



Use Simple to record *every* patient with hypertension or who is taking BP medicines

Record their BP and medicines at each visit

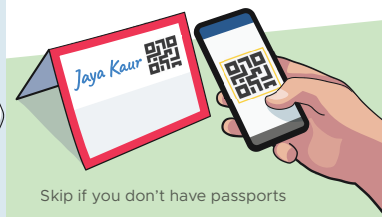
STEP 1

Take patient's BP



STEP 2

Write their name on a BP Passport Scan passport in Simple app



STEP 3

Register patient if they are new

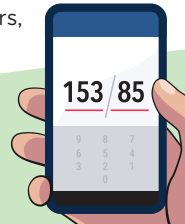


STEP 4

Record patient's BP in Simple app



Record the exact numbers, do not round



STEP 5

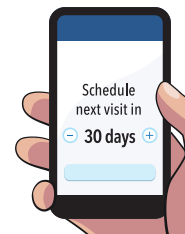
If you know the patient's current BP medicines, enter them in Simple app

UPDATE MEDICINES

STEP 6

SAVE patient and schedule next visit in Simple app

Write the same date on BP Passport



DAYS						
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31	32	33		

Time passes after the patient visits...

Example SMS
Jaya Kaur, please return to
PHC "ABC" for a BP reading.

If a patient misses a visit, they receive a text message (SMS) reminder



When the patient returns, scan their BP Passport or search and add a new BP

[Back to STEP 1](#)

You are making a difference

Thank you for your hard effort to identify and treat patients with high blood pressure. Measuring blood pressures at every visit and recording the BP measurements in Simple helps your patients with hypertension to get appropriate and regular treatment.

Your daily work to control raised blood pressure helps prevent strokes and heart attacks in your patients. Working together, we can save millions of lives.

We appreciate you.

*thank
you*

Simple is the easy-to-use app for managing patients with hypertension. Improve blood pressure control by recording patients' BPs and medicines and by returning patients to care.

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Quick start guide

INSTALL THE SIMPLE APP



Open **Play Store** app
on your Android



Search for:
Simple Resolve

INSTALL

Tap **INSTALL** and
open the app

REGISTER YOURSELF

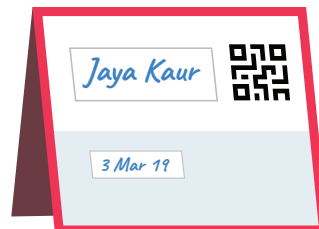
Open the Simple app and register yourself:

- ☐ Use your full name and your real mobile number.
- ☐ A “PIN code” is any 4-digit number that you can easily remember. Make one up.
- ☐ Answer **ALLOW** when the app asks to use your location and to access your camera.
- ☐ Select the facility where you work most of the time — it’s very important that you choose the correct facility from the list. If you don’t see your clinic or hospital, ask your supervisor.

BP PASSPORTS

If you have BP Passports, give one to each patient that you register. When a patient forgets or loses their BP Passport, give them a new one.

BP Passports are inexpensive.
A patient may have more than one.



Get help in the Simple app

Press ? icon for help. Watch training videos, get answers to common questions, and ask experts for help in a WhatsApp group.



Where you work

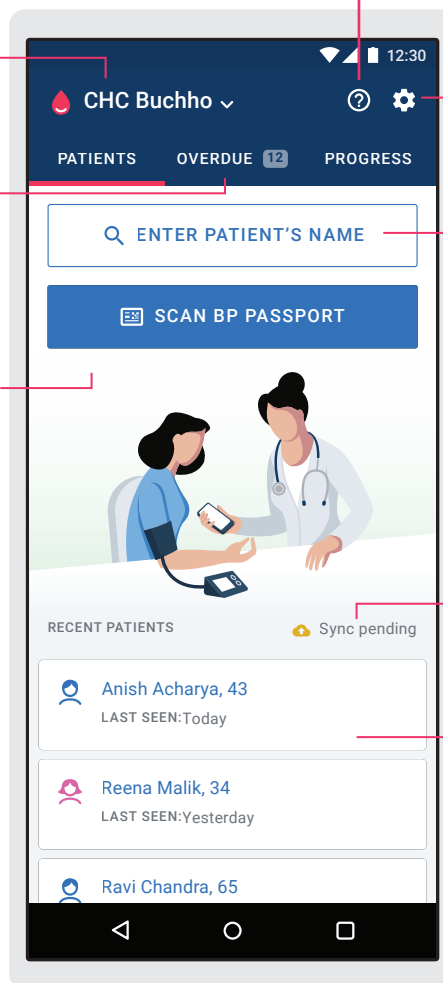
Always check that this is where you are treating patients today.

