



Healthy Life High Blood Pressure Program

Taking Your Blood Pressure at Home

Attaching the Arm Cuff

1. Wrap the cuff around your upper arm (preferably your left arm), about 2-3 cm above the inside of the elbow. Place the cuff directly against the skin, as clothing may cause a faint pulse, and result in a measurement error.
2. Confirm that the index ▲ points within the proper fit range.



Taking a Proper Measurement

1. Sit comfortably at a table and rest your arm on the table.
2. Relax for about five to ten minutes before the measurement.
3. Place the center of the cuff at the same height as your heart.
4. Remain still and keep quiet during the measurement.
5. Press the START button. The cuff will start to inflate. It is normal for it to feel tight.
6. When inflation is complete, deflation starts automatically and the ♥ blinks, indicating that the measurement is in progress.
7. When the measurement is complete, the cuff will completely deflate and the reading will be displayed.
8. The 2Net Hub should begin to flash blue when your readings are being sent. Once completed, the 2Net Hub will return to the green and yellow lights.

