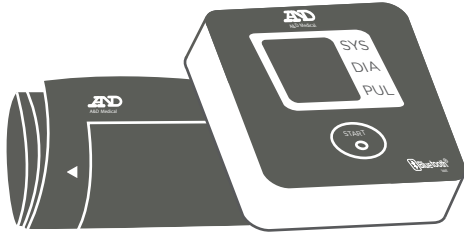
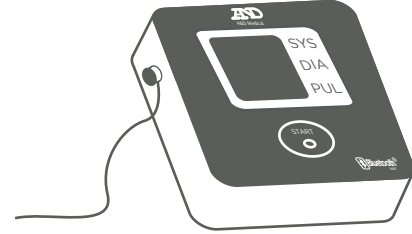


Blood Pressure Monitor (if applicable)

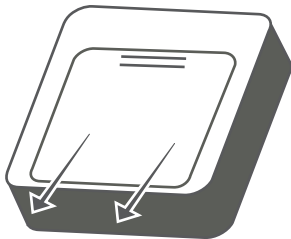
- 1** Unpack the blood pressure cuff.



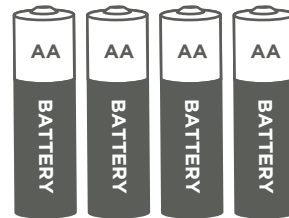
- 2** Press the cuff connector into the air socket on the side of the blood pressure monitor.



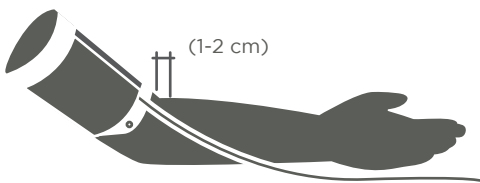
- 3** Turn the blood pressure monitor upside down. Press the battery door with your thumb, then slide the door down to open.



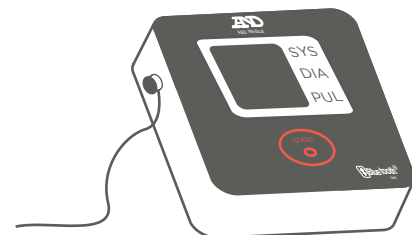
- 4** Insert **4 AA batteries** (included) as shown and close the battery door.



- 5** Place the blood pressure cuff around your arm. For accuracy, sit in an upright position and place the cuff at the same level as your heart.



- 6** Press the **start button** to take your blood pressure reading. While taking the reading please keep still and avoid talking until complete.



- 7** Once you have set up all units applicable to you, please call our Vitals Monitoring Team at **1-888-875-0976** and then press "1" to make sure your readings were received.