Contact patients who are overdue for a follow-up visit

More on [PAGE 9](#)

Scan BP Passport

for a new or follow-up patient.
More on [PAGE 3](#)



Settings

Find or register patients.

Every patient registered in your district can be found in the search.

Sync status

More on [PAGE 10](#)

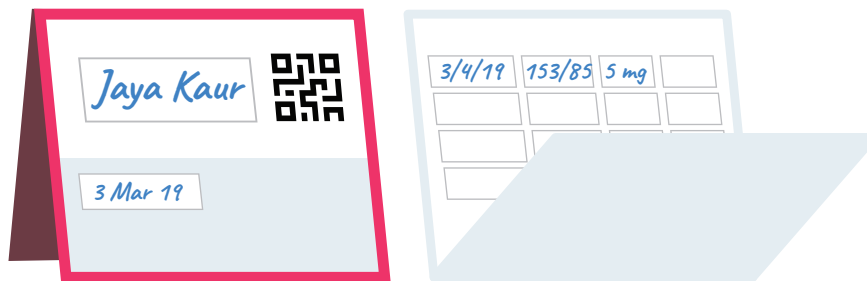
Quickly find recent patients from your facility

How to register a new patient

Register all patients with hypertension (and patients who are taking hypertension medications) in Simple. If a patient was already registered at another facility do not register again.

REGISTER WITH BP PASSPORTS

1. Write the patient's name on a new, blank BP Passport
2. Scan the BP Passport
3. Enter the patient's name in Simple app
4. Make sure the patient is not already in Simple app. If a patient was previously registered at another facility do not register them again.
5. Press **REGISTER NEW PATIENT**
6. Write today's BP, medicines, and next visit date on the BP Passport. Enter the same in the Simple app.



Example BP Passport

IF YOU DO NOT HAVE BP PASSPORTS

1. Enter the patient's full name
2. Make sure the patient is not already in Simple app
3. Press **REGISTER NEW PATIENT**
4. Enter the patient's details in Simple app

Patient's name

Enter the patient's full name (not only their first name).

Mobile number

Patient's or family's mobile phone number. Used to text message (SMS) and call the patient.

Date of birth

Enter date of birth if the patient knows it. Or, use the patient's age.

Home address

Enter the primary home address of the patient. If you know the street number and street name, please enter.

12:30

← Patient's name
Anish Acharya

Phone number

Age OR Date of birth

☐ Male ☐ Female ☐ Transgender

Colony / Village / Ward

District State
Bathinda Punjab

NEXT

How to find a follow-up patient

When a patient returns for follow-up care, find them in the Simple app and add today's BP and BP medicines. Do this at every visit.

WITH BP PASSPORTS

1. If the patient brings their BP Passport, scan it in Simple
2. You should see the patient's profile immediately
3. Add BP and BP medicines

Note: If the patient forgot or lost their BP Passport, give them a new blank passport. Scan the new BP Passport and search for the patient.

IF YOU DO NOT HAVE BP PASSPORTS

1. Search for the patient by their name or mobile number
2. Look carefully in the search results to find the correct patient
3. Add BP and BP medicines

Can't find a patient?

- ☐ Try alternate spellings of the patient's name
- ☐ Try searching by mobile phone number
- ☐ Check the alphabetical list of patients on the search screen
- ☐ Still can't find them? Contact the help team on WhatsApp

How to search for the correct patient

It is very important to choose the correct patient — it is dangerous for patients if BPs get recorded for the wrong person. Try to avoid creating two records for the same patient.

