

You've been enrolled in

# Blood Pressure Monitoring

What to do when you get home:



## Take your blood pressure

Take your blood pressure and our device will securely send your blood pressure directly to us.



## We're Monitoring

We'll be monitoring your blood pressure and will be alerted if your values are abnormal or trending in the wrong direction.



## Technical Support

A Care Navigator from our remote monitoring partner HealthSnap is available to assist you if you have any issues with your device. They may reach out periodically to help keep you on track. See their contact information on the last page.

# How to take your blood pressure

Your blood pressure fluctuates greatly as you move around or become stressed. For this reason, researchers who study blood pressure require their participants to be seated for five minutes prior to taking a reading.

In order for your care team to accurately interpret your blood pressure trends, **we recommend sitting for five minutes prior to hitting start.**



Once you hit start, your cuff will inflate, deflate, show you your reading, and send your values directly to your doctor.

## Do's

- Sit still for 5 minutes prior to taking your blood pressure
- Take in the morning when you first wake up
- Relax and calm your mind before and during your blood pressure measurement

## Don'ts

- Cross your legs while you take your blood pressure
- Take your blood pressure after exercise or drinking coffee/caffeine
- Let other individuals use your blood pressure device