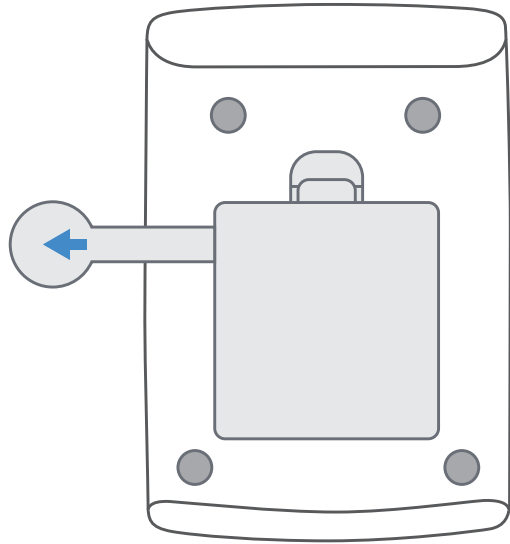


1

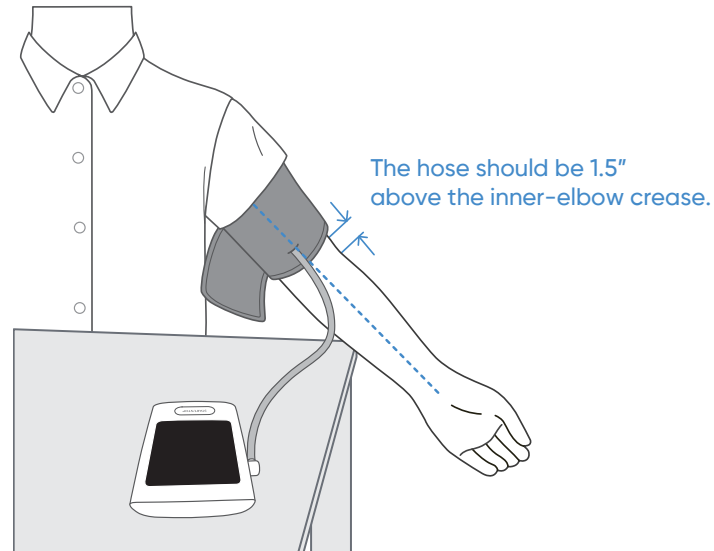
Remove the tab



Remove the plastic tab from the battery compartment.

2

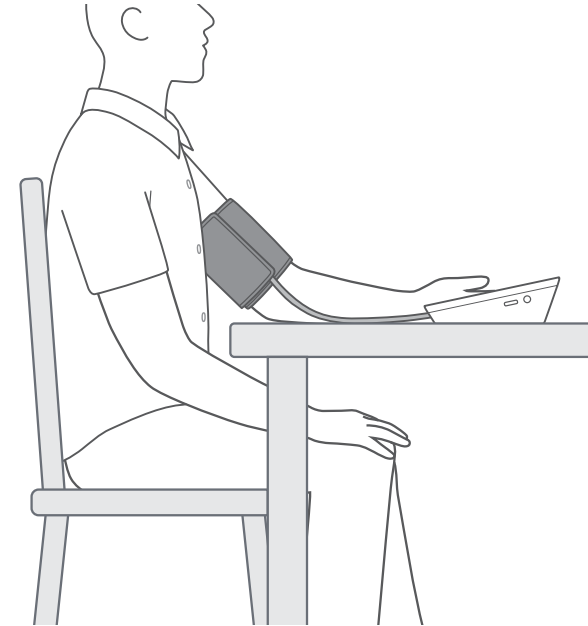
Insert BPM batteries



- Tie the cuff to the left upper arm directly on your skin.
- Leave one inch between the cuff and your elbow joint.
- Tighten the cuff enough to be able to fit just one finger between your cuff and your arm.

