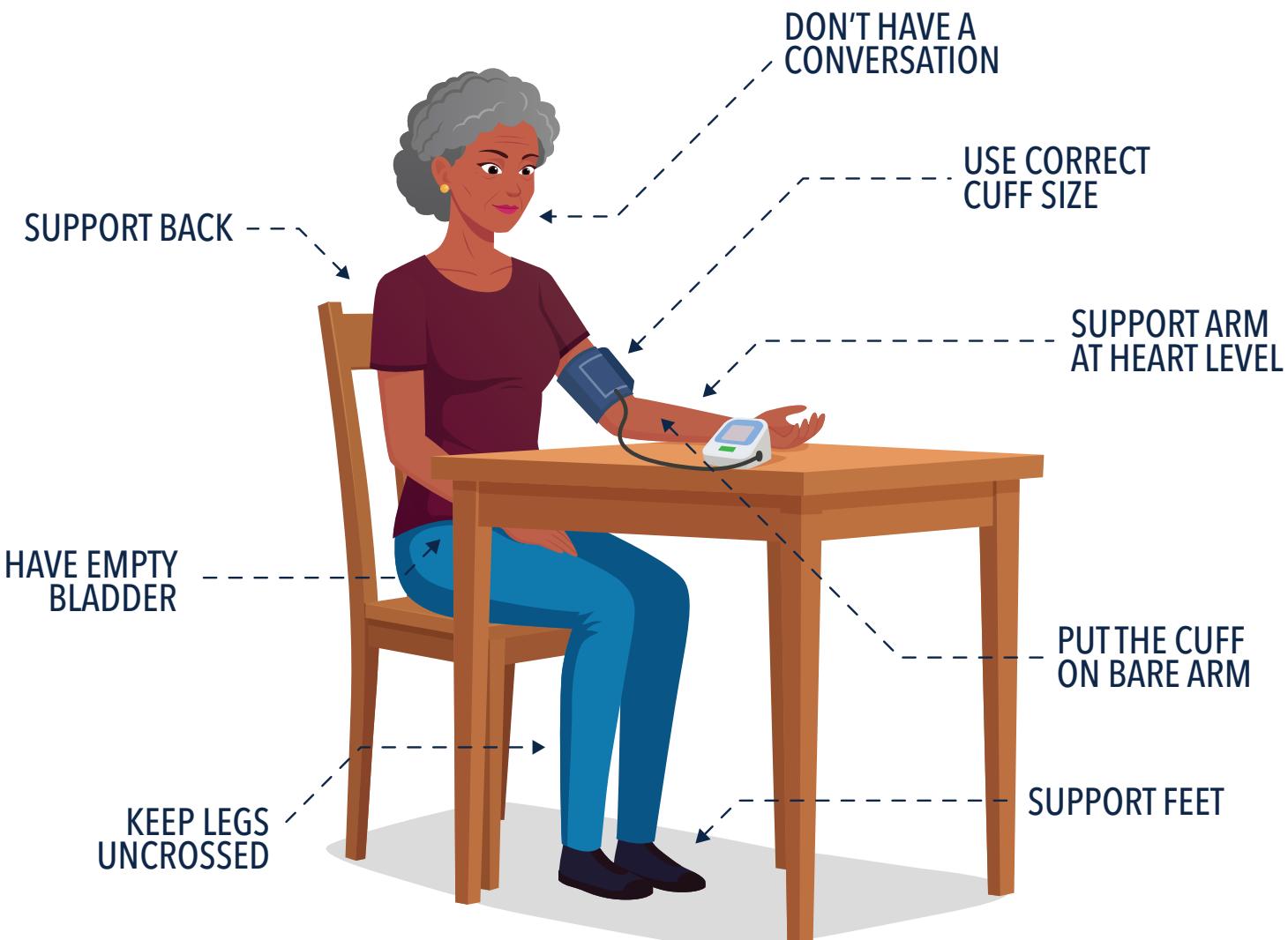


SIMPLE TIPS

TO GET AN ACCURATE BLOOD PRESSURE READING

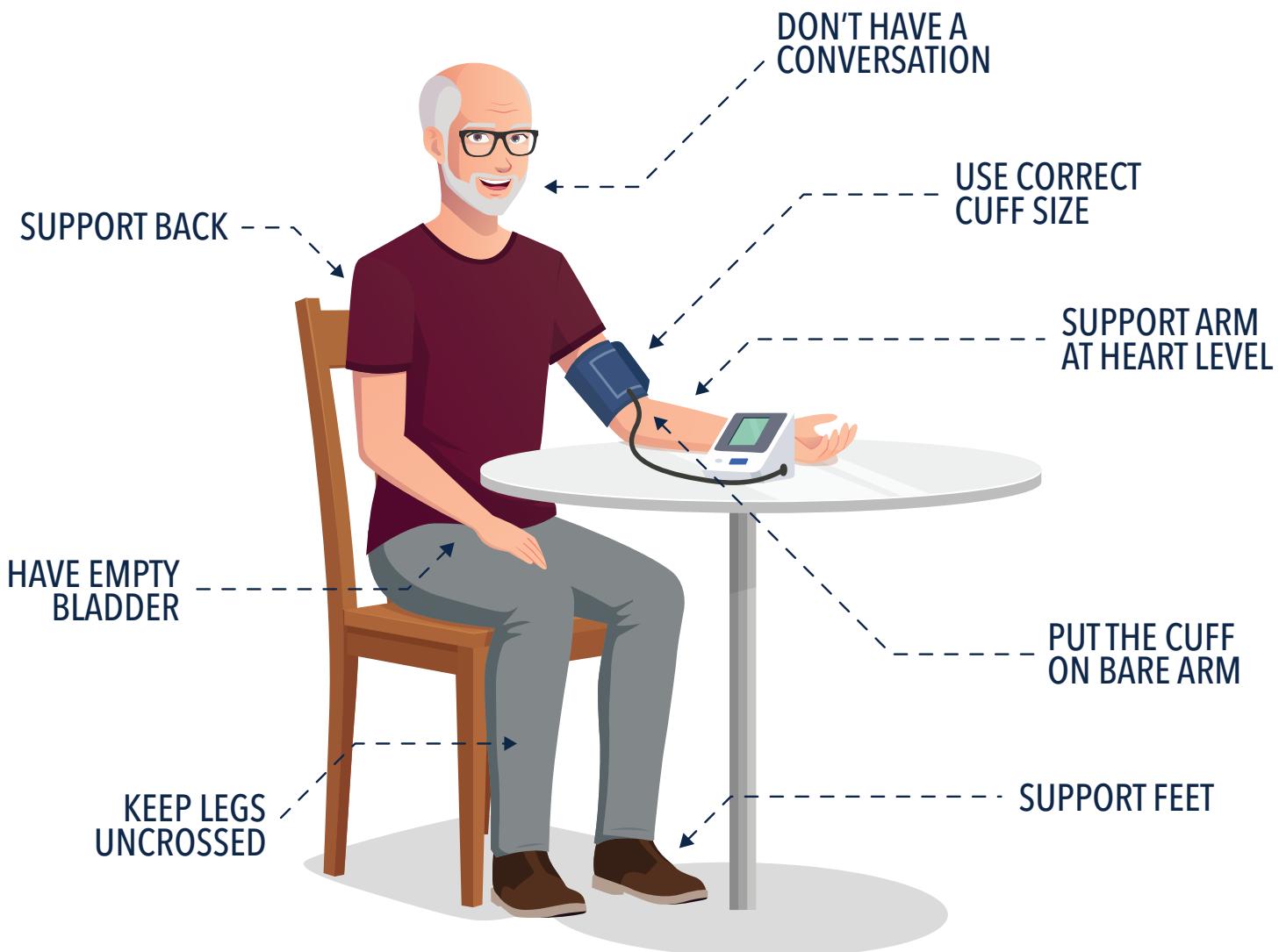


