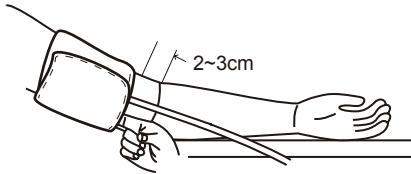
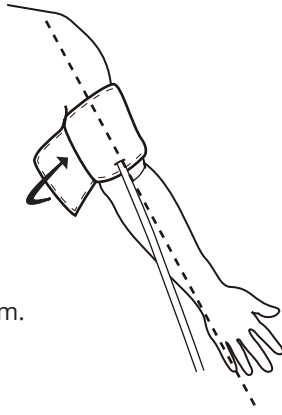


Taking a Measurement

Fastening the Cuff

1. Fasten the cuff on your upper arm, then align the tube off-center, toward the inner side of the arm in line with the little finger.
2. The cuff should be snug but not too tight. You should be able to insert one finger between the cuff and your arm.



3. Sit comfortably with your arm resting on a flat surface. The middle of the cuff should be level with the right atrium of the heart. Before starting the measurement make sure your feet are flat on the floor, uncrossed, and that your back and arm are supported.

NOTE: For a meaningful comparison, try to measure under similar conditions. Make sure you're measuring at the same time of day and holding your arm in the same position, or follow your physician's instructions.