

RELEASE THE PRESSURE™

3 simple steps to proper blood pressure (BP) measurement at home

- 1 PREPARE** Avoid caffeine, cigarettes and other stimulants 30 minutes before measuring your blood pressure, and wait at least 30 minutes after a meal. Find a quiet space without distraction.
- 2 POSITION** Refer to image on opposite page.
- 3 MEASURE** Rest for five minutes in position and take your blood pressure measurement two to three times, in one session, allowing one minute's rest in between the measurements.



Scan our QR code to watch the full step-by-step video, and get access to many more free heart healthy tools and resources.

[ESSENCE.COM/RELEASETHEPRESSURE](https://www.essence.com/RELEASETHEPRESSURE)

