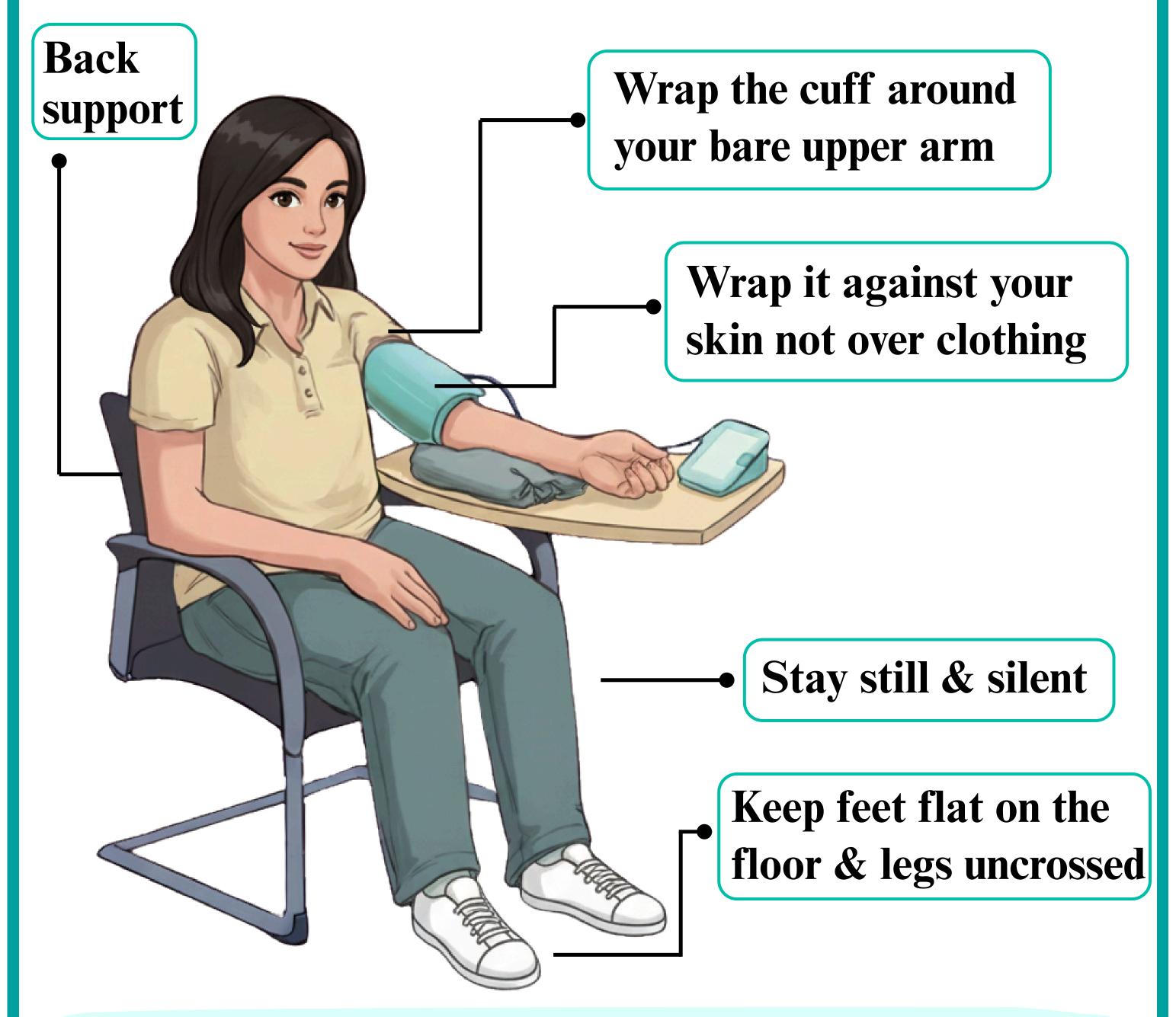
How to Measure BP Correctly



Before Checking BP:

- Relax for a minute
- Avoid smoking, alcohol, or exercise 30 mins before
- Check at the same time daily for accuracy

Not Just Medication — Regular BP Monitoring is Important!



