



Personal
Healthcare

Tensoval®

Risk Factor Hypertension:

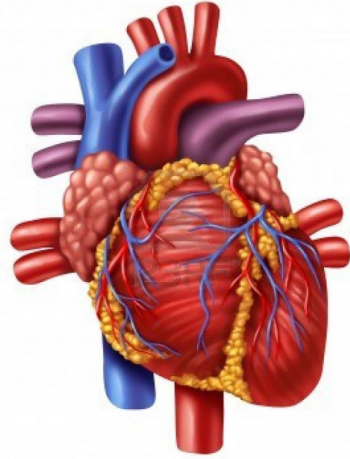
Self-Measurement
gives security



What is Blood Pressure?

Blood pressure is the pressure of the blood in arteries that is needed to keep blood flowing through the body.

High blood pressure develops if the walls of the larger arteries lose their natural elasticity and become rigid, and the smaller blood vessels become narrower.



A blood pressure measurement is made up of two parts: systolic and diastolic.

Systolic pressure (SBP) occurs during heart contraction and diastolic pressure (DBP) during the period of heart relaxation between beats. This is why a measurement is expressed as one figure “over” another, for example, 140/90 mm Hg (SBP/DBP).

$\frac{117}{76}$ mm Hg

Read as “117 over 76 millimeters of mercury”

Systolic

The top number, which is also the higher of the two numbers, measures the pressure in the arteries when the heart beats (when the heart muscle contracts)

Diastolic

The bottom number, which is also the lower of the two numbers, measures the pressure in the arteries between heartbeats (when the heart muscle is resting between beats and refilling with blood)

Blood Pressure Category	Systolic mm Hg (upper #)		Diastolic mm Hg (lower #)
Normal	Less than 120	and	Less than 80
Prehypertension	120-139	or	80 – 89
High Blood Pressure (Hypertension) Stage 1	140-159	or	90 – 99
High Blood Pressure (Hypertension) Stage 2	160 or higher	or	100 or higher
Hypertensive Crisis (Emergency Care Needed)	Higher than 180	or	Higher than 110

What needs to be observed with hypertension?

10 valuable tips:

- Measure your blood pressure regularly
- Ensure that you have consistent physical exercise
- Aim for a normal weight
- Reduce the use of salt in cooking
- Ensure that your diet is healthy and well-balanced
(unsweetened fruit juices, raw vegetables, whole-grain products, fish, milk)
- Use grape seed oil and olive oil (instead of butter)
- Give up smoking
- Restrict your consumption of alcohol
- Make sure you have enough breaks and relaxation
- Follow the recommendations of your physician

Quality blood pressure monitors from HARTMANN: For a carefree life

Almost one out of two adults all over the world suffers from hypertension, and many are unaware of it.*

Regular blood pressure control is essential to prevent severe health consequences such as heart attacks, strokes or organ damage.

The reliable Tensoval® blood pressure monitors from HARTMANN are the right choice for anyone who appreciates ultimate measuring accuracy, simple operation and innovative technology.

For use at home or when you are out and about, for one or two users:
The fully automatic Tensoval® blood pressure monitors enable optimal blood pressure control in any situation.



Tensoval®

duo control

Tensoval duo control combines two innovative measuring methods together with improved user-friendliness enabling blood pressure to be optimally and easily measured at home.



The advantages at a glance

- **Highly accurate:** High degree of measuring accuracy due to Duo Sensor Technology
- **Reliable:** Recognizes heart rhythm disorders
- **Easy to handle:** Easy handling due to user-friendly design
- **Comfortable:** Comfort cuff with Comfort Air Technology
- **Practical:** Memory capacity for two users to store morning and evening values for 30 days plus guest mode (includes date and time)
- **Safe:** Clinically validated in accordance with international medical standards
- **Clinically validated in South Africa** and awarded the test seal of the German Hypertension Society, the British Hypertension Society and the European Society of Hypertension
- **Economical:** Includes batteries for approximately 1400 measurements
- **Clever:** Can be connected to a computer via a specifically designed USB (purchased separately as an accessory)
- **Includes:** Storage box
- **3 Year Warranty**

*Available on request

Tensoval®

comfort classic



Tensoval comfort classic is a fully automatic, high-quality blood pressure monitor that provides quick and accurate measurements through its compact size, user-friendly design and its simple handling.

The advantages at a glance

- Fully automatic measurement
- Reliable measurement
- Easy-to-use device due to the large display and two large operating buttons
- Clinically validated
- Universal upper arm cuff for fitting arms between 22 and 42 centimeters in circumference
- Stores 60 measurements and mean values, including time and date
- Includes batteries for 1000 measurements
- Includes transport bag
- 3-year warranty

Tensoval®

mobil



Tensoval mobil is suitable as a wrist monitor for blood pressure monitoring when away from home or in the office. Tensoval mobil operates using the oscillometric measuring method

The advantages at a glance

- Fully automatic measurement at the wrist
- Oscillometric measuring method with Comfort Air Technology
- Easy handling clearly arranged display and large operating buttons
- Automatic switch-off function
- Stores 2 x 60 measurements and mean values for two users (including date and time)
- Comfortable soft cuff for a wrist circumference of 12.5 to 22.5 cm
- Includes long-life batteries for approx. 1000 measurements
- Storage box
- Test seal of the German Hypertension Society and of the British Hypertension Society
- 3-year warranty

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**Going further
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