30 MINUTES BEFORE TAKING BLOOD PRESSURE:
Avoid exercise, eating, caffeine, alcohol, and smoking.

5 MINUTES BEFORE:
Sit quietly.

SIMPLE TIPS

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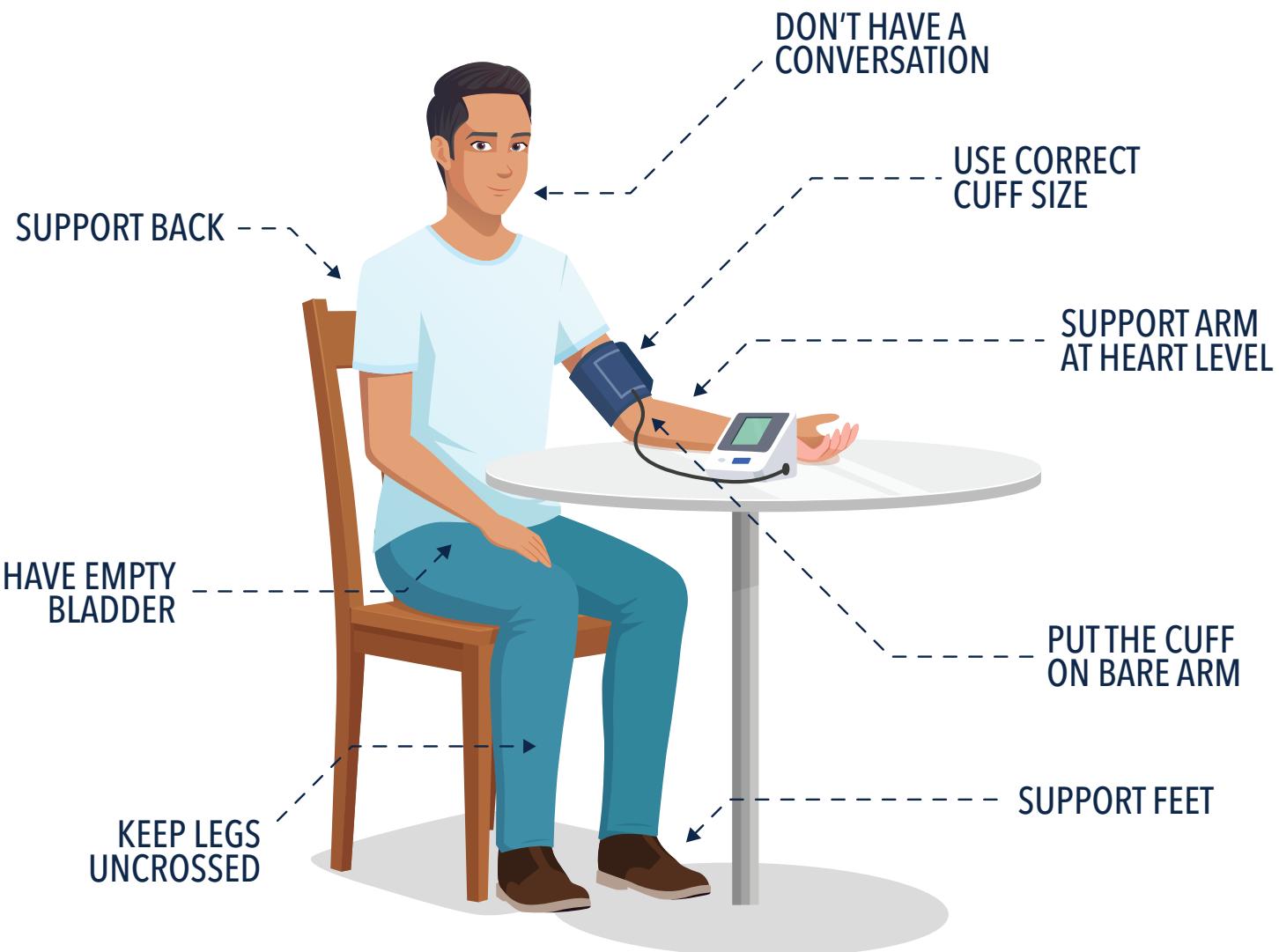


