Hy-Result
STAY IN THE GREEN

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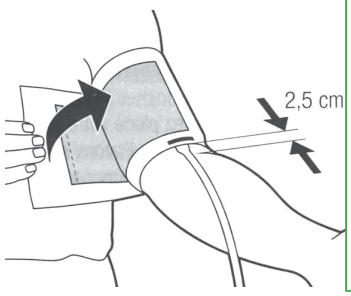
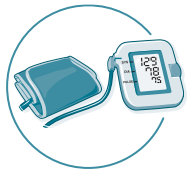
Home Blood Pressure self-Monitoring

Measure your blood pressure



❶ Read the instructions for use of your blood pressure monitor.

❷ Place the device on a table.



❸ Sit down, pull up your sleeve.

❹ Relax for about 5 minutes.

❺ Put the cuff on your arm and adjust it to the correct height in the direction indicated by the manufacturer.

❻ Place your arm on the table at heart level. It must be flexed as in the image.

❼ Press start on the device to inflate the cuff (during inflation and deflation remain still and stay relaxed).

To become familiar with using your device *
Do several tests without recording the readings, then :

Measure your blood pressure, 3 times in the morning and 3 times in evening, for 3 to 7 consecutive days :

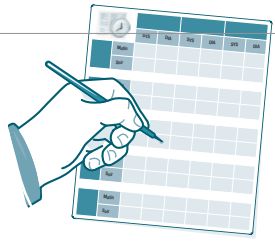
- **In the morning,** before breakfast, before taking your medication.
- **In the evening,** before going to bed.

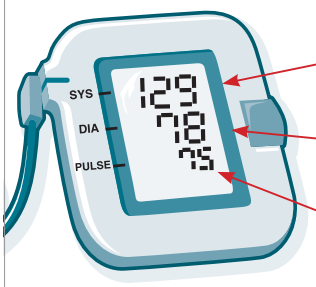
* *Wrist monitors are not recommended.*

There is no point in measuring your blood pressure at other times of the day, except in exceptional cases.
These additional measures would unnecessarily complicate the analysis for your doctor. Most often, we ask for measurements **3 consecutive days, but in some cases 5 or 7 days** may be preferable.
It's easy to take measurements just days before the consultation to communicate recent results to the doctor.
When the treatment against high blood pressure has recently been changed, it's often recommended to self-monitor **4 or 6 weeks** after the change.
When the blood pressure is under control with stable treatment, self-monitoring every **3-6 months** is sufficient.
It's unnecessary to measure blood pressure every day over weeks and months, except in exceptional cases.
Your doctor is in the best position to indicate to you the duration and the frequency adapted to your personal situation.

Make a note of your readings

While measuring your note down your readings.

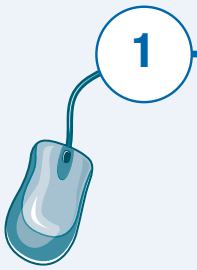




- **SYS** corresponds to systolic blood pressure.
- **DIA** corresponds to diastolic blood pressure.
- **PULSE** is your heart rate: you do not need to note that number.

For example, if the screen dysplays 129, note down exactly 129, do not write 12.9 and do not round the figure up or down (for example, by writing 130 or 13). The reading noted down must be identical to those displayed on the screen.

With the internet calculate the average of your blood pressure to interpret your results

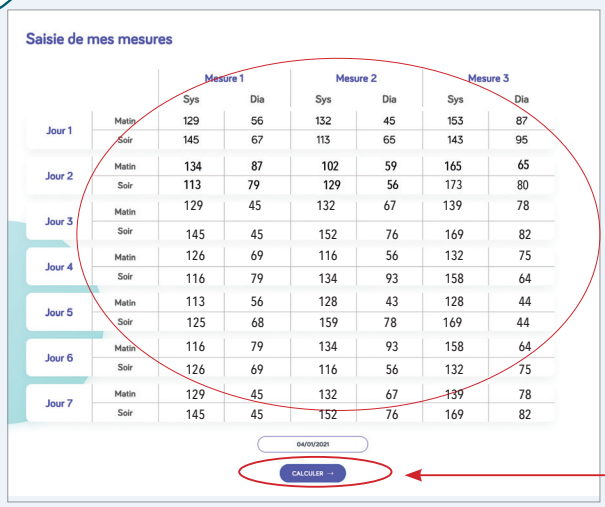


1 Go to the site :
www.hy-result.com
Click on Blood pressure
then on Your measurements

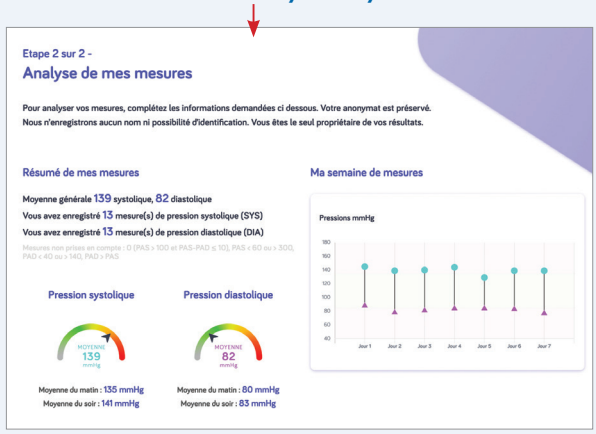
2 Insert all your measurements onto the table that appears on the screen

