Support your arm at the level of your heart on a table or high armrest.

Stay in a seated position.

Avoid talking when taking a measurement.

**Take 2 readings, each 5 minutes apart.**

Press the START/STOP button on the monitor. Display symbols will appear on the screen.

The cuff will inflate on its own and feel tight for a few seconds.

The cuff will relax and display the reading. Record the reading.

Press STOP.

Wait five minutes. Repeat these steps for a total of two readings.