

CHECKLIST FOR MEASURING YOUR BLOOD PRESSURE CORRECTLY AND ACCURATELY

- ✓ Avoid eating, smoking or any activity immediately before taking the measurement.
- ✓ Sit down and relax for a few minutes before taking the measurement.
- ✓ Always measure the same arm (normally left, or as instructed by your doctor).
- ✓ Ideally, remove close-fitting garments from upper arm. If you roll up your sleeve, ensure it does not cause constriction of the blood flow in your upper arm. Do not place the cuff over thick clothes.
- ✓ You should fit the cuff closely, but not too tight so you can insert a finger between your arm and the cuff.
- ✓ Make sure that the cuff is positioned about 1 inch or 2 cm above the elbow, and your QardioArm is positioned on the inner side of the arm, over the artery.
- ✓ The Qardio logo should be on the bottom, towards your hand.
- ✓ Support your arm so it is relaxed and ensure the QardioArm is at the same level as your heart. Your arm should remain slightly bent while taking the measurement.
- ✓ The blood pressure measurement can be stopped at any time by pressing the Cancel button on the Qardio App.

THE TRAFFIC LIGHT INDICATOR

The blood pressure measurement screen shows you the range within which the indicated blood pressure value lies. Depending on the values detected, the bar is colored in green (optimum value), yellow (high value), orange (very high value), or red (dangerously high value). The classification corresponds to the 4 ranges in the table as defined by the international guidelines (ESH, AHA, JSH), as described in “How to Evaluate Your Blood Pressure”.

SELECTING MULTIPLE MEASUREMENT AVERAGING

Blood pressure constantly fluctuates so a result determined by multiple measurements is more reliable and accurate than one produced by a single measurement.

To activate the Multiple Measurement Averaging, which is also useful in case of pulse irregularity, press the Q menu button (on the top left of the screen), then press the Settings button.

On the Settings screen you can select the number of measurements and the pause between measurements (which is set at 30 seconds by default).

When the Multiple Measurement Averaging feature is on, the individual results during the measurement are not displayed. Your blood pressure will only be displayed after all measurements are taken. A countdown indicates the remaining time between measurements. Do not remove the cuff between measurements.

VISUALIZING YOUR HISTORICAL BLOOD PRESSURE DATA

Press the History button on the Blood Pressure page to see your historical blood pressure and heart rate data in a table or chart format.

