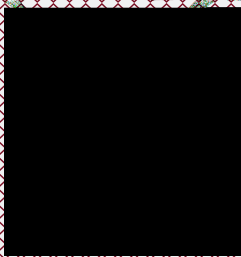


7 SIMPLE TIPS TO GET AN ACCURATE BLOOD PRESSURE MEASUREMENT

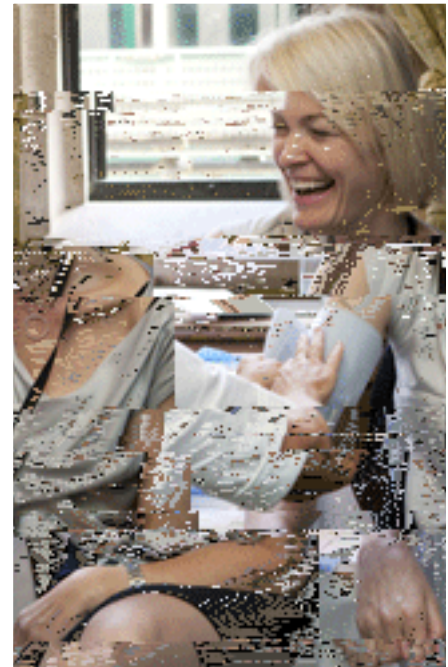
AMERICAN MEDICAL ASSOCIATION

Million Hearts in Action

[Strategies for Achieving Million Hearts Goals]



This is a big deal. A lot of people have blood pressure that are on the borderline of having hypertension, and these small errors can sway you one way or the other in a diagnosis and treatment.



It also can result in the opposite, in which a

[What We Accomplished]

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had been using improper techniques while

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[What We Learned]

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Medical schools usually teach students how to measure a person's blood pressure only once, and early in the

[What We Are Doing Now]

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