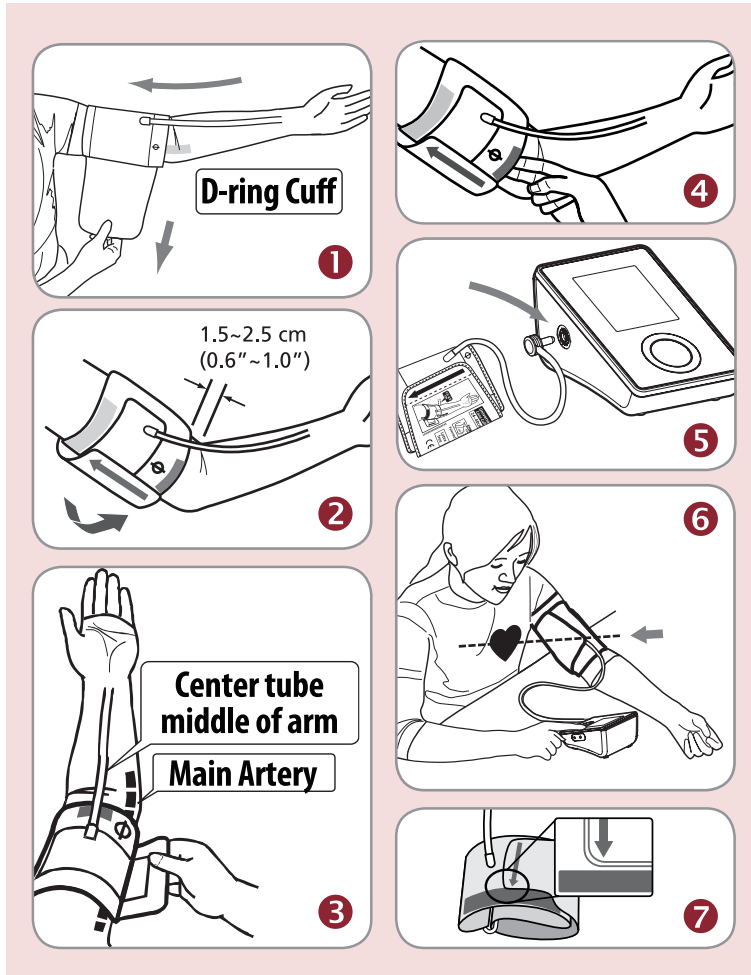


HOW TO USE BLOOD PRESSURE MONITOR



- Unwrap the arm cuff, leaving the end of the cuff through the D-ring of the cuff.
- Put your left arm through the cuff loop. The color strip indication should be positioned closer to you with the tube pointing in the direction of your arm (Fig. ①). Turn your left palm upward and place the edge of the arm cuff at approximately 1.5 to 2.5 cm above the inner side of the elbow joint (Fig. ②). Tighten the cuff by pulling the end of the cuff.
- Center the tube over the middle of the arm. Press the hook and loop material together securely. Allow room for 2 fingers to fit between the cuff and your arm. Position the artery mark (Ø) over the main artery (on the inside of your arm) (Fig. ③,④). Note: Locate the main artery by pressing with 2 fingers approximately 2 cm above the bend of your elbow on the inside of your left arm. Identify where the pulse can be felt the strongest. This is your main artery.
- Plug in the cuff connecting tube into the unit (Fig. ⑤).
- Lay your arm on a table (palm upward) so the cuff is at the same height as your heart. Make sure the tube is not kinked (Fig. ⑥).
- This cuff is suitable for your use if the arrow falls within the solid color line as shown on the right (Fig. ⑦). If the arrow falls outside the solid color line, you will need a cuff with other circumferences. Contact your local dealer for additional size cuffs.
- Press the ON/OFF/START button and the measurement will start.

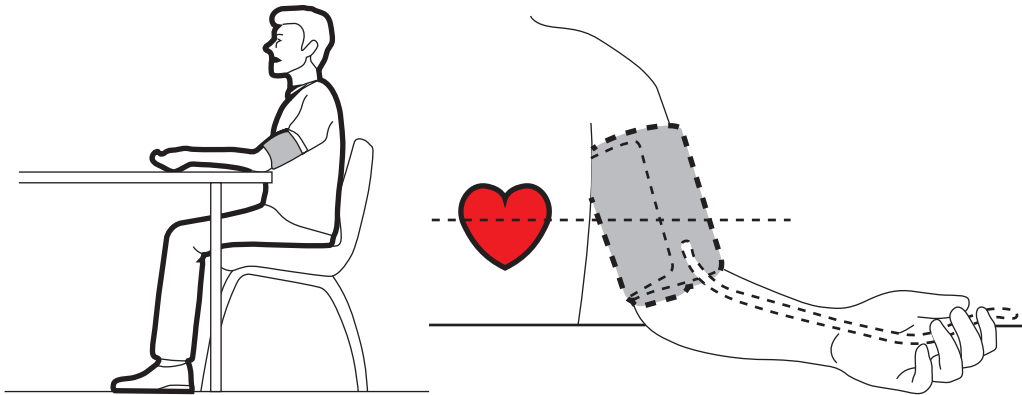
Blood Pressure Standard World Health Organization (WHO):1999/2003

Blood Pressure Category	Systolic Pressure	Diastolic Pressure
Optimal	<120	and <80
Normal	120~129	or 80~84
High-normal	130~139	or 85~89
Grade 1 high blood pressure (mild)	140~159	or 90~99
Grade 2 high blood pressure (moderate)	160~179	or 100~109
Grade 3 high blood pressure	≥180	or ≥110

* Please consult your doctor for the interpretation of result and diagnosis.



MEASUREMENT PROCEDURES



Here are a few helpful tips to help you obtain more accurate readings:

- Blood pressure changes with every heartbeat and is in constant fluctuation throughout the day.
 - Blood pressure recording can be affected by the position of the user, his or her physiological condition and other factors. For greatest accuracy, wait one hour after exercising, bathing, eating, drinking beverages with alcohol or caffeine, or smoking to measure blood pressure.
 - Before measurement, it's suggested that you sit quietly for at least 5 minutes as measurement taken during a relaxed state will have greater accuracy. You should not be physically tired or exhausted while taking a measurement.
 - Do not take measurements if you are under stress or tension.
 - Sit upright in a chair, and take 5-6 deep breaths. Avoid leaning back while the measurement is being taken.
 - Do not cross the legs while sitting and keep the feet flat on the floor during measurement.
 - During measurement, do not talk or move your arm or hand muscles.
 - Take your blood pressure at normal body temperature. If you are feeling cold or hot, wait a while before taking a measurement.
 - If the monitor is stored at very low temperature (near freezing), have it placed at a warm location for at least one hour before using it.
 - Wait 5 minutes before taking the next measurement.
1. Press the ON/OFF/START key. All displays will appear for approximately one second, and then the last measurement memory will appear for 2 second before returning to "0".
 2. When the measurement is completed, the cuff will exhaust the pressure inside. Systolic pressure, diastolic pressure and pulse will be shown simultaneously on the LCD screen.

This blood pressure monitor will re-inflate automatically to higher pressure if the system detects that more pressure is needed to take a blood pressure measurement.

Note:

1. This monitor automatically switches off approximately 1 minute after last key operation.
2. To interrupt the measurement, simply press the ON/OFF/START key; the cuff will deflate immediately.
3. During the measurement, do not talk or move your arm or hand muscles.

* Please consult your doctor for the interpretation of result and diagnosis.

