1. Press the power button for about 10 seconds until 4 zeroes appear on the display.

2. Insert new batteries into the battery compartment as shown, taking care that the type of battery is correct and they are inserted with the correct polarity.

3. Measurements may be impaired if this device is used near televisions, microwave ovens, radios, or other electrical devices.

4. Easy to use

5. Automatically turns off within 1 minute to save power.

6. Consult your doctor if unexpected readings are obtained.

1. Comfortably seated

2. Back and arm supported

3. Legs extended (not crossed)

4) Ensure your elbow is above heart level.

Blood pressure measured at a clinic or doctor's office may cause apprehension and produce an elevated reading, 25 to 30 mmHg higher than that measured at home. Blood pressure varies greatly on a daily and seasonal basis. WHO BLOOD PRESSURE CLASSIFICATION DISPLAY

Grade 1 hypertension (mild)

Grade 2 hypertension (moderate)

Grade 3 hypertension (severe)

Optimal blood pressure

WHO BLOOD PRESSURE CLASSIFICATION DISPLAY

Blood pressure classification

Systolic blood pressure

Diastolic blood pressure

Pulse rate

Oscillometric Measurement

Diastolic blood pressure

Pulse rate

Systolic blood pressure

Pulse rate

Pulse rate

Pressure Monitor

Measurement Range:

4x1.5V Batteries (LR6 or AA)

Approx: 140(W) x 100(H) x 50(D)mm

Storage condition: -20℃ ~ +50℃

Operating condition: 10℃ ~ +30℃, 30%RH ~ 80%RH

Atmospheric pressure: 70kPa ~ 106kPa

Reference material: journal of...