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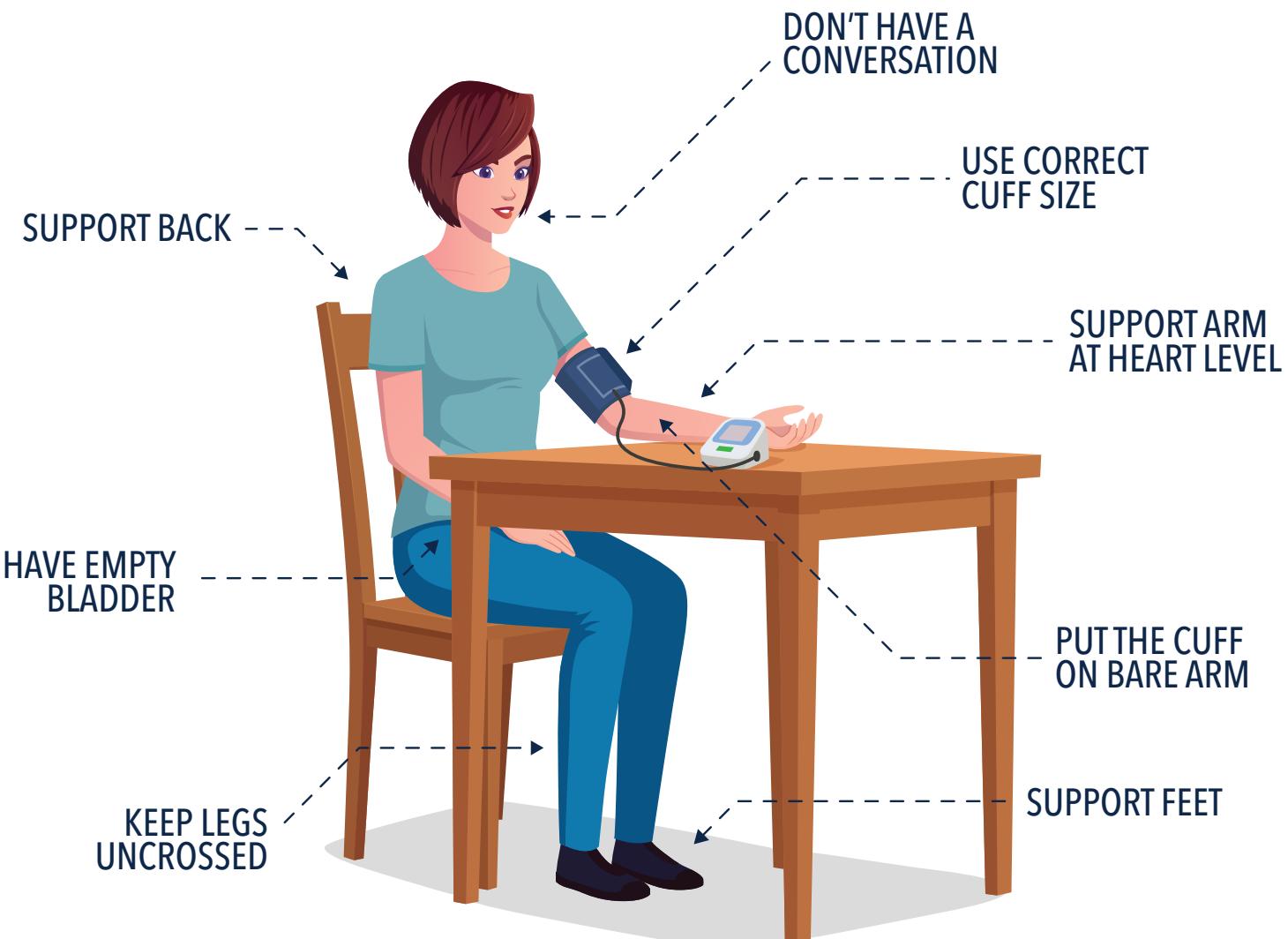


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