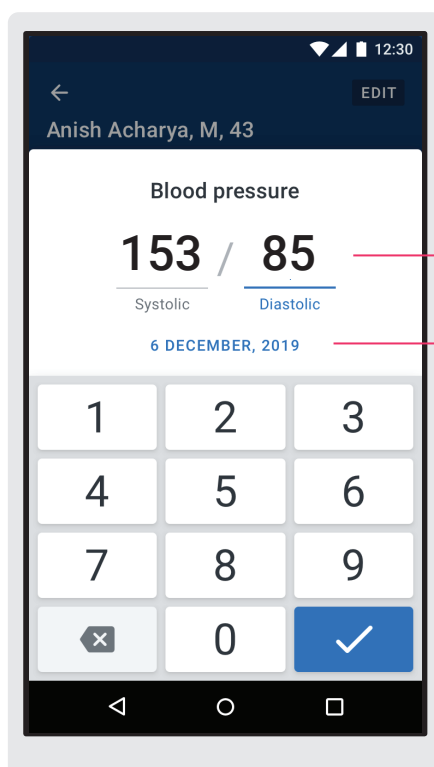
CHECK THE “BIG 5” EVERY TIME

- 1 **Name** matches?
- 2 **Age** is correct?
- 3 **Address** matches a place the patient has lived?
- 4 **Mobile number** matches?
- 5 Did the patient visit at the **Last visit** date?

If you can't find the patient and you think they are new, **REGISTER AS A NEW PATIENT**

How to record a patient's BP

At each visit, record the patient's blood pressure and his or her current BP medications. If a patient visits multiple times (even in just a few days) record each BP in Simple.



The screenshot shows the Simple app interface for recording a patient's blood pressure. At the top, there is a back arrow, the patient name "Anish Acharya, M, 43", and an "EDIT" button. The time is 12:30. The main section is titled "Blood pressure" and displays the reading "153 / 85". Below the numbers, "Systolic" is written under 153 and "Diastolic" is written under 85. The date "6 DECEMBER, 2019" is shown below the reading. A numeric keypad is at the bottom, with buttons for digits 1-9, 0, a delete button (x), and a confirm button (checkmark).

Record systolic and diastolic BP readings at every visit.

Don't round! Record the exact number from the BP device in Simple.

Choose the correct **date** when the BP was taken. If you do nothing, Simple will record the BP on the current day.



Sharing the work



Some hospitals share the work. For instance, a nurse might take BPs and a pharmacist might enter medications. Work with your team to find the right workflow for your facility.

How to record a patient's BP medicines

If you know the patient's current BP medications, enter them in Simple. If you don't know, leave the medications unchanged.

The screenshot shows a mobile app interface for recording BP medicines. The title bar is dark blue with a back arrow and the text 'BP Medicines'. The status bar at the top shows signal strength, battery, and the time 12:30. The main content area has a white background with a list of 'SUGGESTED DRUGS'. The drugs listed are Amlodipine (10 mg), Telmisartan, Chlorthalidone, Losartan H (10 mg), Hydrochlorothiazide, and Enalapril. A blue button with a plus icon and the text 'ADD ANOTHER MEDICINE' is positioned between the first and second groups of drugs. At the bottom of the list is a blue button with a checkmark icon and the text 'SAVE'. The bottom of the screen shows the standard Android navigation bar with back, home, and recent apps icons.

You only need to record BP medicines, not every medication that is prescribed.

To add a common medicine, tap the name and select the dosage.

To add a different medicine or to add a common medicine with a special dosage, tap **ADD ANOTHER MEDICINE** and type the medicine's name and dosage.

To remove a medicine, tap the medicine name and select **NONE**. If the patient is taking no medications, remove all medicines.

Do it later, sometimes



We know that sometimes you get busy and can't enter everything in Simple. If that happens, jot down the patient data on paper and enter later when you can. It's okay!

How to contact overdue patients

It's important for patients to return for regular BP readings. The Simple app will automatically send your patients text message (SMS) reminders to return. But some patients still will not come back. Please contact these overdue patients and ask them to return for a new BP reading.

WHO TO CALL?

