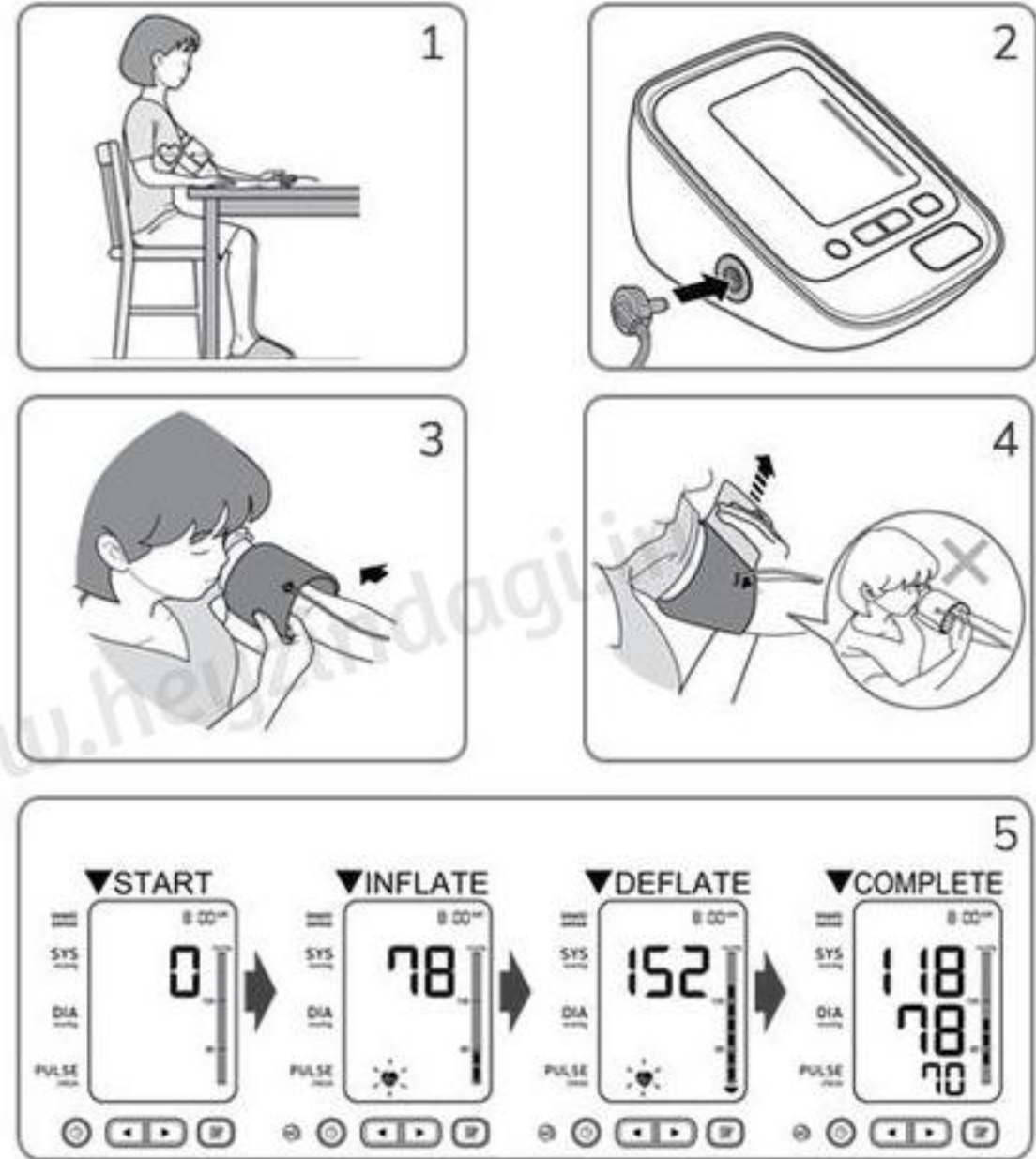


# QUICK START GUIDE

- Make sure the batteries have been correctly installed and date and time has been accurately set, following the instructions given in user manual (link for download provided below)
- Sit comfortably in the correct posture as instructed in the user manual
- 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 once the arm cuff starts to inflate. Hold the START/STOP button until the monitor inflates 30 to 40 mmHg higher than your normal systolic pressure.
- 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