

HOW TO GET YOUR BLOOD PRESSURE CHECKED

By AMERICAN HEART ASSOCIATION NEWS

The first step in controlling your blood pressure is knowing your numbers, and that requires an accurate BP reading. Here's how to do it right, whether you're at a clinic or at home:

BEFORE

30
MIN

In the 30 minutes before your BP is taken

NO
SMOKING

NO
CAFFEINE

NO
EXERCISE



5
MIN

In the 5 minutes before your BP is taken



SIT STILL

DURING



Make sure the cuff is the right size and in the right place.



Keep your cuffed arm on a flat surface, like a table, & at heart level.



Sit upright, back straight, feet flat on floor.



DON'T TALK

AFTER

1
MIN

Wait 1 minute and retake your BP.

AVERAGE
THE READINGS

CONSIDER
3RD READING



Keep a log and bring to every check-up.



Bring your device yearly to make sure it is accurate.

Source: 2017 guidelines on diagnosing, treating and living with high blood pressure.

Published: November 13, 2017

Do One Step At A Time Bp S

Christian G. Meyer



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Sermons preached in the temporary chapel of Keble college, 1870-1876 [ed. by E.S. Talbot]. Keble College,1877

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Table of Contents Dos One Step At A Time Bp S

1. Understanding the eBook Dos One Step At A Time Bp S
 - The Rise of Digital Reading Dos One Step At A Time Bp S
 - Advantages of eBooks Over Traditional Books
2. Identifying Dos One Step At A Time Bp S
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Dos One Step At A Time Bp S
 - User-Friendly Interface
4. Exploring eBook Recommendations from Dos One Step At A Time Bp S

- Personalized Recommendations
 - Dos One Step At A Time Bp S User Reviews and Ratings
 - Dos One Step At A Time Bp S and Bestseller Lists
5. Accessing Dos One Step At A Time Bp S Free and Paid eBooks
 - Dos One Step At A Time Bp S Public Domain eBooks
 - Dos One Step At A Time Bp S eBook Subscription Services
 - Dos One Step At A Time Bp S Budget-Friendly Options
 6. Navigating Dos One Step At A Time Bp S eBook Formats
 - ePub, PDF, MOBI, and More
 - Dos One Step At A Time Bp S Compatibility with Devices
 - Dos One Step At A Time Bp S Enhanced eBook Features
 7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Dos One Step At A Time Bp S
 - Highlighting and Note-Taking Dos One Step At A Time Bp S
 - Interactive Elements Dos One Step At A Time Bp S
 8. Staying Engaged with Dos One Step At A Time Bp S
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Dos One Step At A Time Bp S
 9. Balancing eBooks and Physical Books Dos One Step At A Time Bp S
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Dos One Step At A Time Bp S
 10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
 11. Cultivating a Reading Routine Dos One Step At A Time Bp S
 - Setting Reading Goals Dos One Step At A Time Bp S
 - Carving Out Dedicated Reading Time
 12. Sourcing Reliable Information of Dos One Step At A Time Bp S

- Fact-Checking eBook Content of Dos One Step At A Time Bp S
 - Distinguishing Credible Sources
13. Promoting Lifelong Learning
- Utilizing eBooks for Skill Development
 - Exploring Educational eBooks
14. Embracing eBook Trends
- Integration of Multimedia Elements
 - Interactive and Gamified eBooks

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