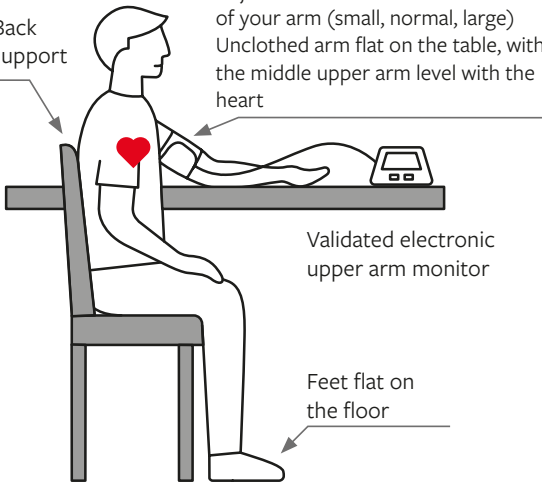


My blood pressure diary



Name: _____

Back support



Adjust the cuff to the circumference of your arm (small, normal, large)
Unclothed arm flat on the table, with the middle upper arm level with the heart

Validated electronic upper arm monitor

Feet flat on the floor



Do not smoke, drink coffee, eat food or do any exercise for 30 minutes beforehand



Quiet environment



Pleasant temperature



5 minutes' rest before measuring



Do not talking during and between the measurements