Start from the top of the Overdue patients list. These patients are at highest risk. You may want to remind reluctant patients that: "High BP is a silent killer. You may feel fine, but you are still at risk."



RECORD THE RESULT OF EACH CONTACT



Mark patient as 'agreed to visit'

Choose if the patient says they will return for a BP soon. If the patient does not get a new BP in the next few weeks they will be put back in the Overdue list.



Remind to call later...

Choose if no one answered your call or if you were unable to talk to the patient.



Remove from overdue list...

- The patient already visited for a BP
- The phone number doesn't work
- The patient is receiving care elsewhere
- The patient died

"SECURE" CALLS ARE SECRET





When you make a secure call, your phone number is hidden from patients and the call is toll-free — it won't cost you money.

How to update Simple



We are constantly making improvements to the Simple app for you. Please enable automatic updates for the Simple app or regularly check for updates yourself.

AUTOMATIC UPDATES (Recommended)

You will automatically get updates each time Simple is improved.

1. Open the  **Play Store** app
2. Search for **Simple Resolve**
3. Tap  **Simple** in the search results
4. Tap the  icon in the top right
5. Check  **Enable auto update**

UPDATE MANUALLY

1. Open the  **Play Store** app
2. Search for **Simple Resolve**
3. Tap  **Simple** in the search results
4. Tap the **UPDATE** button

What is a “sync”?



Working fine



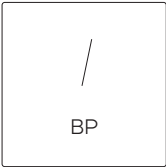
Waiting to send

Every few minutes, the Simple app sends patient information to a central computer for safe keeping (in computer terms it's called a “sync”). If your internet connection is weak, sometimes it will take longer to send the data. You can tap the yellow cloud icon on the home screen of the Simple app to start a “sync.”

Make sure that your internet is on and working.

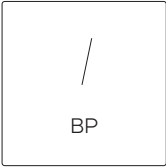
Temporary patient logbook

We know that you are busy. If you can't use Simple during a patient visit, write their details down and record them in the app when you can.



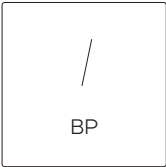
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..... Address, Mobile, Medicines



