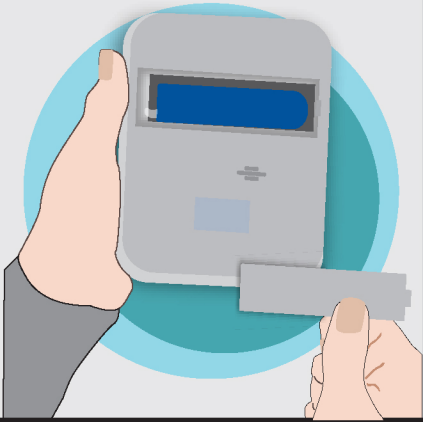


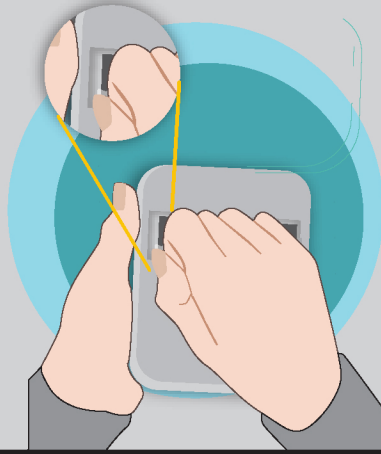
# How to use your BP monitor BP01

Remove the battery cover



1

Carefully remove the clear plastic tab between the battery and the device



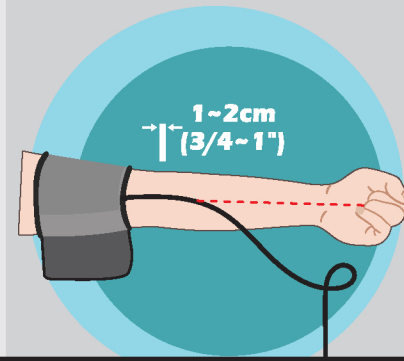
2



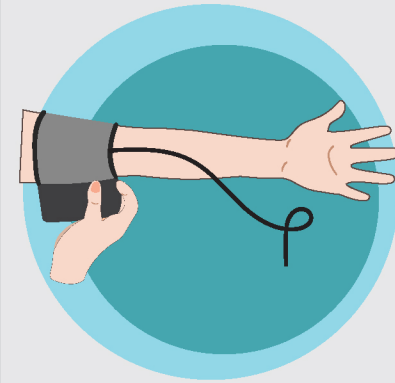
Connect the cuff to the left side of your device

3

Apply the cuff on your left or right upper arm so that the tube is aligned with your middle finger, pointing toward on your lower arm and palm



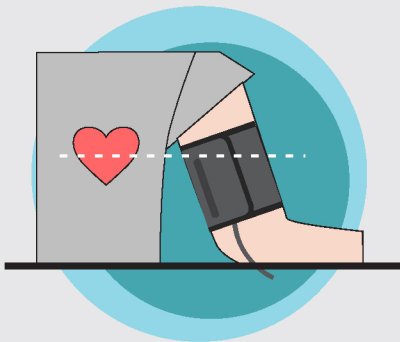
4



Wrap the cuff firmly in place around your upper arm

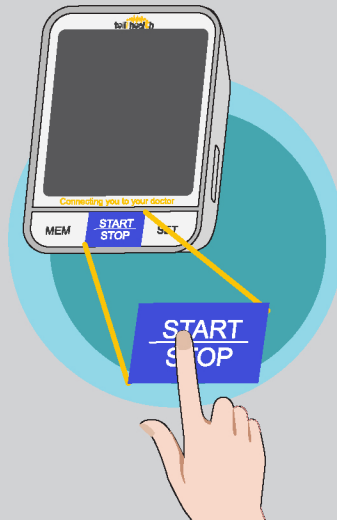
5

Support your arm (i.e. resting on a desk with a pillow or book to adjust arm height) so that the middle of the cuff is at heart level.



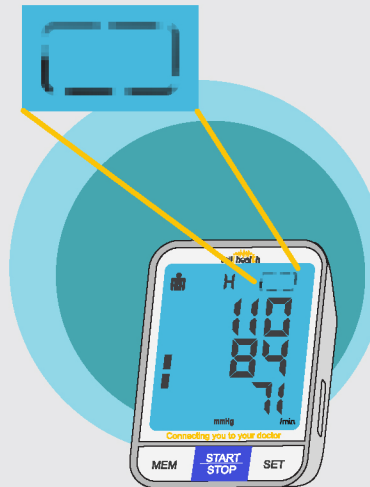
6

Start the measurement on your device



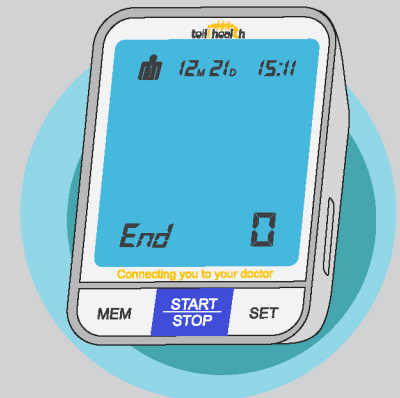
7

Once you get your reading, a reangling line will pop up



8

Wait until your device shows "End" and it will shut off on its own.



9