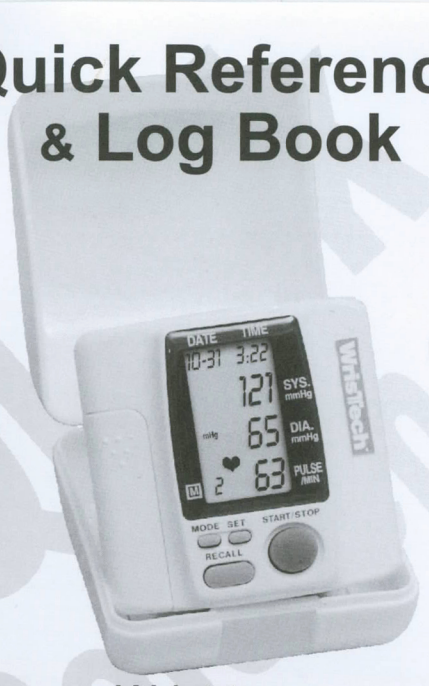
Quick Reference & Log Book



Wrist type
Blood Pressure Monitor

MEDICAL DISCLAIMER

This manual and product are not meant to be a substitute for advice provided by your doctor or other medical professional.
You are not to use the information contained herein, or this product for diagnosing or treating a health problem or prescribing any medication. If you have or suspect that you have a medical problem, promptly consult your healthcare provider.

PREPARATION FOR TAKING MEASUREMENT

❶ After consuming food or drinks, wait one hour before taking measurement.

❷ Sit quietly in comfortable place for 10 minutes with both feet flat on the floor.

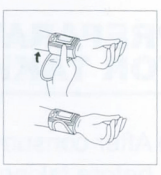
❸ Wait at least 5 minutes between measurements.

CUFF PLACEMENT

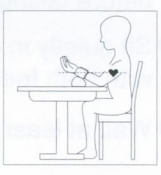
❶ Wrist should be bare of wristwatch or sleeves.

❷ Place arm on the table with palm facing upward.

❸ Place the monitor on the pulse and wrap the cuff around wrist. The display of the unit should be placed on the palm side of the wrist.



❹ Raise the wrist and hold at the same height as the heart.



TAKING A MEASUREMENT

❶ Seat upright with both feet flat on the floor and with the cuff properly applied, it is time to take measurement.

❷ Press "START/STOP" button, the pressure of the monitor will inflate to 195mmHg. If the monitor detects a higher inflation level, it will automatically increase the pressure to the right level for measurement.

❸ The cuff will get tighter around the wrist as the pressure pumps up- it is normal.

TAKING A MEASUREMENT

❹ Once the pressure is increased to the right level, it will slowly deflate. Once the heart pulse is detected, the "heart symbol" will flash on the LCD Screen as the pressure continuous its deflation to detect the Systolic and Diastolic rates.

❺ Do not touch the cuff or move the monitor while taking measurement.

❻ Also, do not talk or move while taking measurement.

❼ When the measurement is completed, the monitor will deflate automatically, releasing the air pressure in the cuff.

TAKING A MEASUREMENT

❽ The entire process should take about one minute.The reading of systolic, diastolic and heart pulse will be displayed on the LCD screen.

BLOOD PRESSURE LOG BOOK

Name _____

Date	Time	Systolic/Diastolic	Pulse

BLOOD PRESSURE LOG BOOK

Name _____

Date	Time	Systolic/Diastolic	Pulse

BLOOD PRESSURE LOG BOOK

Name _____

Date	Time	Systolic/Diastolic	Pulse