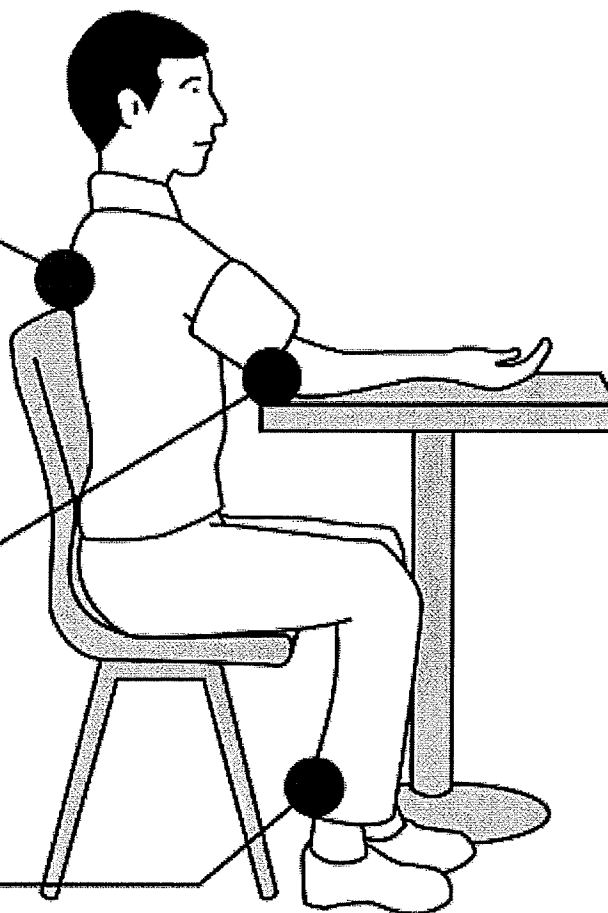


BLOOD PRESSURE MEASUREMENT



When you measure your blood pressure:

- ✓ Sitting position
- ✓ Back supported
- ✓ Arm bare and supported
- ✓ Use a cuff size appropriate for your arm
- ✓ Middle of the cuff at heart level
- ✓ Lower edge of cuff 3 cm above elbow crease
- ✓ Do not talk or move before or during the measurement
- ✓ Legs uncrossed
- ✓ Feet flat on the floor



Hypertension
CANADA