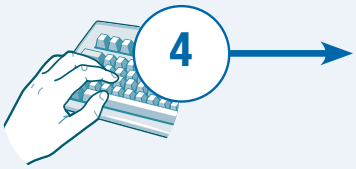
Enter the date of the 1st measurement →

3 Once all your measures are inserted,
Click on CALCULATE

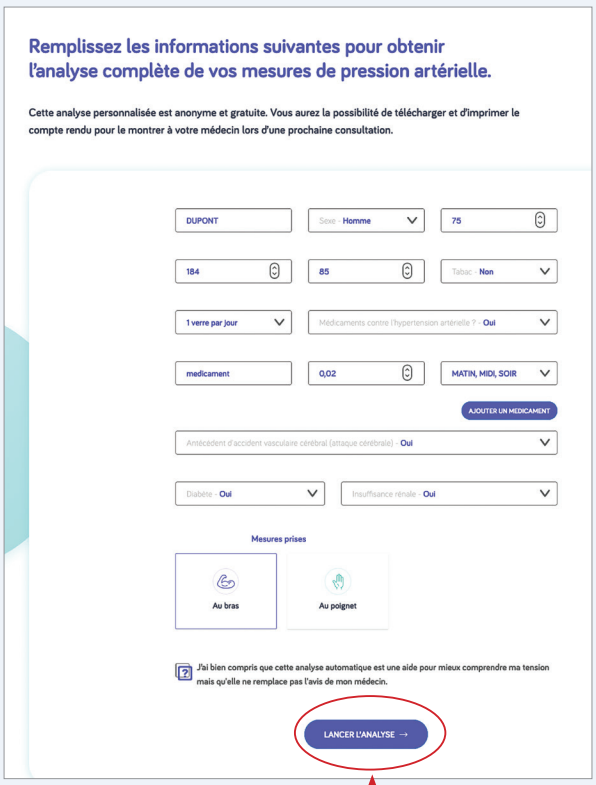


You will receive the analysis of your measurements



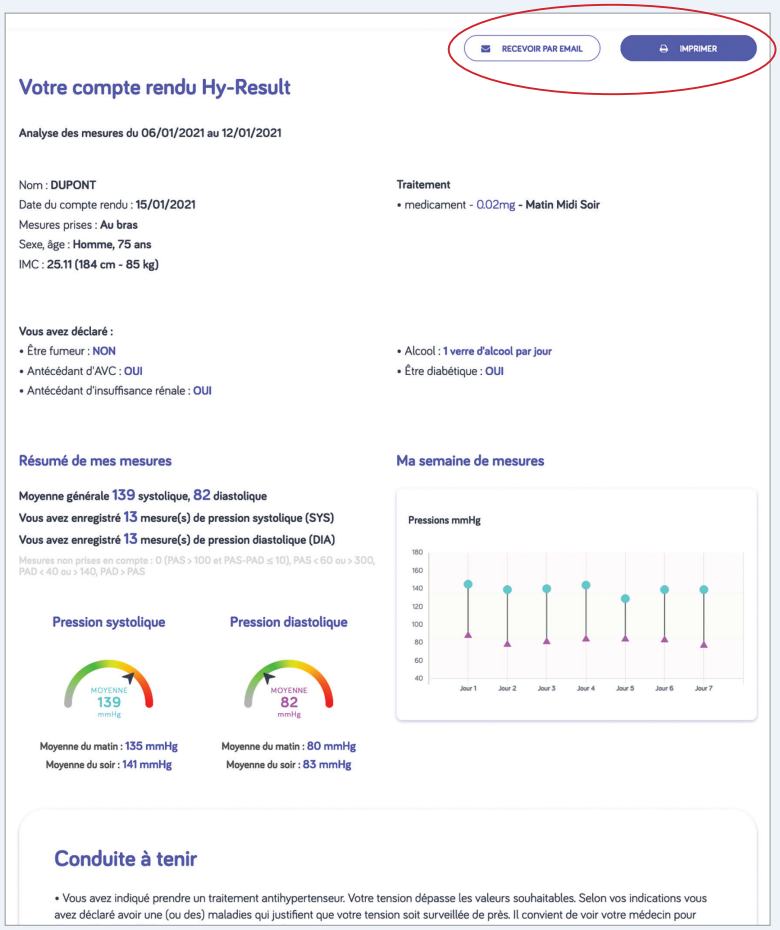


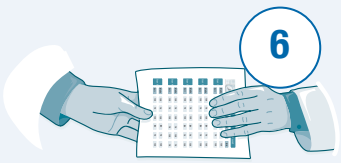
Fill in the missing personal information to have a personalised report



Click on < LANCH ANALYSIS > TO RECEIVE YOUR REPORT

Receive your report Hy-Result in PDF format download and print it or receive it by email





Communicate your report

Print it and bring it to your doctor at your next consultation
(you can file it in your medical records or you can send it by email as it is in PDF format).

Understanding my blood pressure reading

At home in self-monitoring, blood pressure is considered normal when the average systolic blood pressure is below 135 mmHg and the average dystolic blood pressure is below 85 mmHg.

These normal values may be lower in cases such as diabetes or kidney failure. For patients over 80 years of age, the recommended values are different.

To self-evaluate your situation, use the automatic interpretation of your results on **self-measurement.com** or **hy-result.com**

Systolic pressure well controlled

Systolic pressure poorly controlled

If you do not have the internet, fill in the document below and bring it to your doctor.

Date of 1st measurement : J J M M A A A A

		Measure 1		Measure 2		Measure 3	
		SYS	DIA	SYS	DIA	SYS	DIA
Day 1	Morning						
	Evening						
Day 2	Morning						
	Evening						
Day 3	Morning						
	Evening						
Day 4	Morning						
	Evening						
Day 5	Morning						
	Evening						
Day 6	Morning						
	Evening						
Day 7	Morning						
	Evening						
Global average :							

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Hy-Result is an algorithm to help interpret self-measurement blood pressure results. It has been the subject of clinical validation studies supervised by an international scientific committee. To know more, see hy-result.com

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