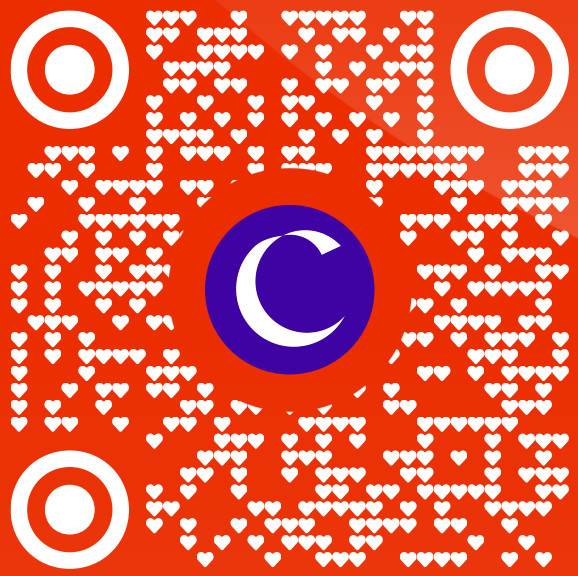


Learn the right way to Measure Blood Pressure



DID YOU KNOW?

Regular self-measured blood pressure monitoring helps many patients and their healthcare professionals manage hypertension more effectively. Visit **arceralifesciences.com** to learn more about hypertension and make informed health decisions.

Take at least two readings

1 or 2 minutes apart, at the same time every day.

Before your reading

- No food or drink for 30 minutes
- Empty your bladder
- Sit in a comfortable chair with your back supported for at least 5 minutes

During your reading

- No talking
- Both feet flat on the ground, legs uncrossed
- Arm with the cuff resting on a table at chest height
- Cuff is snug but not too tight, against your bare skin, not over clothing

Talk to your healthcare professional.



Reference: Measuring your blood pressure (September 4, 2026). Centers for Disease Control and Prevention. Available from: <https://www.cdc.gov/high-blood-pressure/measure/>. Accessed 23 September 2026