

QUICK START GUIDE

- Set the date and time of the device as per the detailed instructions mentioned in the manual and tutorial video
- Sit comfortably in a straight position with your arms relaxed
- Wrap the arm cuff around the bare skin of your left upper arm
- Check that the cuff is wrapped snugly over the elbow
- Ensure that the tube is at the centre around 2-3 cm above the elbow joint, such that the cuff is at level with your heart
- Make sure your left palm is up and in a resting position
- Turn the device on by pressing the START/STOP button
- Sit straight and remain still while the monitor inflates to take the measurement
- After reaching the appropriate level, the screen will display your systolic, diastolic pressure and pulse rate

REMEMBER

- Do not take measurement within 30 minutes of exercise, eating, bathing, smoking and drinking alcohol
- Do not speak while measuring
- Do not place the arm cuff over clothes while taking measurement as it may affect the accuracy
- Be careful not to rest your arm on the air tube while measuring
- Always use the same arm for measuring your blood pressure
- Please remove the batteries while using with adapter
- Consult the doctor to know more details about your blood pressure level . Self-diagnosis or self-treatment is strictly not recommended

P.S. Please consult your licensed medical practitioner before ordering this product