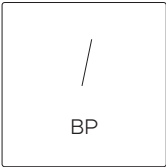
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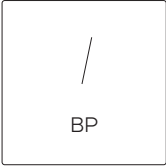
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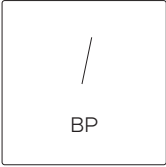
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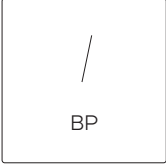
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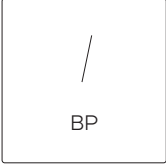
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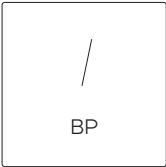
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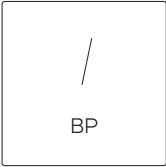
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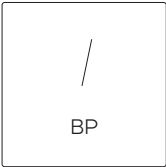
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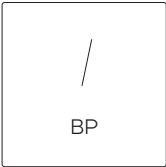
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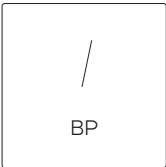
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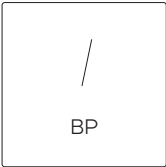
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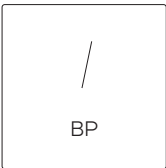
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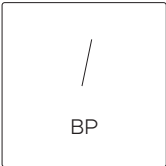
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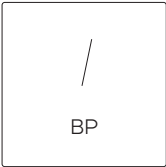
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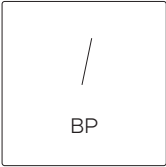
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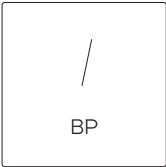
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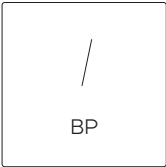
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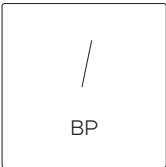
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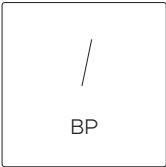
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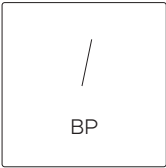
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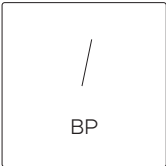
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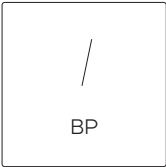
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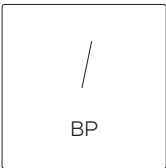
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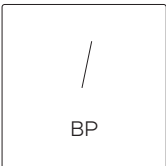
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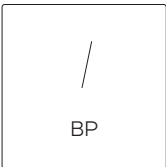
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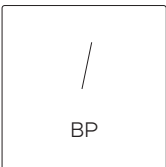
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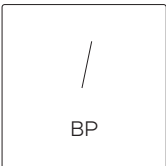
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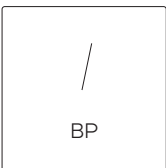
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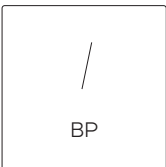
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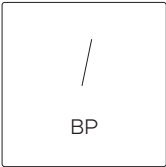
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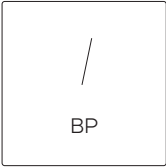
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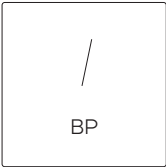
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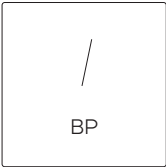
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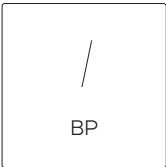
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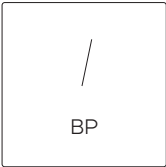
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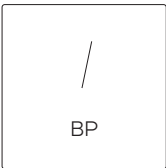
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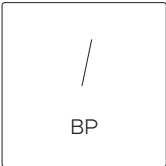
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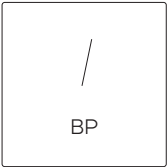
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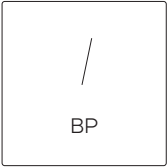
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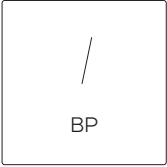
