



**Gradually boost your activity in spring and stay healthy
thanks to medisana's state-of-the-art blood pressure monitors**

Neuss, 03.05.2022. Springtime reawakens our spirits, and many of us enjoy taking the opportunity to exercise outdoors again. Regular exercise in the fresh air not only keeps you fit but also makes you feel good. However, don't overdo it at the beginning. When increasing your activity levels you should take your time and allow your body to adjust gradually. When the weather changes from the cold of winter to milder spring temperatures, this can cause our blood vessels to dilate and thus make our blood pressure drop. Under certain circumstances, this can lead to fatigue or circulatory problems, especially in elderly people or those who are sensitive to the weather. It is therefore advisable to try to maintain a healthy blood pressure and to check your own measurements regularly.

So how does it work exactly? And what should users watch out for when monitoring their blood pressure to make sure they're doing it correctly? Here are some important tips for taking a blood pressure reading on your upper arm, as recommended by the German Heart Foundation:

- Above all, you need to be calm when taking a blood pressure reading. If you are excited, stressed or physically active, readings tend to be too high.
- Place your arm on the table and relax as much as possible.
- Make sure your legs are uncrossed – when your legs are crossed, your blood pressure rises due to the tension in your muscles.
- It is essential to position the arm cuff correctly. It should always be at heart height. If it is positioned lower than your heart, the reading will be too high; if higher, the reading will be too low.
- Affix the cuff over your bare skin (not over clothing) and make sure that your upper arm is not constricted by tight clothing.

- Make sure that the inflatable part of the cuff is on the inside of your upper arm and the fastening on the outside.
- Make sure that the cuff isn't too tight. As a rule of thumb, you should be able to fit one finger between the cuff and your arm.
- Don't talk, laugh or watch loud TV while measuring your blood pressure.
- It's best to take three readings, one after the other, with a break of about half a minute in between. Just like when you go to the doctor, you should only take the last two readings into account – add them together and divide by two to get your average reading.

Taking a blood pressure measurement is child's play with medisana's blood pressure monitors, as they are durable, easy to use and deliver accurate readings. As certified medical products, they provide a reliable overview of your current state of health. Measurements are classified using a traffic-light colour scale, as in the **BU 586 voice upper arm blood pressure monitor**. This certified medical device guarantees faster readings thanks to the inflating technology which starts taking your blood pressure while the cuff is still inflating. Its integrated motion sensor helps to ensure accurate readings. The BU 586 voice upper arm blood pressure monitor has another special feature: its voice function. Users can choose from voice outputs in German, English, Dutch, French, Italian and Turkish. The blood pressure monitor with its elegantly classic design is easy to read thanks to the large LCD screen and extra-large 40-millimetre number display. The monitor's practical features are rounded off by an irregular heartbeat indicator, an incorrect usage indicator and an extra-large upper arm cuff (23 to 43 centimetres).

Thanks to medisana's state-of-the-art blood pressure monitors, reliable blood pressure readings can be conveniently integrated into your everyday life. The **medisana BU 584 connect upper arm blood pressure monitor** scores points thank to its elegantly classic design as well as its large LCD screen with additional backlighting and extra-large 40-millimetre number display. Its innovative inflating technology guarantees faster readings as the monitor starts taking your blood pressure while the cuff is still inflating. The integrated motion sensor helps to ensure accurate readings. The innovative features of this accurate blood pressure monitor are rounded off by an irregular heartbeat indicator and an incorrect usage indicator. The BU 584 connect upper arm blood pressure monitor is particularly practical because it enables you to access your vital data anytime, anywhere. Thanks to the device's Bluetooth®

Smart data transfer to the VitaDock+ 2.0 app for iOS and Android and to VitaDock® Online, you can conveniently analyse and evaluate your results at any time. The BU 584 connect also scores points with 120 memory slots each for two users and its extra-large upper arm cuff for arm circumferences of 23 to 43 centimetres.

The medisana BU 586 voice upper arm blood pressure monitor is available in specialist retail stores and at www.medisana.de for the price of € 69.95 RRP. The medisana BU 584 connect upper arm blood pressure monitor is available from the same outlets for the price of € 79.95 RRP.

medisana is one of the leading specialists in the home healthcare market. For over 40 years, the German company has been committed to people's health with the motto "Your health in good hands". medisana is a pioneer in the trend of mobile health management and provides future-oriented products for modern everyday life in an increasingly networked world. The Neuss-based company is one of the leading manufacturers in the massage sector. medisana develops, markets and sells products related to mobile health, health monitoring, wellness, personal care, therapy and healthy homes to health-conscious consumers around the world.

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