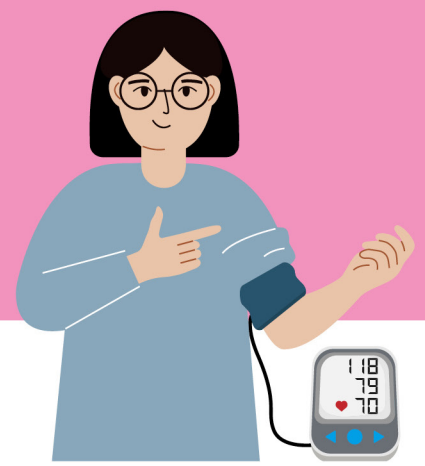


# AT-HOME BLOOD PRESSURE MEASUREMENT



## The **3x3** rule

**3**

**MEASUREMENTS  
IN THE MORNING**  
before breakfast

**3**

**MEASUREMENTS  
IN THE EVENING**  
after dinner

**3**

**DAYS IN A ROW**



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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