

Important Testing Guidelines

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1. Avoid eating, exercising, and bathing for 30 minutes prior to testing.
2. Sit in a calm environment for at least 5 minutes prior to testing.
3. Do not stand while testing. Sit in a relaxed position while keeping your wrist level with your heart.
4. Avoid speaking or moving body parts while testing.
5. While testing, avoid strong electromagnetic interference such as microwave ovens and cell phones.
6. Wait 3 minutes or longer before re-testing.
7. Try to measure your blood pressure at the same time each day for consistency.
8. Test comparisons should only be made when monitor is used on the same wrist, in the same position, and at the same time of day.
9. This blood pressure monitor is not recommended for people with severe arrhythmia.
10. Do not use this blood pressure monitor if the device is damaged.

Quick Start

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1. Install batteries. (See Figure A)

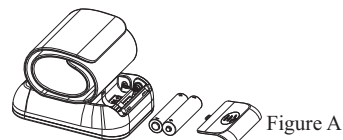


Figure A

2. Remove clothing from the wrist area . (See Figure B)
3. Rest for several minutes prior to testing. Wrap cuff around left wrist . (See Figure C)

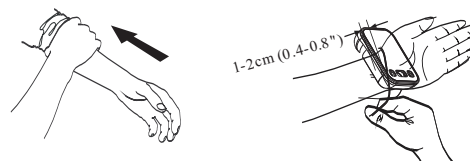


Figure B

Quick Start

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4. Sit in a comfortable position and place wrist level with heart. (See Figure D)
5. Press " " button to start testing. (See Figure E)



Figure D



Figure E

Unit Operation

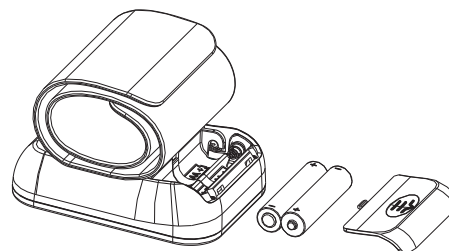
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Battery Installation

Slide battery cover off as indicated by arrow.

Install 2 new AAA alkaline batteries according to polarity.

Close battery cover.



Note:

- 1) Replace batteries when Low Battery Indicator " " appears on screen.
- 2) Batteries should be removed from device when not in operation for an extended period of time.

Unit Operation

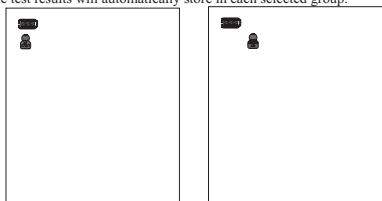
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System Settings

With power off, press and hold " " button to actuate system setting. The Memory Group icon flashes.

1. Select memory Group

While in the System Setting mode you may accumulate test results into 2 different groups. This allows multiple users to save individual test results (up to 150 memories per group). Press " " button to choose a group setting. The test results will automatically store in each selected group.

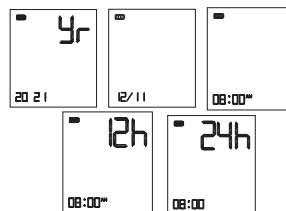


2. Time/Date setting

Press " " button again to set the Time/Date mode. Set the year first by adjusting the " " button. Press " " button again to confirm current month. Continue setting the day, hour and minute in the same way. Every time the " " button is pressed, it will lock in your selection and continue in succession (month, day, hour, minute 12/24 hours)

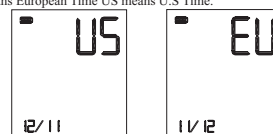
Unit Operation

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3. Time Format Setting.

Press " " button again to set the time format mode. Set the time format by adjusting the " " button. EU means European Time US means U.S Time.



4. Voice Setting

Press " " button to enter voice setting mode. Set the voice format ON or OFF by pressing the " " button.

