

HOW TO GET YOUR **BLOOD PRESSURE** CHECKED

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, while getting your BP checked at your barbershop

1. BEFORE

In the **30 minutes** before your BP is taken



No **Smoking**
No **Caffeine**
No **Exercise**
No **Alcohol**

In the **5 minutes** before your BP is taken



Empty bladder & sit still

2. DURING

Make sure the cuff is **½" below your wrist** and **not too tight or loose**



Rest your cuffed wrist against your **chest at heart level**

Sit **upright**, back straight, feet flat on the floor

Don't talk

3. AFTER



If your first reading is **above normal** wait 2 minutes; retake your BP and take the average of the 2 readings

See in which category your BP reading falls on the AHA chart

Step on the scale to check your weight

Enter your BP, heart rate, and weight readings, and health questionnaire responses into the **livechairhealth.com** web form