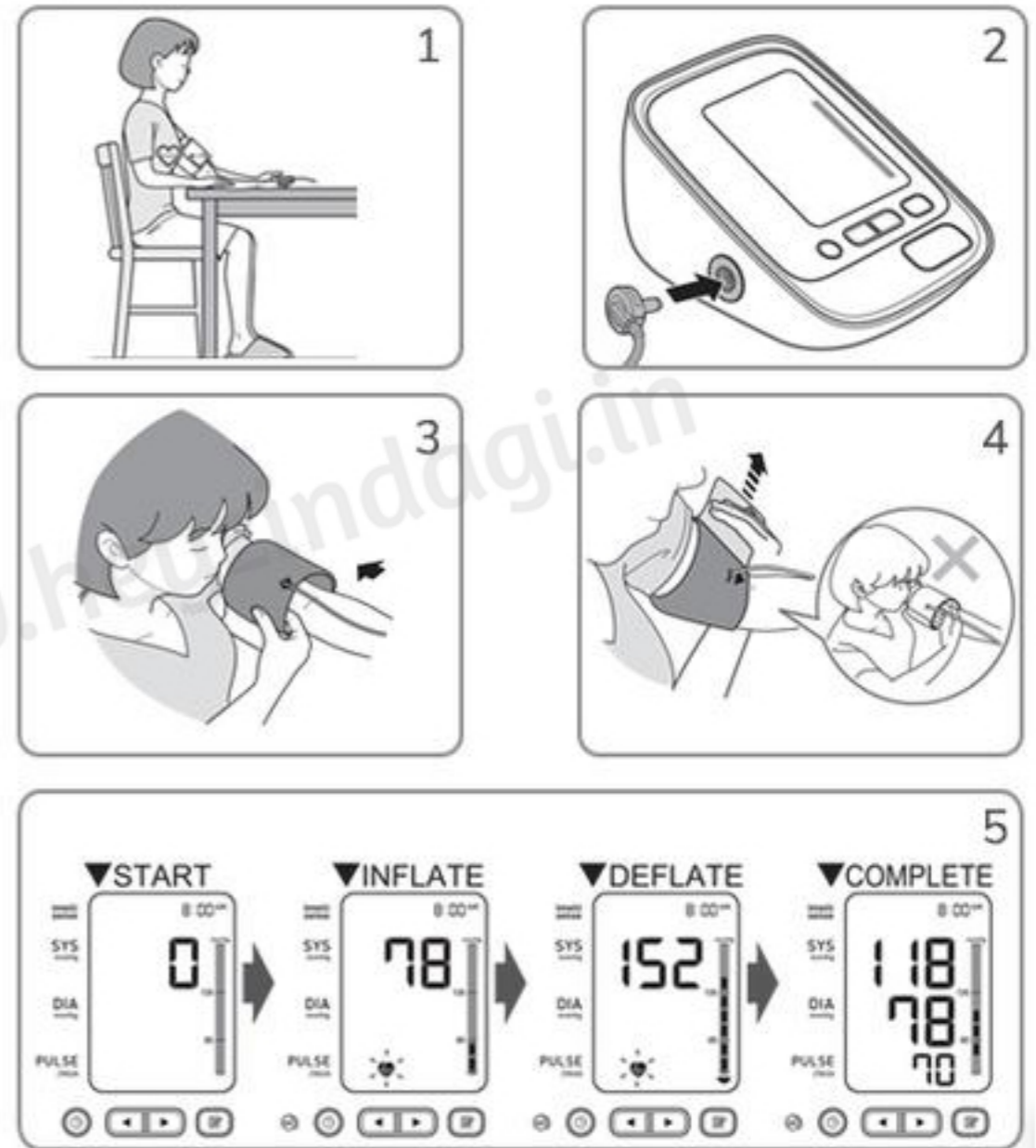


QUICK START GUIDE

- Make sure the batteries have been correctly installed and date and time has been accurately set, following the instructions given in the Detailed User Manual (link for download provided within Specifications below)
- Sit comfortably according to the detailed instructions given in the user manual about the correct posture for measurement
- Insert the air plug into the air jack securely
- Put your arm through the loop of the cuff
- Close the fabric fastener firmly
- Press the START/STOP button on the machine
- Record the reading of blood pressure once it is displayed on the screen
- Remove the arm cuff and turn the monitor off using the START/STOP button



REMEMBER

- Do not place the arm cuff over thick 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
- Consult the doctor to know more details about your blood pressure level. Self-diagnosis or self-treatment is strictly not recommended