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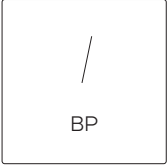
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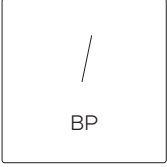
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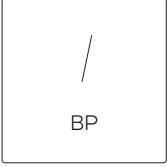
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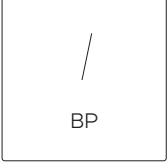
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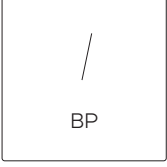
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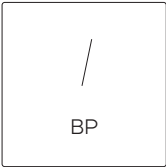
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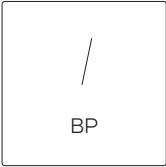
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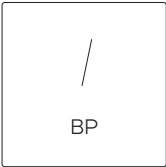
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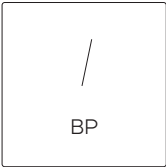
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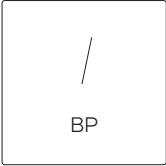
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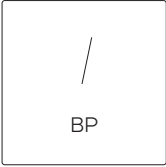
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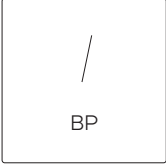
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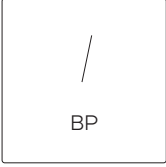
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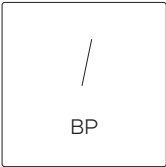
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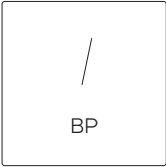
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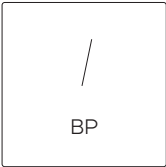
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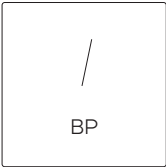
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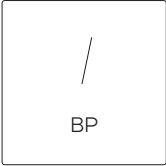
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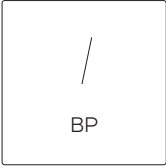
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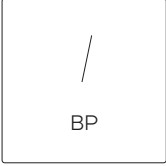
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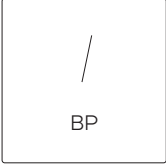
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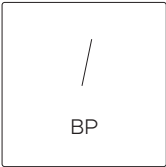
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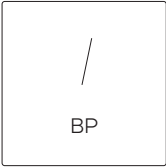
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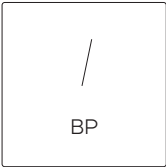
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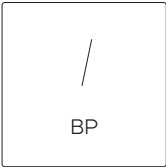
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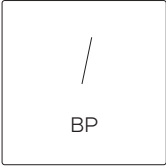
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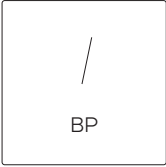
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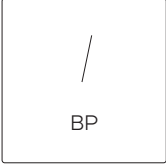
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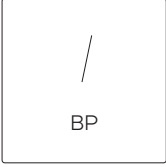
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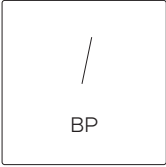
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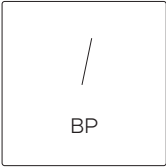
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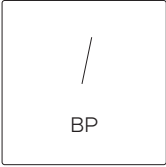
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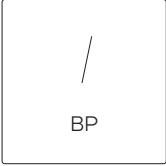
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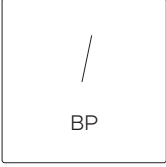
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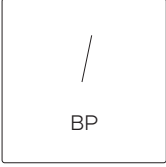
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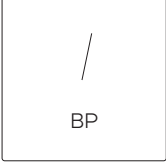
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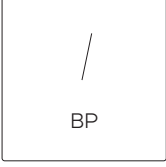
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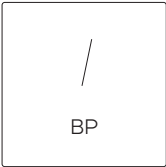
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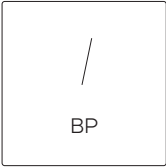


