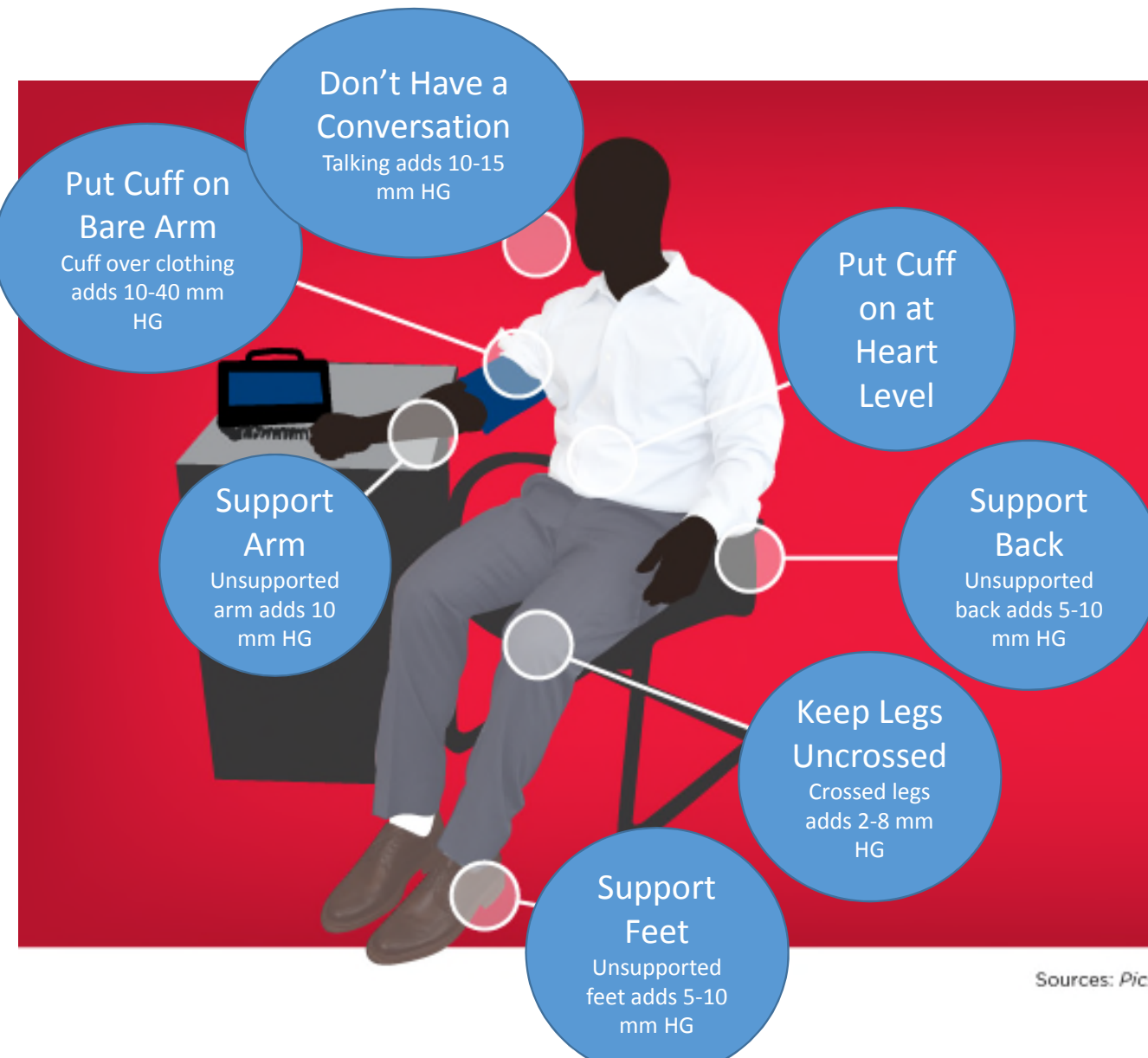


7 SIMPLE TIPS TO GET AN ACCURATE BLOOD PRESSURE READING



Don't Have a Conversation
Talking adds 10-15 mm HG

Put Cuff on Bare Arm
Cuff over clothing adds 10-40 mm HG

Put Cuff on at Heart Level

Support Back
Unsupported back adds 5-10 mm HG

Keep Legs Uncrossed
Crossed legs adds 2-8 mm HG

Support Feet
Unsupported feet adds 5-10 mm HG

Support Arm
Unsupported arm adds 10 mm HG

Sources: Pickering, et al. *Circulation*, 2005 and O'Brien, et al. *J Hypertens*. 2003