Quick Start Guide

1 Insert batteries.

BATTERY COMPARTMENT
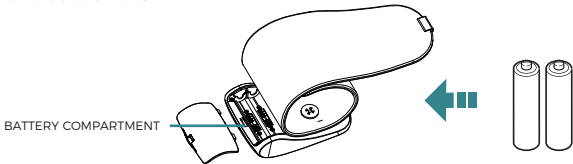
2 Download Meraw Health App and set up Bluetooth connection.

1. The monitor needs to be at OFF status before connection;
2. Open Meraw Health App, make sure you have authorized Bluetooth and location permission for the App (important!)
3. Long press Bluetooth button on the monitor until the "Bluetooth" symbol blinks in the screen(don't press "start/stop" button);
4. Follow the instruction in the App, "Add device" - "Meraw Aspen" - "Start connection";
5. The pairing will complete automatically.

App download   Video instruction

3 Prepare to measure.

❶ Put on blood pressure monitor and secure the cuff.

START / STOP

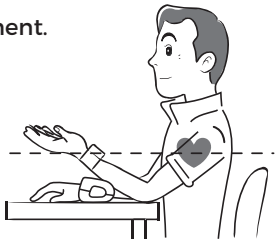**❷** Press start/stop, then adjust the vertical position.

❸ When wrist is in ideal position, the symbol ✔ flashes.

4 Sit correctly and take measurement.

- Keep palm relaxed during measurement
- Sit in a chair with your legs uncrossed and feet flat on the floor.
- Sit with your back and arm supported.

◆ Contact our customer support team ◆

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