

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



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High Blood Pressure

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