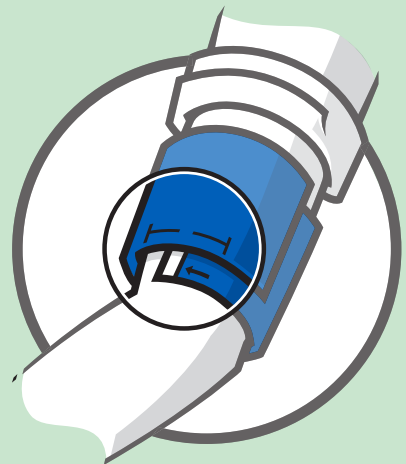


# BEST PRACTICES FOR TAKING ACCURATE BLOOD PRESSURE READINGS



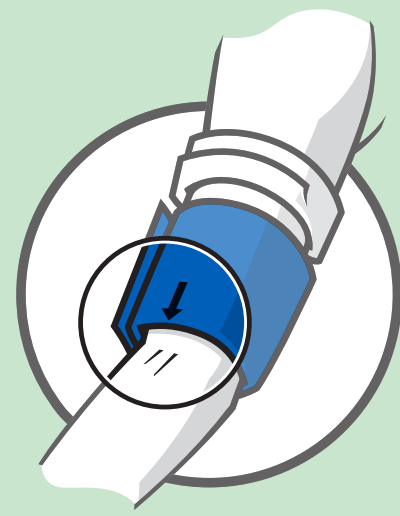
## Roll Sleeve

Place the cuff on a bare upper arm



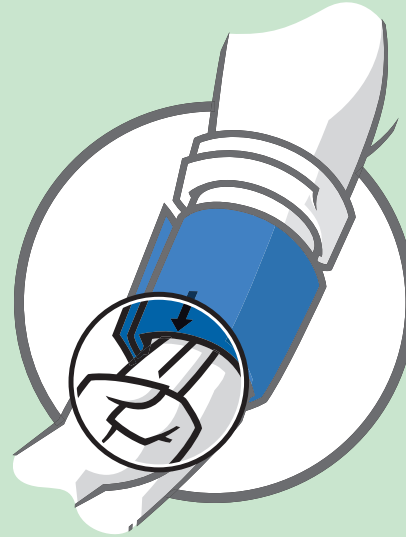
## Use Range Indicator

Use the proper size cuff; if two sizes fit the patient, use the larger one



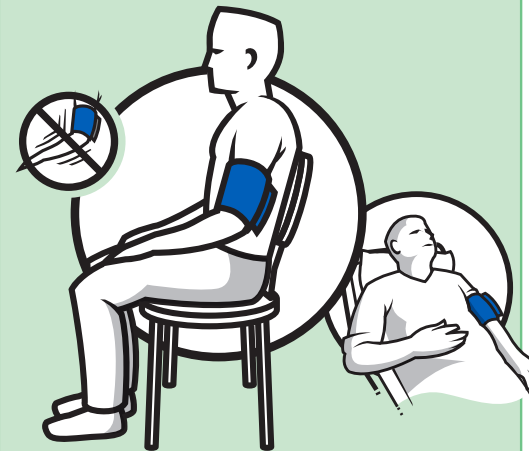
## Align with Brachial Artery

Place the artery marker over the brachial artery



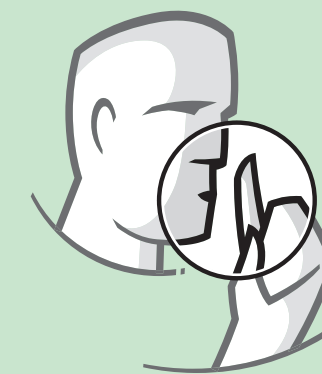
## Apply Cuff Snugly

Allow room for no more than two fingers



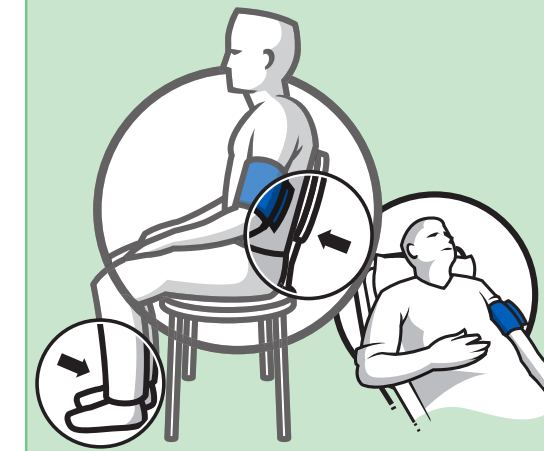
## Do Not Move

Once the cuff is placed, allow the patient to sit quietly for five minutes



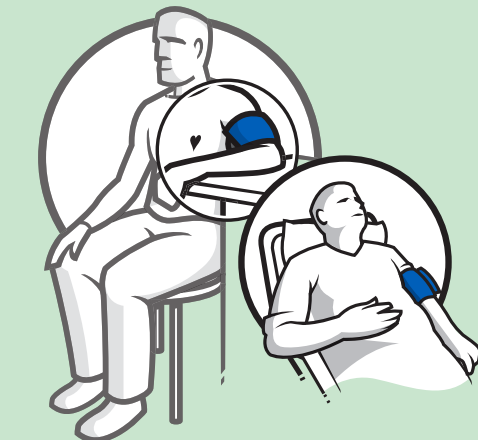
## Shhhh

Do not talk to the patient while taking the blood pressure reading



## Support Back—Legs Uncrossed

Support the patient's back and feet during measurement; keep legs uncrossed



## Arm at Heart Level

Keep the patient's upper arm at heart level and passively support the lower arm



## Stay Still

Keep the arm still during the measurement cycle