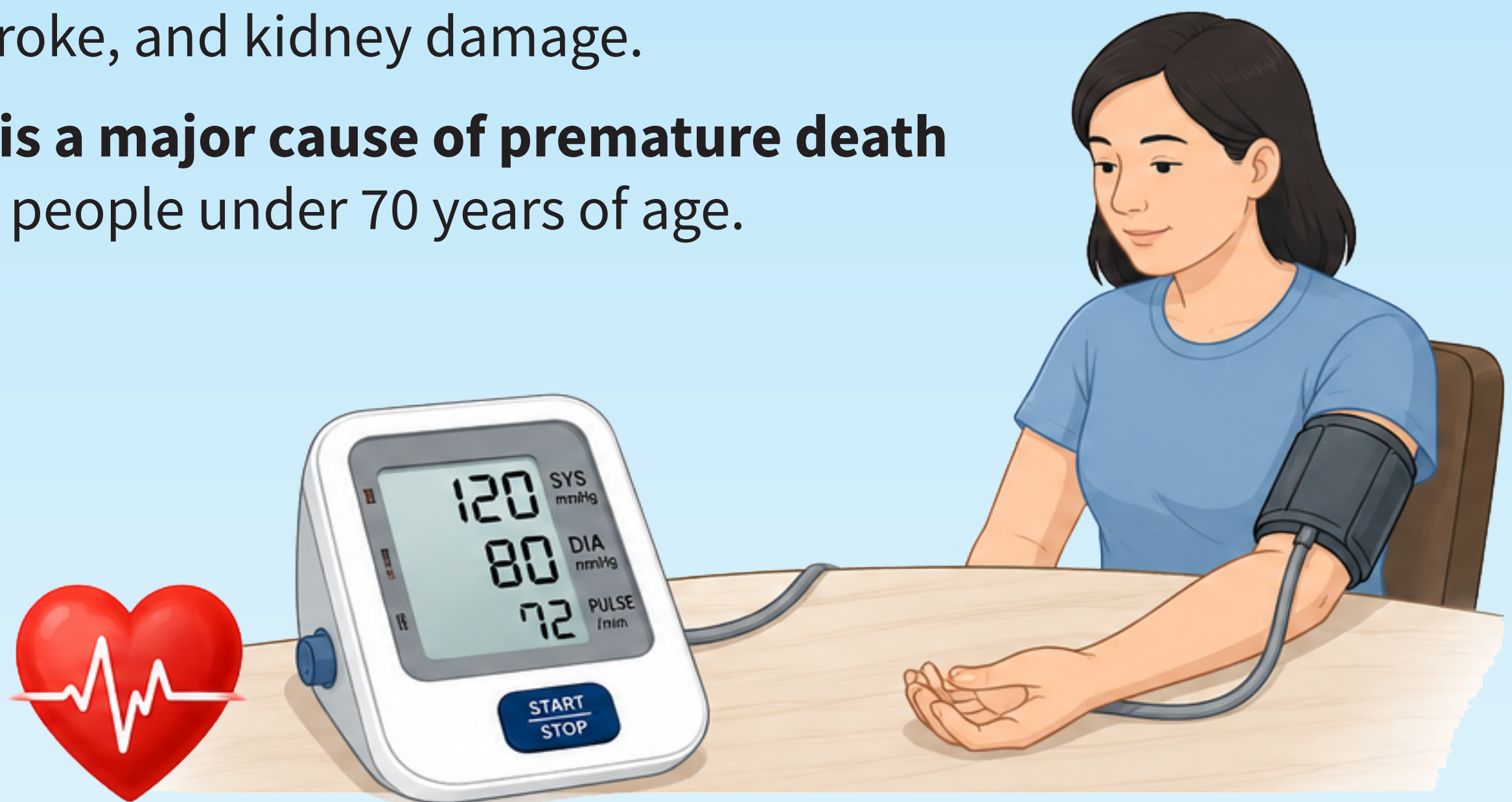


# WHY **BLOOD PRESSURE** MONITORING MATTERS

**Uncontrolled hypertension** or high blood pressure can lead to heart attack, stroke, and kidney damage.

