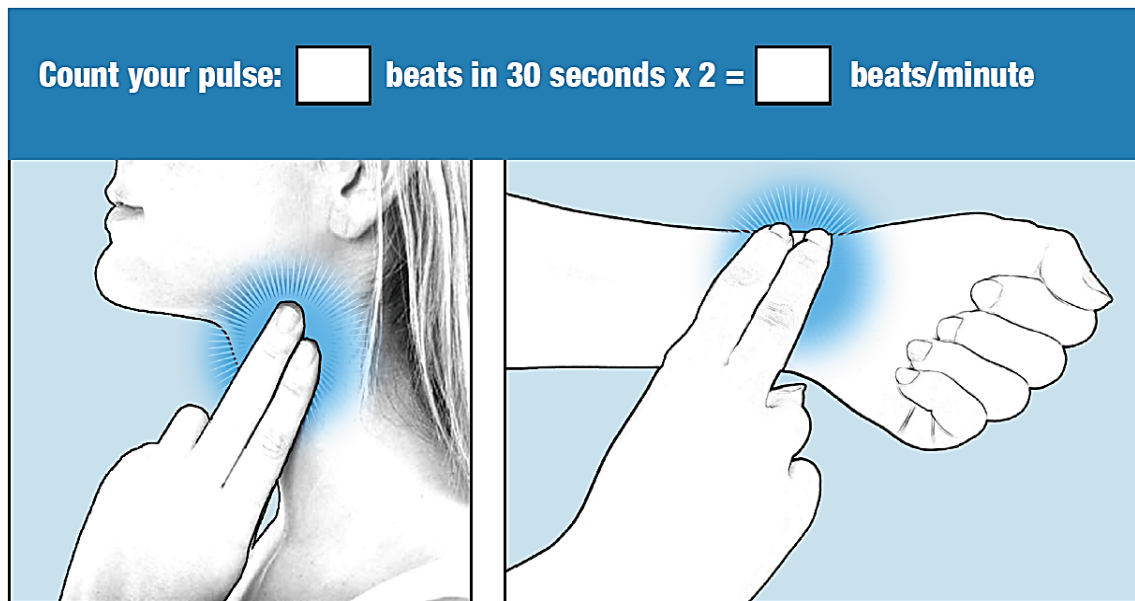


Checking your Heart Rate at Home

What steps should I take to check my pulse at home?

You can measure your pulse (heart rate) by placing your fingers either at the wrist or the side of the neck. Follow the steps below to count your pulse:

1. Place your index (pointer) finger and middle finger on your wrist (palm facing up) just below the base of your thumb. Or, place the same fingers on the side of your neck between the middle of your throat and your ear lobe, just below your jawbone.
2. Press **lightly** with your fingers until you feel the blood pulsing beneath your fingers. You may need to move your fingers around slightly up or down until you feel the pulsing.
3. Use a watch with a second hand, look at a clock with a second hand, or use the timer app on your phone.
4. Count the number of beats you feel while watching the clock for 30 seconds. Multiply this number by 2 to get your pulse (heart beats per minute).



For example: if you count 40 beats in 30 seconds, multiply 40 by 2 and you have 80 beats/minute.

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