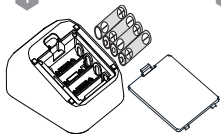


1



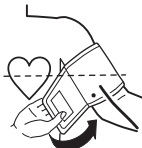
Insert batteries

2



Insert the air connector
plug into the air socket.

3



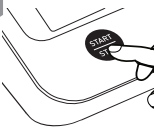
Place cuff on left upper arm,
and fasten securely (*leave space
for 2 fingers to slide underneath.*)

4



Position arm on
table with the cuff
level with your heart

5



Press **START**
*Remain still as cuff
inflates, then deflates*

6



Measurements sent to
your healthcare provider.

TIPS FOR TAKING BLOOD PRESSURE



BEFORE YOUR MEASUREMENT:

- For 30 minutes prior to taking your blood pressure
 - » Do not exercise
 - » Do not drink coffee, caffeinated soda or alcohol
 - » Do not smoke
- Sit quietly for 5-10 minutes
- Ensure you are using the right size cuff

DURING YOUR MEASUREMENT:

- Do not talk
- Sit with your back straight and supported
- Uncross your legs and place feet flat on floor
- Rest arm on a table so that the cuff is at heart level
- Measure two times a day, in the morning and evening

For additional instructions, see manual

www.SmartMeterRPM.com

