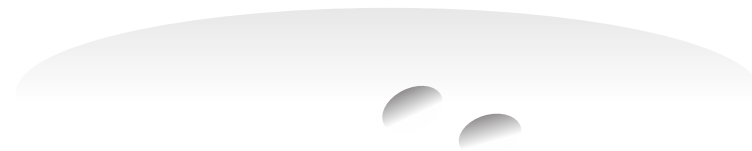


HOW TO MEASURE YOUR BLOOD PRESSURE AT HOME

2. Rest

- Wait 30 minutes before taking your blood pressure.
- Rest for 5 minutes before taking your blood pressure.
- Do not smoke, drink alcohol, or exercise before taking your blood pressure.
- Empty your bladder before taking your blood pressure.



3. Measure

- Take your blood pressure while sitting.
- Take your blood pressure after you have rested for 5 minutes.
- Take your blood pressure at the same time each day.
- Take your blood pressure at the same time each day.
- Take your blood pressure at the same time each day.
- Take your blood pressure at the same time each day.
- Take your blood pressure at the same time each day.