



**Q** Why are my blood pressure readings different than at my doctor's office?

**A** 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.

## 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.



## QUICK START GUIDE

Please read before you begin



Sit quietly for 5 minutes before you take your measurement.



Avoid eating, smoking or any form of exertion before you take your measurement.



Do not flex muscles during your measurement.

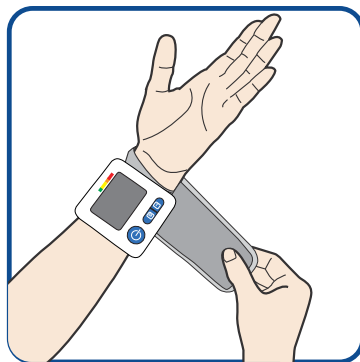


Always measure using the same arm.

**QUESTIONS? 1-800-568-4147**

# Follow These Steps For Best Results

- 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 Support your arm, palm up, with a small cushion, or the case, so 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 start button.



# Frequently Asked Questions

**Q** What do my blood pressure numbers mean?

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

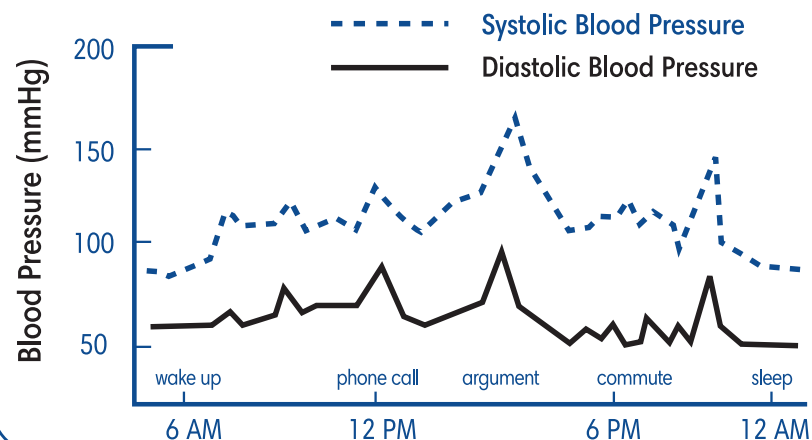
**Systolic** (the first number): shows how much pressure the blood is exerting against the artery walls as the heart contracts (pumps).

**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.

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

**A** 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 below for daily variation.

## Typical Fluctuation Within An Imaginary Day



**QUESTIONS? 1-800-568-4147**

**TIP:** If you still feel your results are inaccurate, there is no need to return the unit. Instead, call 1-800-568-4147 for assistance.