

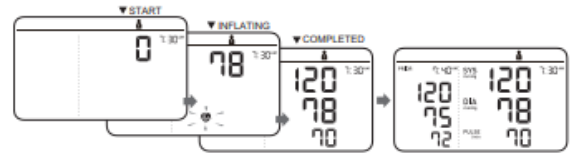


How to take your blood pressure!

For assistance, questions, concerns, feel free to call Reach Out at (810) 337-8399.

Step 1: Put on your arm cuff	
<ol style="list-style-type: none">1. If not already plugged in- Plug the arm cuff into your monitor by inserting the air plug into the air jack securely until it clicks.	
<ol style="list-style-type: none">2. Apply the arm cuff to your left upper arm.<ol style="list-style-type: none">a. The bottom edge of the arm cuff should be 0.5 inch (1 to 2 cm) above the inside elbow. The air tube is on the inside of your arm and aligned with your middle finger.	
<ol style="list-style-type: none">3. Make sure that the air tube is positioned on the inside of your arm and wrap the cuff securely, so it can not move around your arm.	
<ol style="list-style-type: none">4. Sitting Correctly<ol style="list-style-type: none">a. Sit in a comfortable chair with your back and arm supported.b. Keep your feet flat and your legs uncrossed.c. The arm cuff should be placed on your arm at the same level as your heart, with the arm resting comfortably on a table.	
Step 2: Taking your blood pressure	
<ol style="list-style-type: none">1. Press the [START/STOP] button	

2. Remain still and do not talk until the entire measurement process is complete.
- a. After your monitor has detected your blood pressure, the cuff automatically deflates.
 - b. Your blood pressure are displayed with the previous reading.



If you have any trouble at all, call us! (810) 337-8399

