



INACCURATE READINGS WILL OCCUR
UNLESS YOU DO THE FOLLOWING

How to use the Blood Pressure Monitor

www.getremotecare.com

- 1.** You shouldn't smoke, consume caffeine, or exercise within 30 minutes of checking your Blood Pressure.
- 2.** Remove any heavy clothing that could interfere with readings, preferably bare skin.
- 3.** Clasp the cuff together- and slide your arm inside. Readjust it about 2 inches above the elbow.
- 4.** You don't want it to be too tight, keep it 1-2 fingers loose.
- 5.** The cord should be going down the interior of the arm and wrist.
- 6.** Lean arm on counter with palm up. The upper arm should be at heart level.
- 7.** Sit up straight, feet flat on the ground, not crossed.
- 8.** Hold very silent and still- these can be a bit sensitive to movement.
- 9.** Take a deep breath to release any tension.
- 10.** Press blue button to begin.
- 11.** The HUB will repeat the reading out loud.
- 12.** Turn Blood Pressure Monitor OFF.

