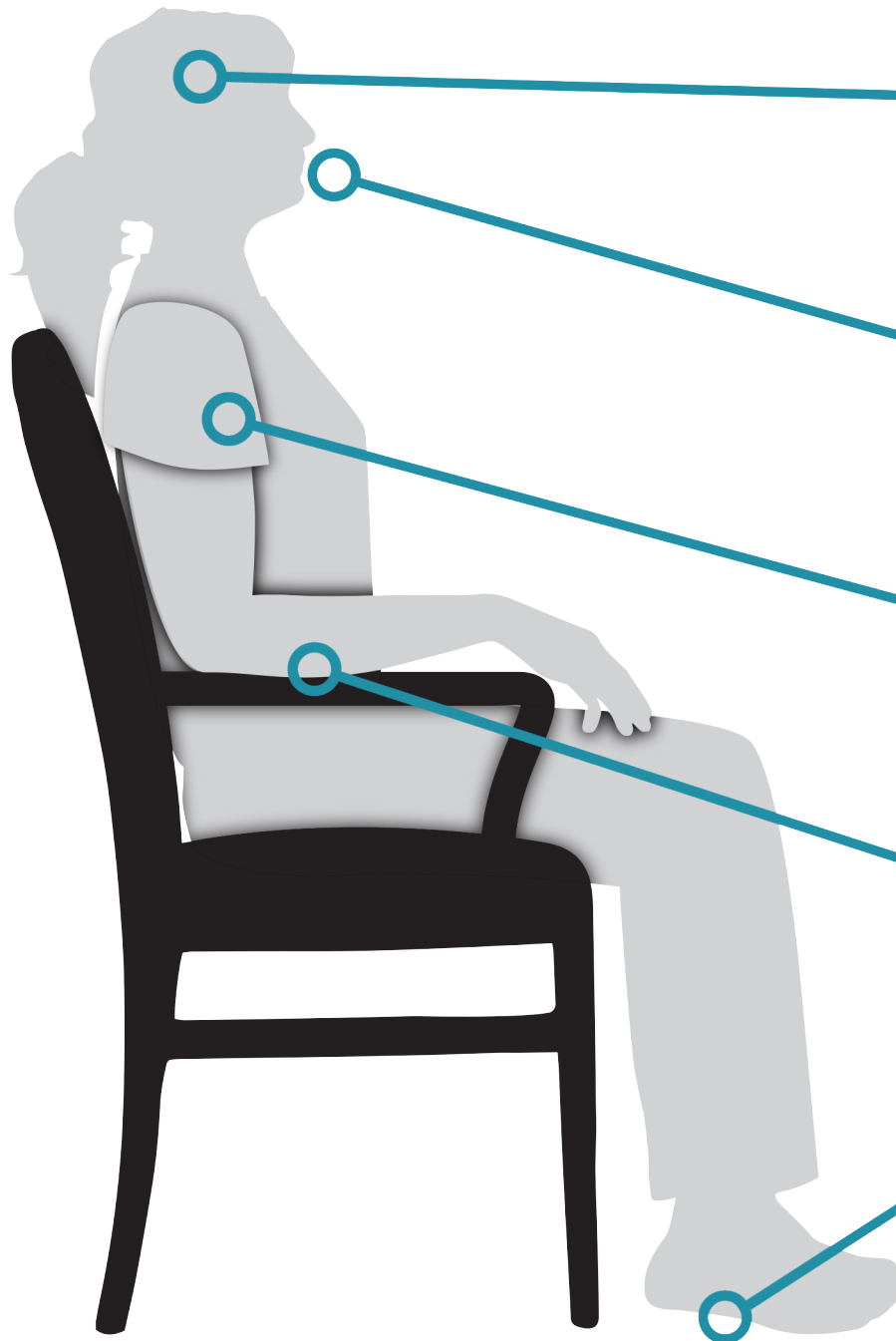


Accurate Blood Pressure Measurement

THE 5 R'S



REST FOR 5 MINUTES BEFORE THE READING

REFRAIN FROM TALKING

REMOVE LAYERS OF EXTRA CLOTHING

REST ARM ON A SUPPORTED SURFACE AT HEART LEVEL

REST FEET FLAT ON THE FLOOR IN SEATED POSITION

TAKE 2 BLOOD PRESSURE READINGS 1 MINUTE APART

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