



1

2

3

Roll or push up your sleeve to expose your left upper arm.

Hold your arm with your palm facing up and apply the cuff, align the air tube toward the center of your arm.

Wrap the end of the cuff over your arm to secure it in place.

Don't make it too tight allow a finger to fit between the cuff and your arm.

Place your arm resting comfortably on a flat table.

The cuff worn on your arm should be placed at heart level.

Press the "START/STOP" button to turn on the monitor, the cuff will automatically inflate, take a reading and then deflate.

Remain still until the cuff deflates completely.