**It is a major cause of premature death** in people under 70 years of age.



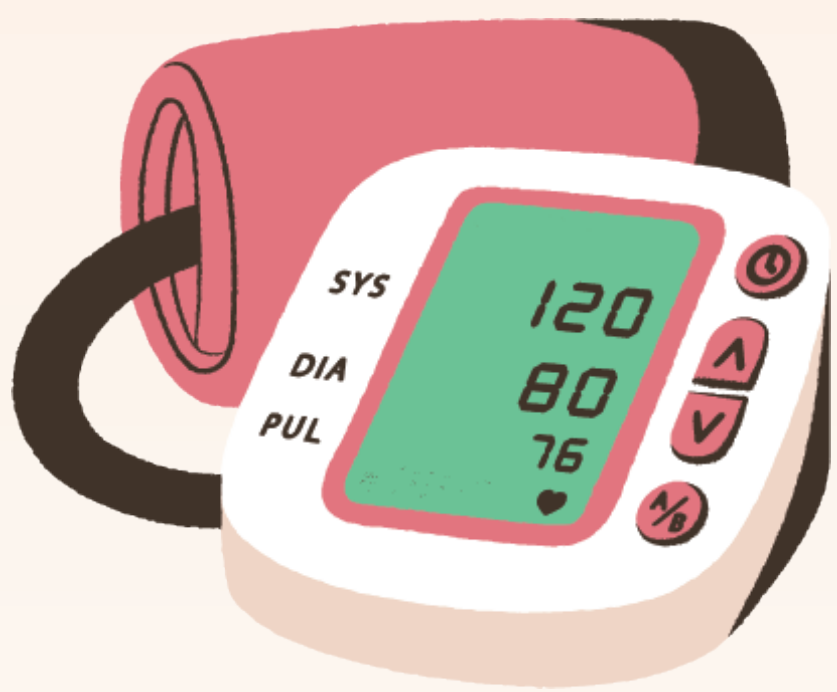
**Check your blood pressure regularly** to detect and manage hypertension early.