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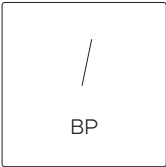
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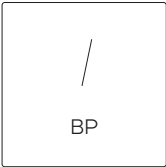
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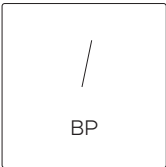
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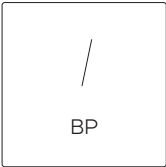
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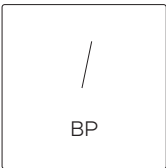
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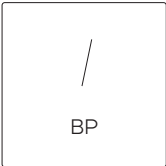
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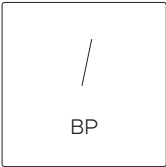
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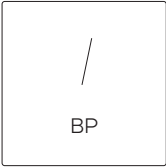
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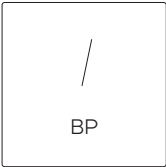
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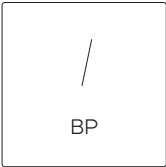
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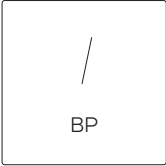
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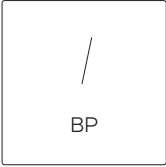
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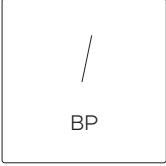
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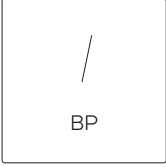
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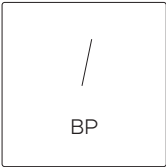
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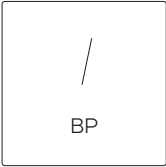
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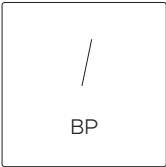
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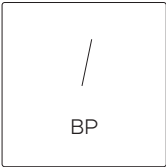
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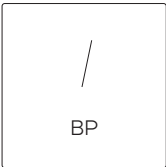
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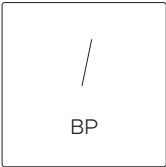
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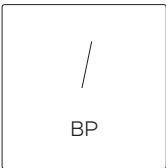
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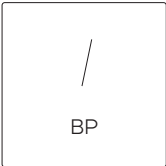
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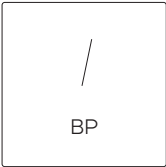
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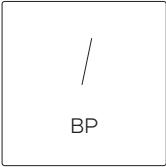
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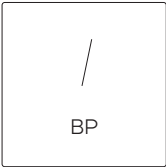
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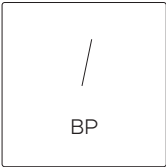
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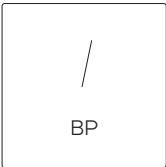
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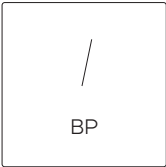
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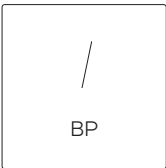
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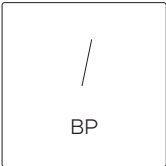
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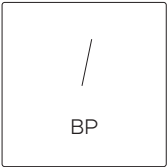
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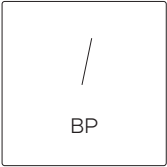
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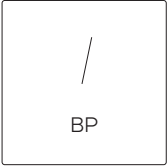
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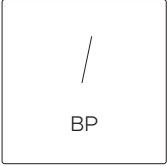
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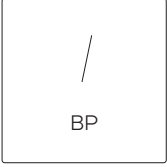
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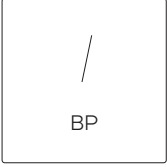
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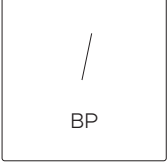
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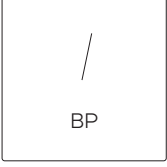
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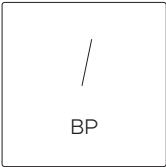
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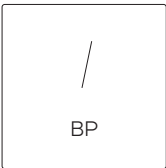
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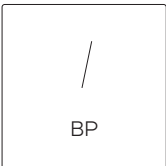
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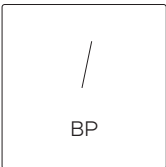
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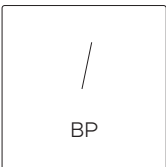
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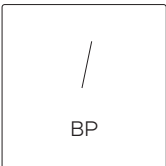
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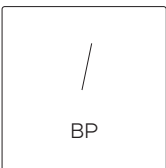
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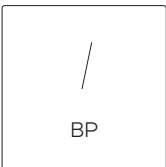
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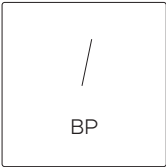
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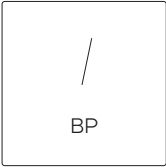
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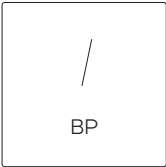
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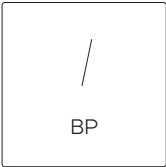
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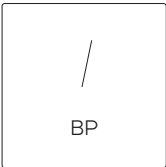
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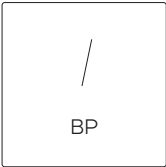
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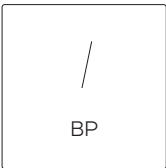
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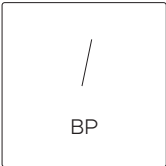
