Understand Your Blood Pressure

Step 1: Take Your Reading

Check Device Accuracy

In the first place, make sure your device is set to accurate readings. Ensure your device is calibrated to your doctor's recommended settings.

Ensure User Proficiency

In the second place, make sure your device is set to accurate readings. Ensure your device is calibrated to your doctor's recommended settings.

Cuff Placement and Size

In the third place, make sure your device is set to accurate readings. Ensure your device is calibrated to your doctor's recommended settings.

Consider the Timing

In the fourth place, make sure your device is set to accurate readings. Ensure your device is calibrated to your doctor's recommended settings.

Use Proper Positioning

In the fifth place, make sure your device is set to accurate readings. Ensure your device is calibrated to your doctor's recommended settings.

Stay Calm

In the sixth place, make sure your device is set to accurate readings. Ensure your device is calibrated to your doctor's recommended settings.

Step 2: Categorize Your Blood Pressure

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Step 3: Understand Your Readings

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