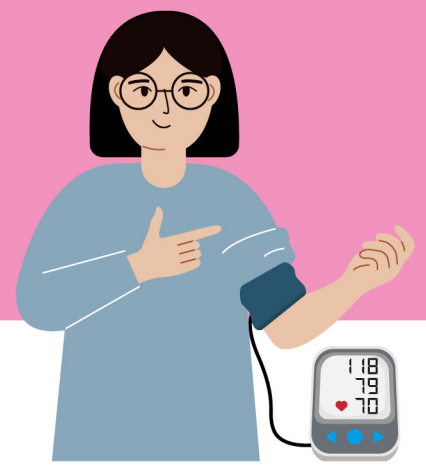


# AT-HOME BLOOD PRESSURE MEASUREMENT



## The **3x3** rule



While calmly seated, at one-minute intervals

To be recorded on a record sheet

The average of the 18 measurements should be below 135/85

To be done before each medical consultation



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