3

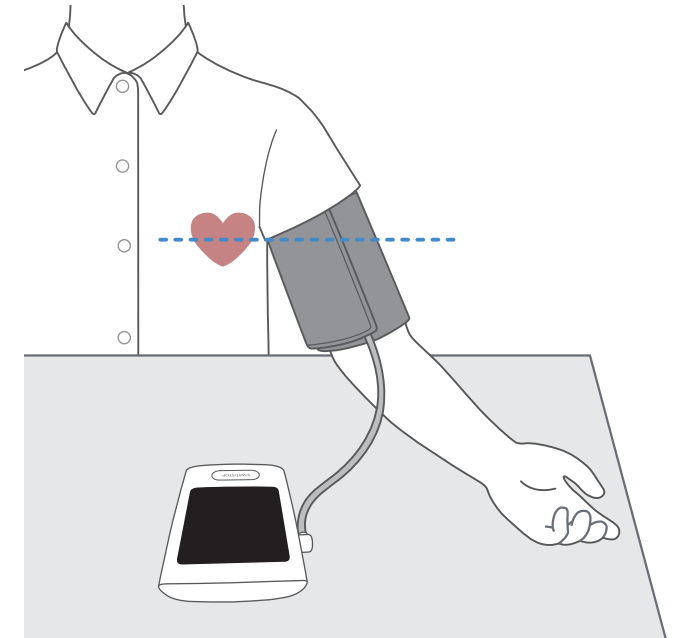
Body position



- Keep your feet perpendicular to the floor and do not cross your legs.
- Quietly sit on a chair for 5 minutes with your left arm resting on the table, palm facing up.

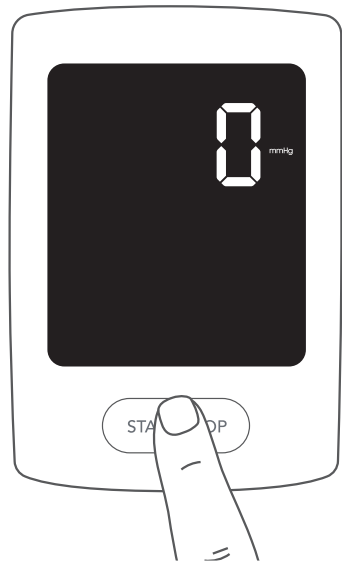
4

Set up



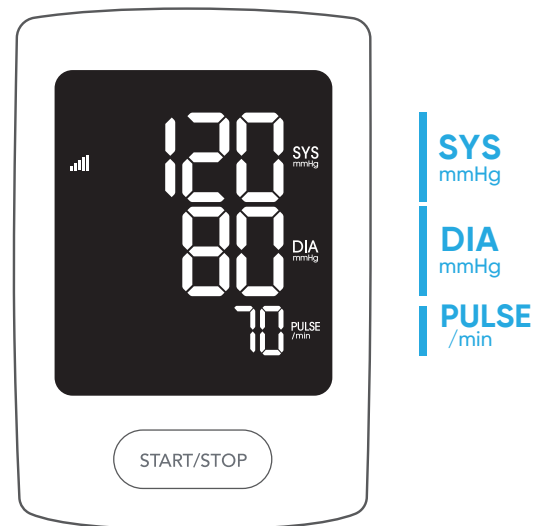
- Keep the cuff and the heart at the same level.
- Make sure that the switch labeled "Triple Mode" on the right of the meter is set to "1".


5 Take your measurement



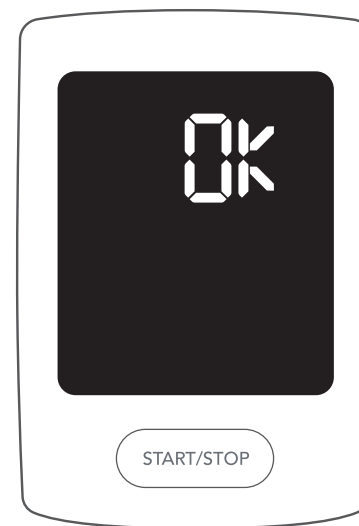
Press the "Start/Stop" button to inflate.
Do not talk and keep your body still.


6 Reading



Wait until the final reading is displayed on the screen. If there is network connectivity the  will appear.

7 Successful Measurement



The device will display  within 2 minutes if the measurement has been successfully transmitted. If not, your measurement will be stored and the device will try again following the next reading..

Cellular BPM Quickstart Guide

