

## Taking your blood pressure is easy!

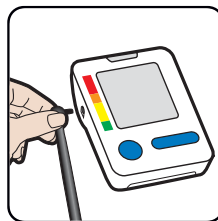
## What do my blood pressure numbers mean?



### Arm

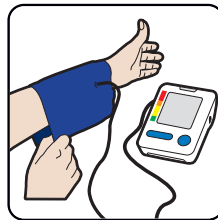
**1**

Make sure the cuff tube is securely connected to the monitor.



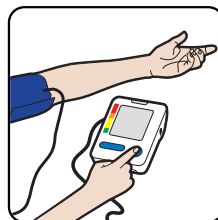
**2**

Slide arm through cuff as shown on bare skin around your upper arm so the bottom edge is about 1/2" above your elbow. Tighten the cuff until it is snug against your arm, but not too tight.



**3**

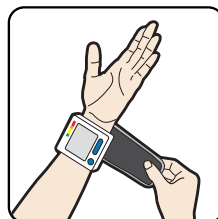
Sit and rest for 5 minutes prior to measurement. Relax your arm and push the power button.



### Wrist

**1**

Apply the cuff so the display is facing you and is about 1/2" from your hand. The fit should be snug and not too tight.



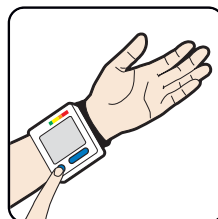
**2**

While seated, support your arm with the case or a pillow so that the monitor rests at the same height as your heart.



**3**

Sit and rest for 5 minutes prior to measurement. Relax your arm and push the power button.



Blood pressure is determined by the circulatory center in the brain and is made up of two numbers:

**Systolic** (the first number): shows how much pressure the blood is exerting against the artery walls as the heart contracts (pumps).

**Diastolic** blood pressure (the second number): shows how much pressure the blood is exerting against the artery walls while the heart rests (between beats).

In addition to blood pressure, it's important to monitor the **pulse**, or the number of times a heart beats in a minute.

### How can I ensure an accurate measurement?

- 1** Always measure using the same arm, at the same time of day.
- 2** Avoid eating, tobacco or any form of exertion before you take your measurement.
- 3** Make sure your bladder is empty.  
A full bladder can increase systolic pressure by 10-15 mmHg.
- 4** Ensure clothing does not interfere with the cuff.  
A cuff over clothing can raise systolic pressure by 40 mmHg.
- 5** Sit quietly at a table with both feet flat on the floor, avoiding movement and talking during a measurement.  
Talking can raise systolic pressure by 10-15 mmHg.

## Blood Pressure Awareness Saves Lives



Questions? 1-800-568-4147

We're here to help.

## Q: Why is checking my blood pressure important?

Leading cardiologists recommend the use of home blood pressure monitors, in conjunction with your physician's care, as a simple and effective way to help manage hypertension. Once you know your numbers, you can catch possible changes in your values and respond, preventing the development of certain diseases.

## Q: How can I manage my blood pressure?

Experts agree that anyone who has high blood pressure should be monitoring it regularly at home. Blood pressure measurements taken in the comfort of your home can be more useful than a single reading in your doctor's office. Kroger monitors deliver the highest medical grade accuracy.

### Blood Pressure Monitors

#### Premium Automatic Arm



#### Automatic Arm



#### Automatic Wrist



## Q: What are the best practices for recording my blood pressure?

- Find time to relax, sitting in an armchair with your feet on the floor, in a quiet atmosphere, for about five minutes before your measurement.
- Avoid eating and smoking and any forms of exertion 30 minutes before measurement.
- Ensure your cuff fits accurately.
- Remove any garment that fits closely to your upper arm.
- Always measure on the same arm (normally left).
- Compare measurements at the same time of day, since blood pressure changes during the course of the day (as much as 20–40 mmHg).

## Q: Why are my readings different from those taken at my Doctors office?

Blood pressure is a variable body parameter that fluctuates throughout the day. To compare your pressure levels, you should perform a daily measurement under comparable situations. Make sure that you feel relaxed and are not disturbed by your environment. In addition, check for proper cuff fit, tightness, and artery alignment. If you still need assistance, call 1-800-568-4147.

**Higher readings:** Many experience what is called "White Coat Hypertension" when measured by a doctor. White Coat Hypertension refers to blood pressure that rises above its usual level when measured in a clinical setting, such as a doctor's office (versus at home). It is named for the typical white coat uniform worn by health care providers.

## Q: What are the national blood pressure guidelines?

Blood Pressure classifications have changed. The following standards for assessing high blood pressure (in adults) have been established by the American Heart Association in 2017.

CATEGORY	SYSTOLIC (mmHg)	and/or	DIASTOLIC (mmHg)
Normal	<120	and	<80
Elevated	120-129	and	<80
Stage 1 Hypertension	130-139	or	80-89
Stage 2 Hypertension	140-179	or	90-119
Hypertensive Crisis	≥180	or	≥120

## Q: My blood pressure varies. How do I know what my true blood pressure is?

Just as a time lapse video tells more than a snapshot, the average of several measurements, obtained over several days under similar conditions, is the best way to accurately determine your blood pressure. It's vital to measure your pressure consistently and regularly to better manage your health. See chart for a concept of daily variation.

