

Rest.

Relax.

Repeat.

- **Have patient rest in a chair for 5 minutes**, with back supported and feet on the floor.
- **Place arm comfortably** on a flat surface at heart level.
- **Sit calmly** without conversation.
- **Make sure cuff size is correct** and BP device is calibrated
- **Take at least two readings** with at least a minute between each reading.

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Balanced information for better care

These are general recommendations only; specific clinical decisions should be made by the treating physician based on an individual patient's clinical condition. These materials were made possible by the PACE Program of the Department of Aging of the Commonwealth of Pennsylvania. Links to references can be found at **AlosaHealth.org**.

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