

How to take a blood pressure reading with your Teladoc Health HT2000 blood pressure monitor

Getting the most accurate readings



Avoid caffeine and exercise for at least 30 minutes before.



Empty your bladder.



Be calm and quiet before taking a reading.



Wait until more than one hour after eating or drinking.



Stay still.



Keep the room temperature comfortable.



Hold off until more than 20 minutes after a bath.

How to check your blood pressure

1



Ready? Let's take a blood pressure reading.

Wrap the cuff snugly around your bare upper arm at heart level.

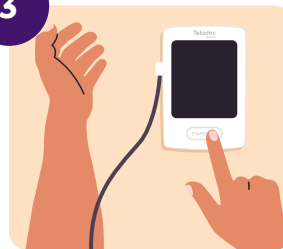
2



Make sure you can fit one finger between the cuff and your arm.

Line the tube up with the inside of your arm.

3



Press the START / STOP button on the monitor to power it on.

Remain still and quiet as the cuff inflates and deflates. Wait for the cuff to fully deflate.

4



Your blood pressure reading will display on the monitor.

That's it! Remove the cuff.

Your reading will upload automatically to your Teladoc Health account.