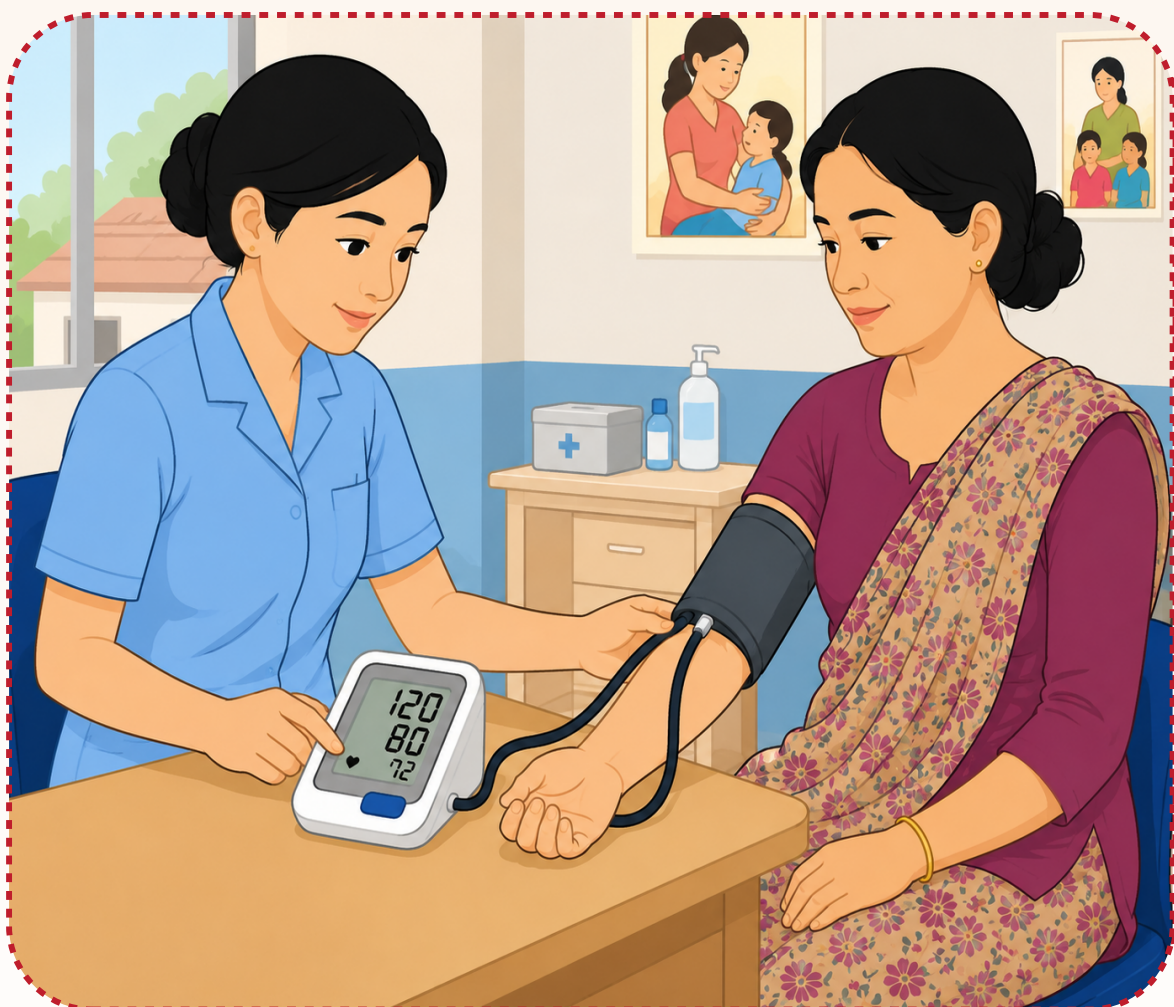
**Use a clinically validated blood pressure measuring device** to ensure accurate readings and appropriate treatment.

**Use clinically validated device** to know your numbers.  
Control your blood pressure. Protect your life.

# WHY USE A CLINICALLY VALIDATED BLOOD PRESSURE MEASURING DEVICE ?



Clinically validated devices provide **accurate** and **reliable** measurements.



Accurate readings help ensure **correct diagnosis**, **appropriate treatment** and monitoring of blood pressure control.

Use clinically validated device to know your numbers.  
Control your blood pressure. Protect your life.

# WHAT IS A CLINICALLY VALIDATED BLOOD PRESSURE MEASURING DEVICE ?



It is a device that has been independently **tested and proven to provide accurate and reliable** blood pressure **measurements** through a rigorous validation process.

**Use clinically validated device** to know your numbers.  
Control your blood pressure. Protect your life.

# Use only clinically validated blood pressure measuring devices



## At health facilities:

- To **reduce** measurement **errors**
- To **avoid misdiagnosis and inappropriate treatment** caused by inaccurate readings



## At home:

- To **monitor blood pressure** regularly
- To help **keep your blood pressure under control**

Use clinically validated device to know your numbers.  
Control your blood pressure. Protect your life.

# How can you check if your blood pressure device is clinically validated?



Not all blood pressure devices, including some models from well-known brands, are clinically validated.

**Check the validation status** on trusted online registries:

- STRIDE BP: [www.stridebp.org](http://www.stridebp.org)
- MEDAVAL: [www.medaval.ie](http://www.medaval.ie)
- DABL Educational Trust: [www.dablededucational.org](http://www.dablededucational.org)
- Validate BP: [www.validatebp.org](http://www.validatebp.org)
- Also look for recognized validation or certification information on the product packaging or instruction manual.

**Use clinically validated device** to know your numbers.  
Control your blood pressure. Protect your life.