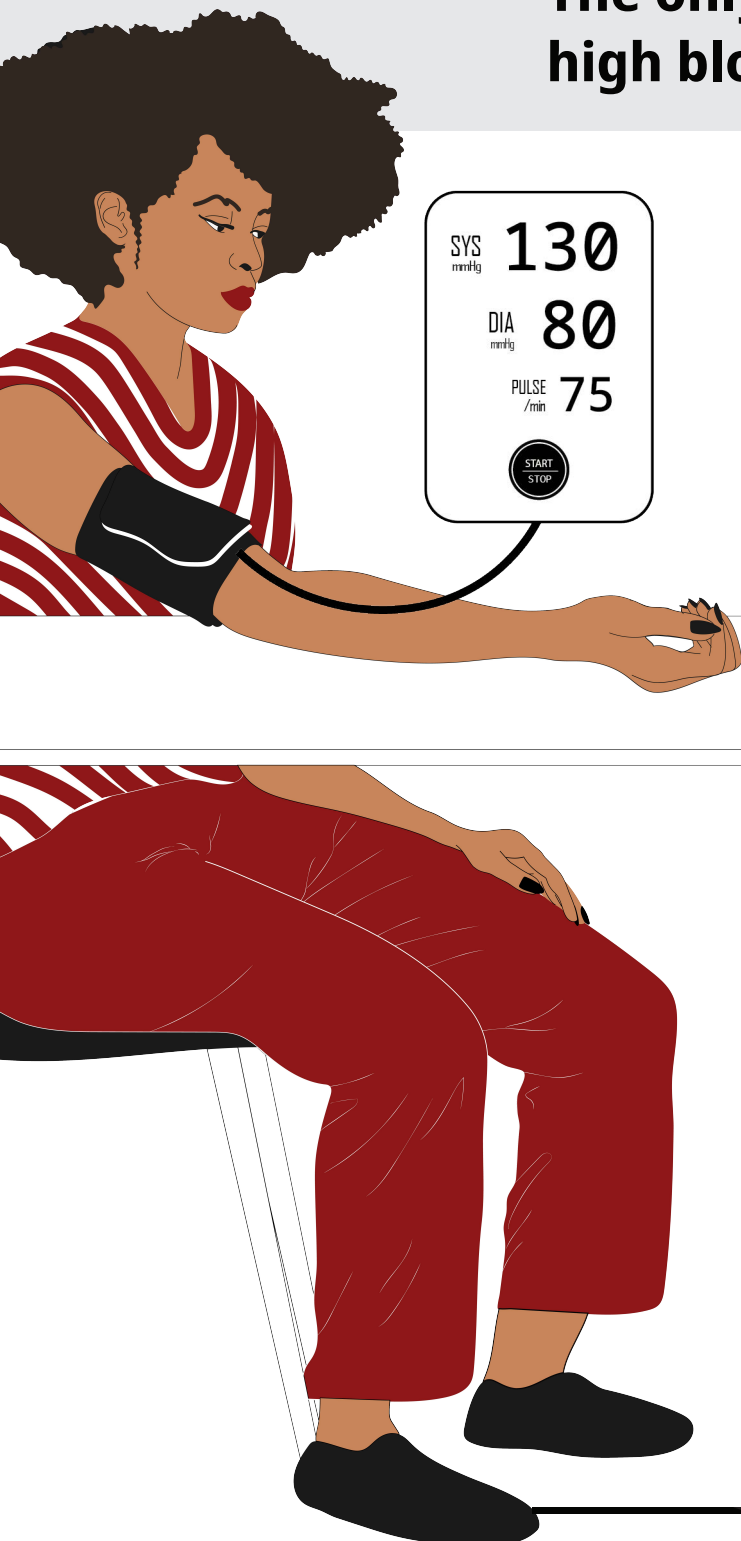


6 Tips for Measuring Blood Pressure Correctly

The only way to know if you have high blood pressure is to measure it.



* For 30 minutes or more before measuring, do not have caffeine, exercise, or smoke.

- 1 Use bathroom, if needed
- 2 Sit and relax for 5 minutes
- 3 Feet flat on the ground, no crossed legs or ankles
- 4 Place blood pressure cuff on a bare arm just above the elbow
- 5 Rest arm at the height of the heart or chest
- 6 Do not talk during measurement



Keep Learning about High Blood Pressure

www.bit.ly/lahealth_bp



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