**ABPM Cuff Placement Instructions**

Should you need to take your cuff off at any time, or should the cuff become loose, this sheet describes how to correctly position the cuff back on your arm.

* Place the cuff on your bare upper arm (same arm you used for your other ARIC blood pressure measurements).
* Position the cuff slightly above your elbow (about ½” above where your elbow bends.
* Wrap the cuff tight enough to be able to fit two of your fingertips under the cuff (this will ensure it is tight enough to correctly measure your blood pressure, but not too tight that it is uncomfortable).
* Place the cuff so the tubing is going up your arm and down around your shoulder towards your back.
* You can slide the tubing underneath your shirt if you want to make sure it is completely out of the way or unnoticed.
* The tubing will stay connected to the device via an air-pressure connector, so you don’t have to worry about it disconnecting while you go about your typical routine.
* You can hook the device on the hip opposite of your arm with the cuff while you are standing or walking, or you can place the device on the table or sofa next to you while you are seated.
* If your cuff loosens and slips down your arm beneath your elbow, slide it back up to your upper arm, and wrap it tight enough so that you can fit your 2 fingers underneath.