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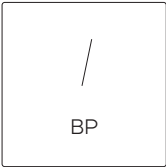
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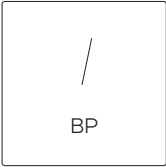
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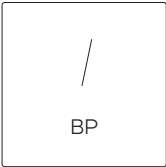
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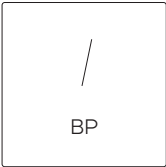
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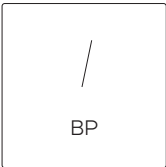
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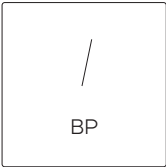
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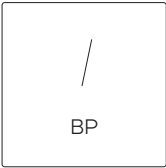
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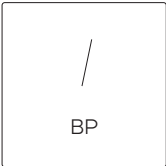
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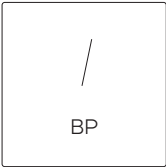
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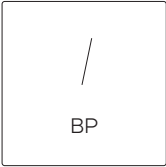
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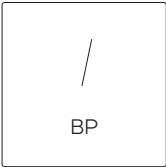
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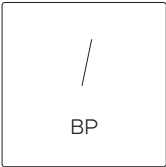
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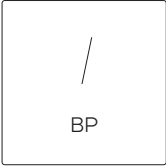
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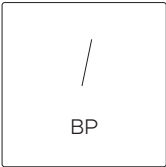
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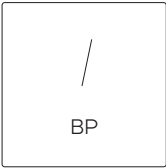
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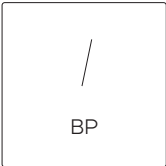
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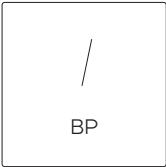
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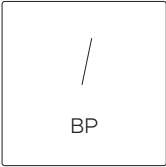
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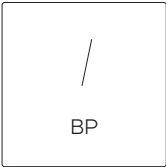
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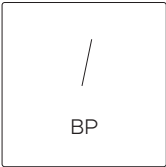
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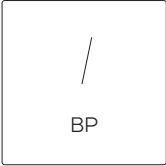
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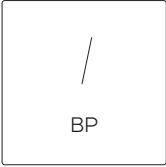
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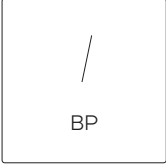
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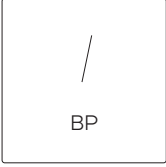
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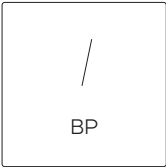
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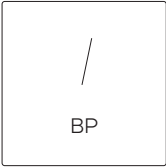
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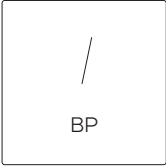
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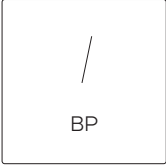
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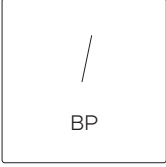
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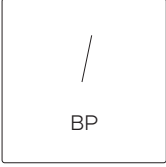
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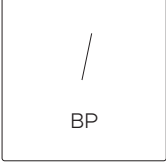
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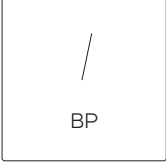
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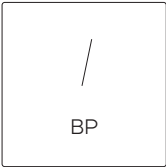
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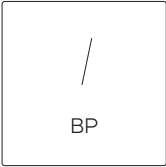
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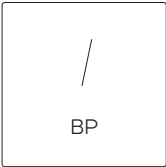
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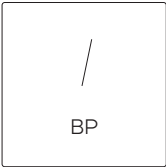
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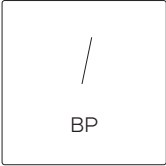
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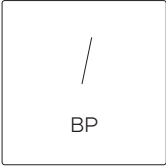
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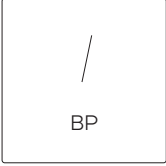
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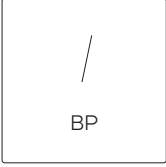
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Guide to record accurate BPs

Patient should avoid exercise, tea/coffee, smoking in the last 30 min.

Patient should rest comfortably and quietly for 5 min before the reading.



* Cuff sizing and use for accurate readings

1. Ideal cuff bladder length is at least 80% of the patient's arm circumference.
2. Cuff width should cover at least 40% of the patient's upper arm.
3. Ensure cuff is on bare arm or over thin layer of clothing.
Avoid bunching of clothes under cuff.
4. Empty bladder before each reading.



**Lightning fast**

Simple is fast. Healthcare workers spend more time with patients, not doing paperwork.

**Private**

The Simple app does not access the personal information on your phone.

**Secure**

Simple uses best-practices to ensure patient data is secure. Data is encrypted on device and when in transit.

**Low data use**

Very little data is sent through the Simple app. On average, about 20MB is used per month.

**Lightweight**

The app takes up only about 40MB on your device, which is about the same as 10 photos.

**Offline support**

Simple works with or without an internet connection. Data is synced when you get good internet.

**Any Android device**

Simple works on any modern Android phone or tablet, version 5 or above.

simple.org