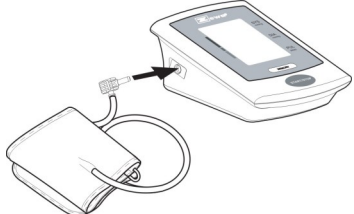
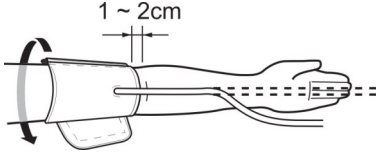
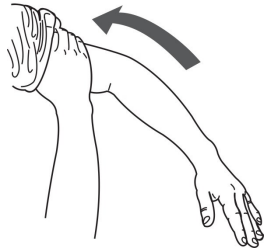
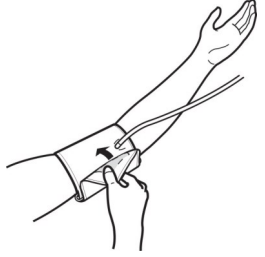
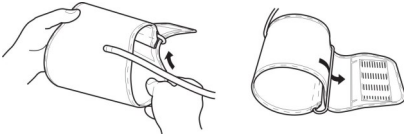
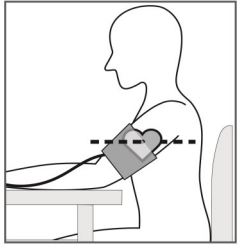
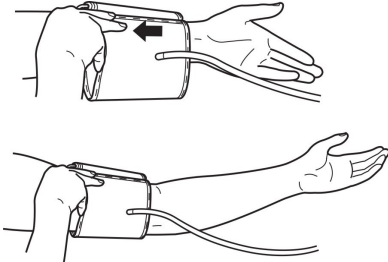


## Proper use of an upper arm Blood Pressure Monitor

<p><b>STEP 1</b></p> <p>Plug the cuff connection tube into the main unit.</p>		<p><b>STEP 5</b></p> <p>Position the cuff around your upper arm so that the lower edge of the cuff is about 1" above your elbow. The tube coming from the cuff runs down inside your palm.</p>	
<p><b>STEP 2</b></p> <p>Remove all clothes from the upper arm allowing the cuff to fit directly on the skin.</p>		<p><b>STEP 6</b></p> <p>Tighten the cuff by pulling on the end of the cuff and attaching it to the fasteners on the other end of the cuff. Make sure you can not put more than 2 fingers in between your cuff and your arm.</p>	
<p><b>STEP 3</b></p> <p>Unwrap the arm cuff, leaving the end of the cuff through the D-ring of the cuff.</p>		<p><b>STEP 7</b></p> <p>With feet flat on the floor, put your arm on a table so that the cuff is about the same height as your heart and turn your palm slightly up.</p>	
<p><b>STEP 4</b></p> <p>Put your arm through the loop and pull it up to the position of your upper arm.</p>		<p><b>STEP 8</b></p> <p>Rest 5 minutes before taking your blood pressure then press the BLUE #1 button on the left side of the device to start the measurement.</p>	<p style="text-align: center; font-size: 2em;"><b>START</b></p>

### Helpful

### Tips

- When the cuff is properly Velcroed you can simply slide the cuff on and off each day without ‘unvelcroing’, this will dramatically increase the consistency and accuracy of your daily readings.
- You may want to mark the cuff with a Sharpie after it is properly sized, so you can ‘find’ the proper size again.
- Avoid eating, drinking alcohol or caffeinated beverages, smoking, exercising, bathing or walking steps for 30 minutes prior to taking you measurement. Avoid taking a measurement during stressful times. Try to take the measurement in a quiet place, at the same general time each day and in the same place. Adhering to a daily routine will greatly increase accuracy to identify useful trends.