

**Q1: What are systolic pressure and diastolic pressure?**

When ventricles contract and pump blood out of the heart, blood pressure reaches its maximum value, the highest pressure in the cycle is known as systolic pressure. When the heart relaxes between heartbeats, the lowest blood pressure is diastolic pressure.

**Q2: Why does my blood pressure fluctuate throughout the day?**

1. Individual blood pressure varies multiple times every day. It is also affected by the way you tie your cuff and your measurement position, so please take the measurement under the same conditions each time.
2. If the person takes medicine, the pressure can vary more.
3. Wait at least 3 minutes for another measurement.

**Q3: Why do I get a different blood pressure at home compared to the doctors?**

The blood pressure measurement can be different even throughout the day due to weather, emotion, exercise etc, Also, there is the "white coat" effect, which means blood pressure usually increases in clinical settings.

**Q4: Is the result the same if measuring on the right wrist?**

It is ok for both wrists, but there will be some different results for different people. We suggest you measure the same wrist every time.

**Q5: Can I use a wrist blood pressure monitor if I have a large or small wrist?**

Wrist blood pressure monitors generally have adjustable cuffs to accommodate a range of wrist sizes. However, it's important to ensure that the cuff fits properly and is snug but not too tight.

**Q6: How do I maintain and clean a wrist blood pressure monitor?**

In general, you can wipe the monitor's surface with a soft, damp cloth and avoid using abrasive or harsh cleaning agents. Keep the monitor away from extreme temperatures and moisture.

## **Q7:Are wrist blood pressure monitors suitable for individuals with specific medical conditions?**

Individuals with specific medical conditions, such as arrhythmias, atrial fibrillation, or certain arm or wrist conditions, should consult with a healthcare professional before using a wrist blood pressure monitor. They can provide guidance on the suitability of a wrist monitor based on your specific condition and medical needs.

**We hope these tips were useful. If you have any inquiries about our products or services feel free to contact us via email, call our customer service at 855.822.6999 M-F 9am-5pm CT or visit us at [healthcare-manager.com](https://healthcare-manager.com)**