

COMPACT BLOOD PRESSURE MONITOR

QUICK START GUIDE

1. Make sure batteries are installed to the device. Set up the device by pressing and holding the SET button until the year number starts flashing. Press the MEMORY button to find the appropriate year. Press SET to confirm. The month number will start flashing.



2. Repeat Step 1 to set MONTH DAY, HOUR, MINUTE, TIME UNIT and PRESSURE UNIT.

3. Press START/STOP to confirm your settings. The device will turn off.
4. To set users, with the device turned off, press and release SET to show the current user. Press SET to toggle between User 1 and User 2. When you reach your choice, press START/STOP to confirm. The device will turn off. You are now ready to take a reading.

5. To take a reading, sit comfortably upright in a chair with your feet flat on the floor and your back and arm supported. Make sure your arm is about level with your heart. Wrap the cuff around your arm about one inch above your elbow.



6. Press START/STOP on the device. The symbols on the screen will flash and the cuff will begin to inflate. Do not move or talk because that might impede measurement.
7. When measurement is complete, the cuff will deflate and your measurement will display on the screen. Press START/STOP to turn off the device. Remove the cuff.



Note: A normal blood pressure range is 120 / 80 mmHg.

Tips for Measuring Your Blood Pressure

Measurements may be inaccurate if taken:

- Within one hour of eating or drinking
- Immediately after smoking or drinking something that contains caffeine
- Within 20 minutes of bathing
- When talking or moving your hands
- In a cold environment
- During urination

Always use the same arm when taking measurements.

Always take measurements at the same time of day and in the same environment.

Make sure the cuff is tightened securely.

Wait at least five minutes before taking another measurement.



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