Help Make Sure Your Blood Pressure Screening is Accurate

Consider the following:

* Avoid caffeine use 1 hour prior to screening.
* Empty your bladder prior to screening.
* Blood pressure measurement should be taken over a bare arm.
* Avoid talking during measurement.
* Make sure your arm is at heart level.
* Assure your back is supported against the back of the chair.
* Do not cross your legs during measurement.