

prevention • monitoring • therapy



Name:	Age:	Weight:
Date 🗾		
Time 🕙		
mmHg		
220		
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Pulse 🖤		
Body Condition		

Here are a few helpful tips to help you obtain more accurate readings:

- Do not measure your blood pressure immediately after consuming a large meal. To obtain more accurate readings, please wait one hour before measuring.
- Do not smoke or drink alcohol before measuring your blood pressure.
- You should not do be physically tired or exhausted while taking a measurement.
- It is important that you relax during measurement. Try to take 15-minute rest before a reading.
- Do not take measurements if you are under stress or under tension.
- Take your blood pressure at normal body temperature. If you are feeling cold or hot, wait a while before taking a measurement.
- If the monitor is stored at very low temperature (near freezing), have it placed at a warm location for at least one hour before using it.
- Wait about 5 minutes before taking the next pressure measurement

Name:			Age:		Weight:							
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Pulse 🖤	68	71	69									
Body Condition	wake up	watch TV	wake up									

Name:		Age:	W	eight:	
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Body Condition	wake up	watch TV	wake up									

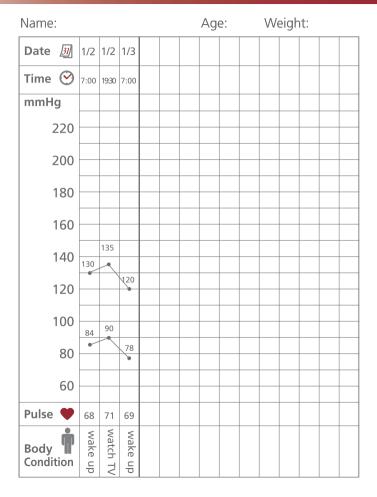
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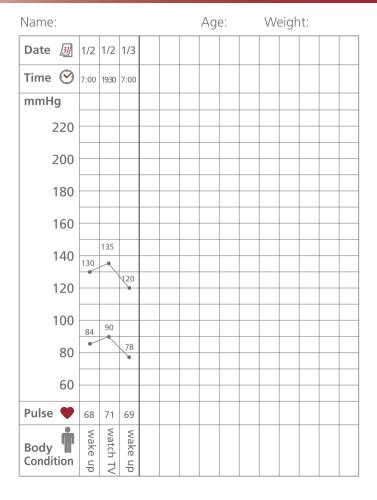
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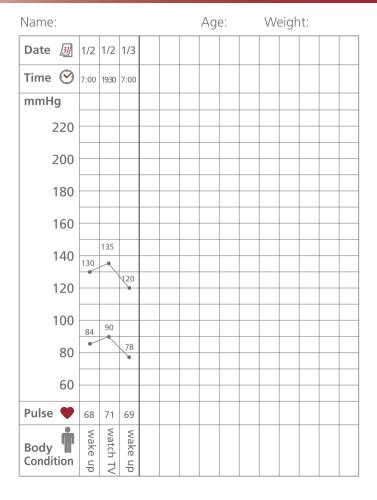
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