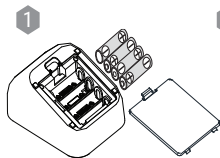
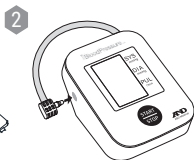


# SmartBloodPressure<sup>2.0</sup> CELLULAR BLOOD PRESSURE MONITOR

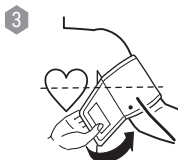
## Quick Start Guide



1 Insert batteries



2 Insert the air connector plug into the air socket.



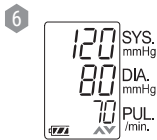
3 Place cuff on left upper arm, and fasten securely (*leave space for 2 fingers to slide underneath.*)



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](http://www.SmartMeterRPM.com)

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