

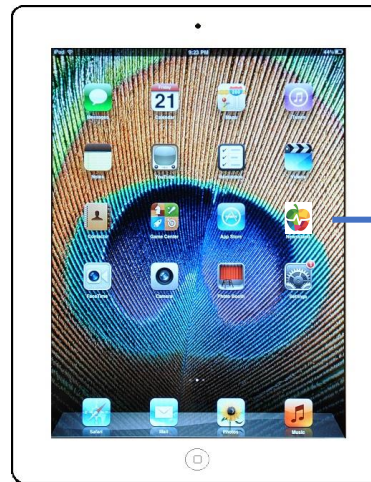


Thrive in Health, Performance & Life

Blood Pressure and Body Fat % Measurements

Copyright © 2020-2021 Sensibly, Inc.

Smart Phone,
Tablet, PC or Mac



Healthie - Sensibly



Blood Pressure Monitor



Body Tape Measure

Monitoring blood pressure is key to managing hypertension:

- The Welch Allyn 1700 blood pressure monitor tracks systolic blood pressure (SBP), diastolic blood pressure (DBP) and heart rate (HR)
- In order to get an accurate reading from a blood pressure monitor, the American Heart Association recommends taking the average of three measurements. Only record the average of the three readings (average SBP, average DBP and average HR) each time you measure your blood pressure (refer to the owner's manual to enable your blood pressure monitor to take the average of three readings).

- Record values in Sensibly – Healthie App
- Note: A single blood pressure measurement may swing, 10 - 15 mmHg. This is normal and why we recommend to take the average of three measurements. When taking the average of three, your blood pressure is close to the true reading.
- Make notes as necessary under notes – example – “I forgot to take XX medication”

Proper Technique for Blood Pressure Measurement

- See [Video](#) from American Heart Association
- **Be still and quiet.** Don't smoke, eat, drink caffeinated beverages or exercise within 30 minutes before measuring your blood pressure. Empty your bladder and ensure at least 5 minutes of quiet rest before measurements.

Continue to Next Page

- **Sit correctly.** Sit with your back straight and supported (on a dining chair, rather than a sofa). Your feet should be flat on the floor and your legs should not be crossed. Your arm should be supported on a flat surface (such as a table) with the upper arm at heart level (use a pillow if needed). Make sure the bottom of the cuff is placed directly above the bend of the elbow (maximum two fingers above fold). The Cuff should be snug (not loose or too tight). You should only be able to get only two fingers in the bottom of the cuff. Check your monitor's instructions for an illustration or have your healthcare provider show you how.

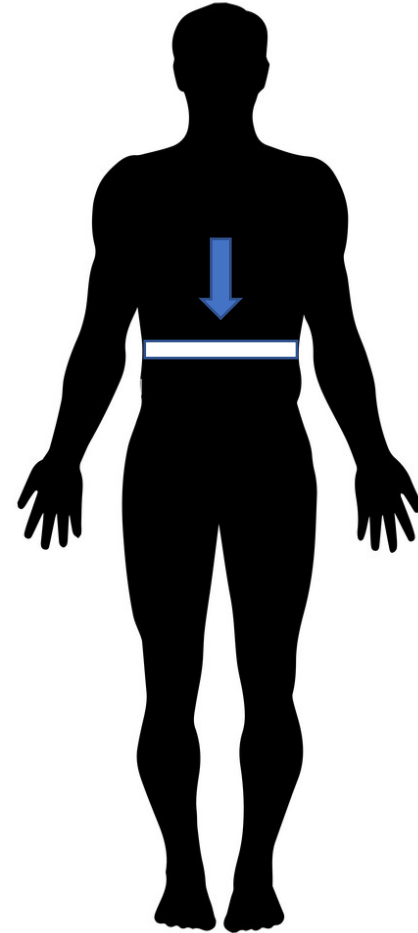
- **Measure at the same time every day.** It's important to take the readings at the same time each day, such as morning and evening. It is preferred to measure blood pressure 20 minutes after you wake in the morning before food or liquid consumption and before smoking. Your doctor may also recommend taking readings before you go to bed or another time of day.
- **Take three readings one minute apart** and record the results using Sensibly.
- **Don't take the measurement over clothes (use bare skin).** Ensure clothing is not tight above the cuff.

Body Measurements to Calculate % Body Fat

- Method developed by the Department of Defense
- Use Sensibly's [on-line tool](#) for calculation
- Select male or female and enter height in inches
- Apply the body measuring tape so it makes contact with the skin and conforms to the body surface being measured. It should not compress the underlying soft tissues. All measurements are made in the horizontal plane (parallel to the floor), unless indicated otherwise. Round measurements up to the nearest 1/4 inch.

Measure waist diameter

- Measure natural waist circumference against the skin at the point of minimal abdominal circumference, usually located about halfway between the navel and lower end of sternum (breastbone). If site is not easily visible, take several measurements at probable sites and use the smallest value. Ensure tape is level and parallel to floor. Arms must be at the sides. Take measurements at the end of normal relaxed exhalation (DoD).



Measure neck diameter

- Measure neck circumference at the point just below the larynx (Adam's apple and perpendicular to the long axis of the neck). Look straight ahead during the measurement, with shoulders down (not hunched). (DoD)



Measure hip diameter

- Measure hip circumference while facing right side by placing the tape around the hips so that it passes over the greatest protrusion of the gluteal muscles (buttocks) as viewed from the side. Ensure tape is level and parallel to floor. Apply sufficient tension on tape to minimize effect of clothing. (DoD)
- Enter values into Sensibly [on-line tool](#) for % body fat result

