

TAKE YOUR BLOOD PRESSURE HERE

SIT

down, relax and sign in.

PUT

feet flat on the floor.

REST

five minutes—don't talk.

WRITE

the numbers in your tracker.

TAKE

two readings, one minute apart.

PLACE

bottom of cuff against skin above bend in the elbow.

LEARN

about preventing heart disease—take handouts.

TALK

to your provider if your numbers are outside the ranges.

COME

back to recheck your blood pressure.

WVU is an EEO/Affirmative Action Employer. Underrepresented class members are encouraged to apply. This includes: minorities, females, individuals with disabilities and veterans.

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