

## Do You Know Your Cuff Size?

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An essential part of getting an accurate blood pressure reading is using the correct size arm cuff. Make certain that the cuff fits snugly around your arm. The cuff should make good contact with your skin and you should be able to fit one finger between the cuff and your arm.

Omron blood pressure cuffs are clearly marked for ease of use...the edge of the cuff should be located approximately  $\frac{1}{2}$ " above the elbow and the green marker on the cuff is located above the brachial artery on the inside of the arm.

The majority of Omron's blood pressure monitors come with a standard size cuff that fits arms 9"-13" in circumference. With these models, both small cuffs, fitting size 7"-9" arms, and large cuffs, size 14"-17", are available. With certain models, such as the HEM-780, HEM-773 and HEM-712CLC, the cuffs that come with the products will fit larger size arms.