

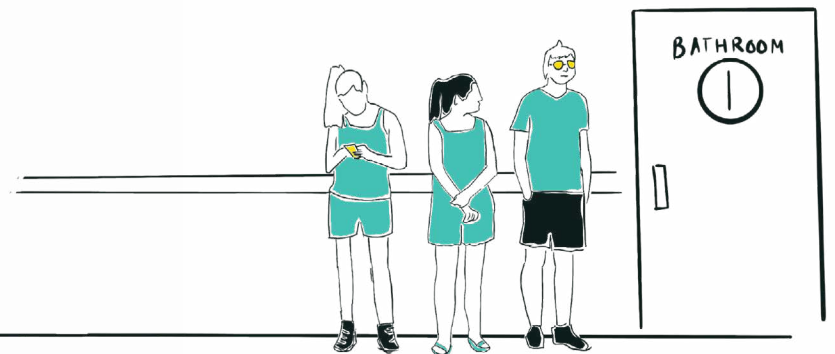
# LET'S DO IT RIGHT TOGETHER:

## How to get an accurate blood pressure reading

Positioning errors can cause inaccurate blood pressure measurements.

### 30 mins before you get started:

- Empty bladder
- No exercise
- No caffeine
- No smoking/vaping



Rest quietly for at least 5 mins

Put cuff on bare arm  
Use correct cuff size

Don't have a conversation  
Support back & feet  
Keep legs uncrossed  
Support arm at heart-level

Check blood pressure  
Recheck in 1-2 mins



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