



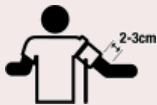




Home blood pressure monitoring

Research confirms that in the treatment of high blood pressure an average of the blood pressure measured at home, gives a better picture of blood pressure compared to measurements taken during visits to the clinic. Below is a guide for measuring blood pressure at home.

Each month you measure for minimal 3 but preferably 6 to 7 days the blood pressure:

- Twice in the morning, between 6.00 and 9.00 AM;
- Twice in the evening, between 6.00 and 9.00 PM.

The average of these measurements is used for the assessment and treatment of blood pressure. The goal is a blood pressure is between 135/85 and 110/70. When you reached your blood pressure goal we advise that every 3 months, you monitor your blood pressure for the period of a week. It's important to use a validated upper arm device. How do you know if a particular brand or type is reliable? [StrideBP](#) shows the reliability of sphygmomanometers.

	<p>Step 1 Avoid taking measurements directly after eating, drinking, or smoking. Allow at least one hour between these activities and measurement of your blood pressure.</p>
	<p>Step 2 Prepare a chair and table for the measurement. The chair should have a vertical back-rest and the table should allow for your upper arm to rest at the same height as your heart.</p>
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	<p>Step 4 Sit down and relax for at least five minutes prior to the measurement.</p>
	<p>Step 5 Sit upright and lean comfortably against the chair's backrest. Press the start button. During the measurement do not move, cross your legs, or tense your arm muscles. Breath normally and do not talk.</p>
	<p>Step 6 One measurement cycle includes two measurements. Once the first measurement is complete, continue to relax as you wait for the second measurement. start after 60-seconds the second measurement. During this time avoid movement. When there is a big difference between the two measurement's. We'll advice you to repeat this step until the difference is less than 10 mmHg.</p>
	<p>Step 7 When seven days of measurements have been collected, you can calculate an average. you can bring your device with you on your next doctor visit, so they can calculate an average.</p>