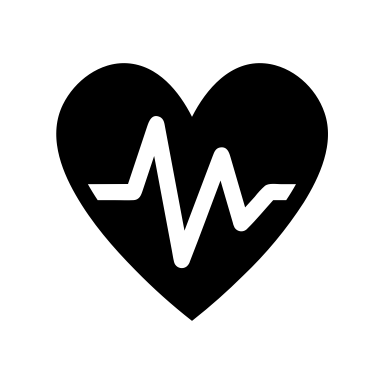
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| **MEDLOCK MEDICAL PRACTICE** | Medlock Medical Practice |

**Blood pressure monitoring:**

To check your BP, sit in a relaxed position with arm rested on a table.

Secure the cuff on the bicep and press the start button.

Record readings below – (2 x AM & 2 x PM)

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| **AM** | **AM** | **PM** | **PM** |
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