

Taking your blood pressure using...

# SurgeryPod

1



## Start

Press the 'Start' button for either 'Blood Pressure Check - Single Reading' or 'Blood Pressure Check - Three Readings'.

5



## Press Start/Stop Button

When you are comfortable and relaxed press the green stop/start button on the Blood Pressure Machine.

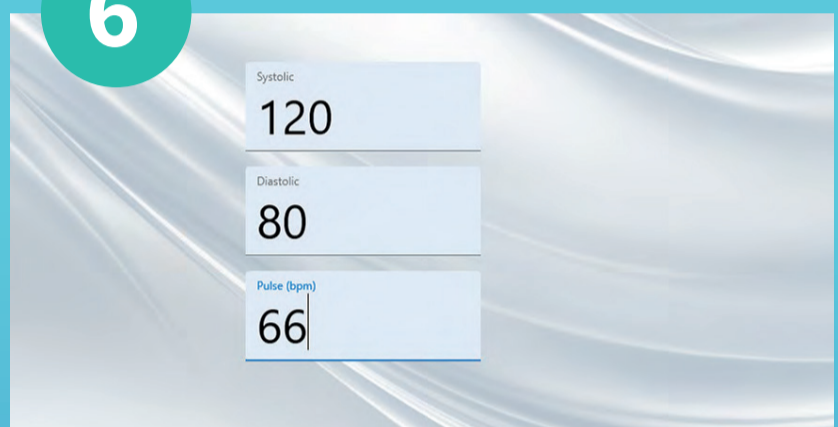
2



## Enter Name & DOB

Enter 'Forename', 'Surname' and 'Date of Birth' and select the 'Next' button to continue.

6



## Blood Pressure Result

Your Blood Pressure result will automatically appear on the screen. Press the 'Next' button to continue.

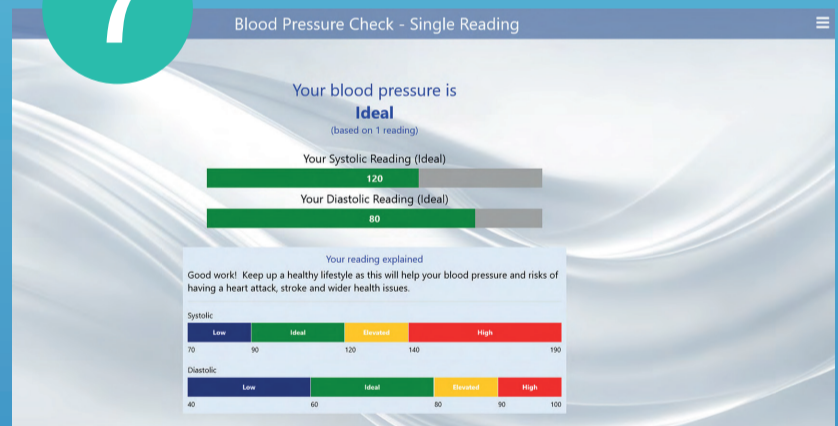
3



## Remove Bulky Clothing

Press the Start button for either 'Blood Pressure Check - Single Reading' or 'Blood Pressure Check - Three Readings'.

7



## Blood Pressure Summary

An explanation of your Blood Pressure result will appear. Press 'Next' button to continue.

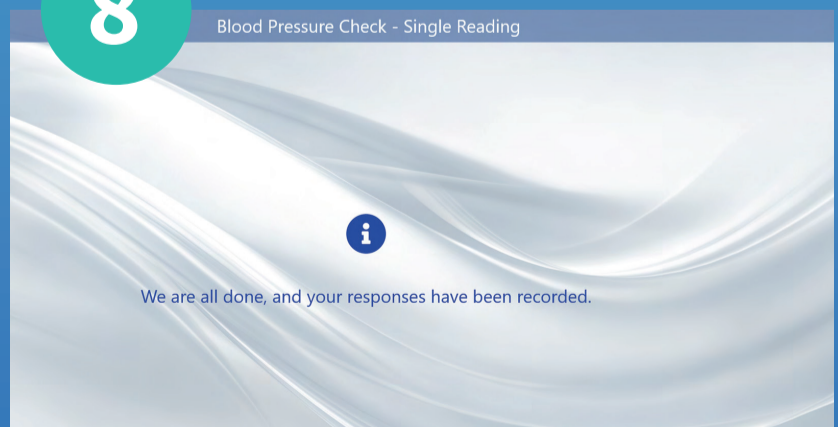
4



## Insert Arm Into Machine

Follow the instruction on the screen. Place arm in the Blood Pressure Machine, up to the shoulder, ensuring your palm is facing up.

8



## Complete

Your Blood Pressure result has now been saved to your patient record. Press the 'Complete' button to finish the Blood Pressure test.

# SurgeryPod

The Self Service HealthPod gives you the flexibility to monitor your health without the need for an appointment.



You can:

- ✓ Take your blood pressure
- ✓ Take your weight and calculate your BMI
- ✓ Enter information regarding your lifestyle such as smoking, alcohol, exercise and lifestyle
- ✓ Complete stress and anxiety questionnaires
- ✓ Complete a new Patient Check
- ✓ Complete the Contraceptive pill questionnaire
- ✓ Complete the NHS Health Check

All the results are sent directly to your patient record.

A member of the team will be happy to help you, please be patient if they are on the phone or talking to other patients.