7 SIMPLE TIPS TO GET AN ACCURATE BLOOD PRESSURE READING

- **Put Cuff on Bare Arm**
  - Cuff over clothing adds 10–40 mm Hg

- **Don’t Have a Conversation**
  - Talking adds 10–15 mm Hg

- **Support Arm at Heart Level**
  - Unsupported arm adds 10 mm Hg

- **Empty Bladder First**
  - Full bladder adds 10–15 mm Hg

- **Support Back**
  - Unsupported back adds 5–10 mm Hg

- **Keep Legs Uncrossed**
  - Crossed legs add 2–8 mm Hg

- **Support Feet**
  - Unsupported feet add 5–10 mm Hg