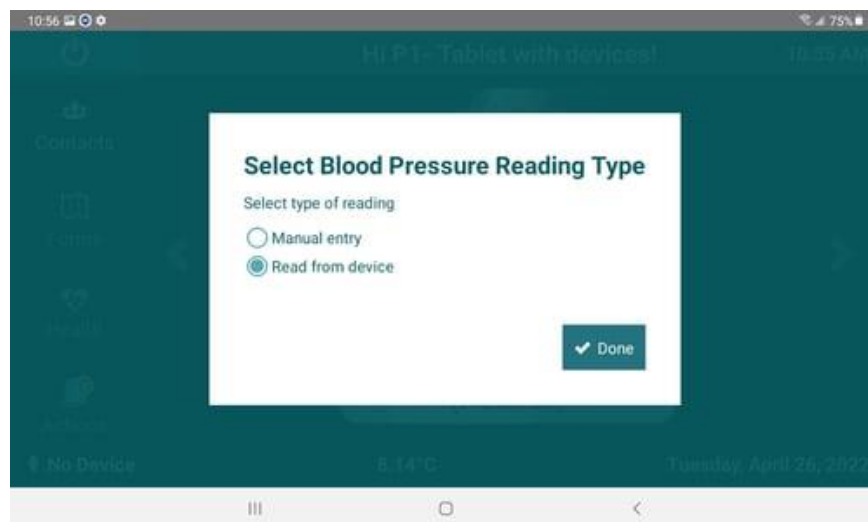# How to Check your Blood Pressure with the A&D BP Monitor

Step-by-step instructions to check your blood pressure using the A&D BP monitoring device connected to the aTouchAway app.
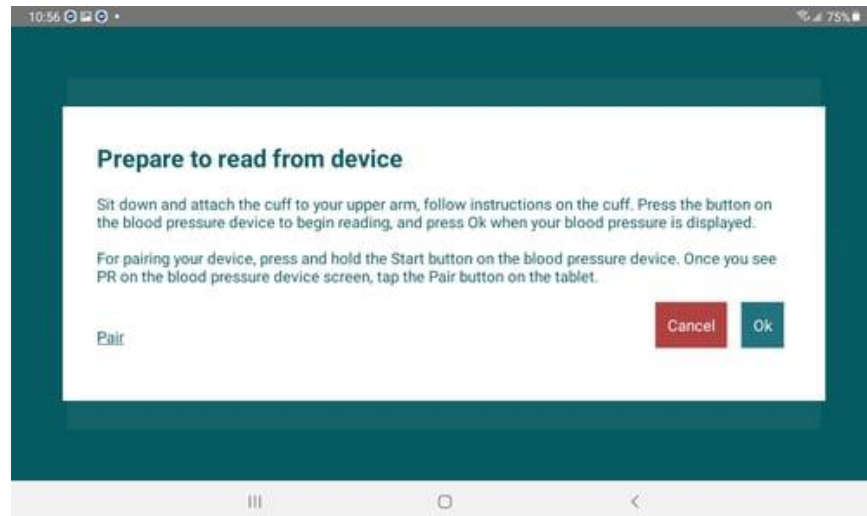
Your A&D BP monitoring device should have already been paired to your tablet by your healthcare provider. These instructions will show you how to respond to the tablet when you receive instructions to check your blood pressure.

You have the option to manually enter your blood pressure results or to have the app read the results directly from your device. We recommend reading directly from the device.

Once you've selected **Read from device**, touch the *Done* button.

Follow the instructions on the screen and the directions on the cuff to get a correct BP reading.
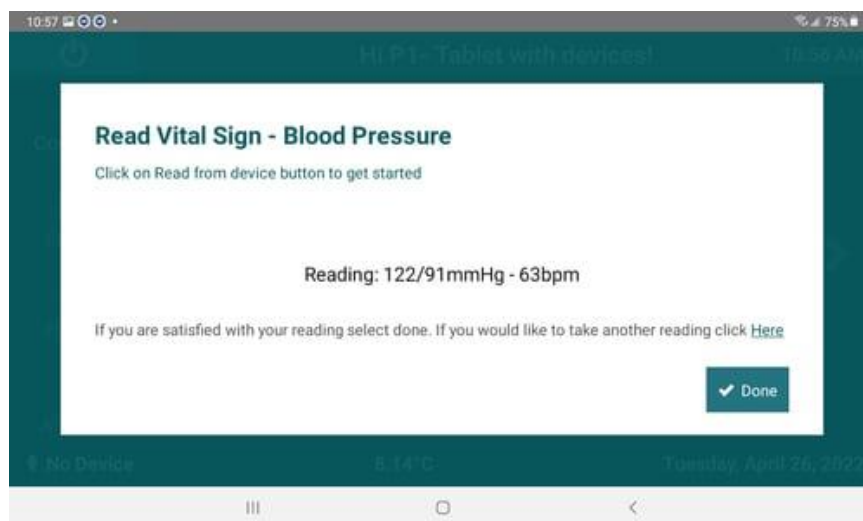

Sit down and attach the cuff to your upper arm.

Place the cuff so that the tubing is on the inside of your arm and towards your hand. There's a marker (white dot) on the cuff near the tubing that should be in line with the artery in your arm.

Be sure that the cuff is snug. Uncross your legs and rest your arm on the armrest of your chair or on a table or ledge. Then press the **Start** button on your BP machine. Once the machine has completed your BP reading, touch the **Ok** button on your tablet screen.

Your Blood Pressure reading should come up on the screen, as shown below. It should match what is on your machine. If you are satisfied with the reading, touch **_Done_**. If you are not, touch where it says **Here** above the Done button. This will restart the procedure.

If the BP monitor does not connect to the tablet, you can choose to manually enter your reading on the initial screen. Touch "**Here**" above the **_Done_** button, to return to the main screen. Select **Manual entry** and enter your BP results as they appear on your BP machine.