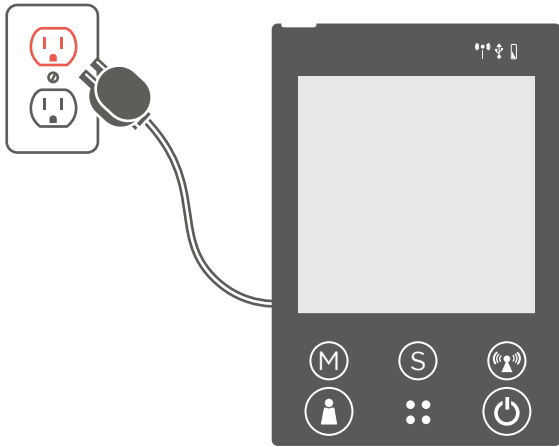


# Quick Install

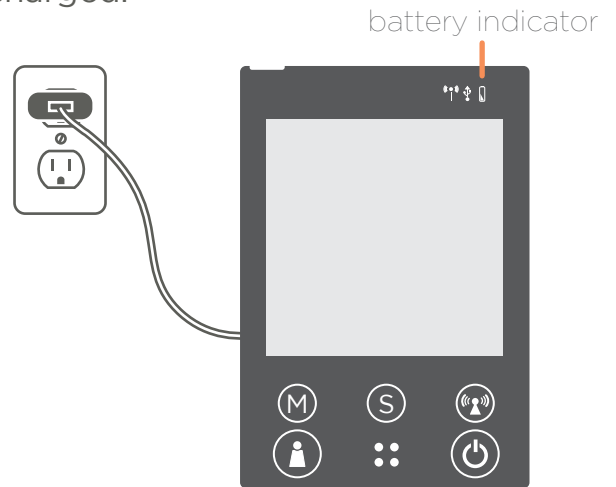
## ForaCare BP Monitoring System

Welcome to your new blood pressure monitoring system. If you have any questions or in need of assistance, do not hesitate to call us at [1-800-860-4230](tel:1-800-860-4230).

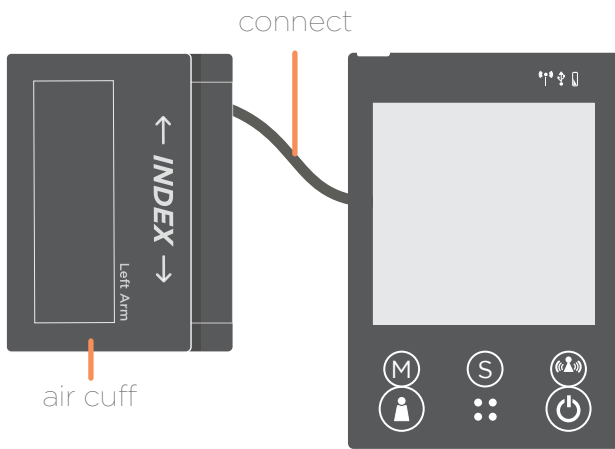
- 1 Connect the power plug to the meter and to the wall outlet. Then, insert the battery pack in the back panel.



- 2 Make sure that the outlet is **NOT** operated by a light switch or power strip. Leaving the unit plugged in will allow the back-up battery to remain charged.



- 3 Connect the tubing from the BP cuff to the BP meter as shown. Remember to sit in a relaxed position for at least 10 minutes before taking a reading.



- 4 Your ForaCare BP monitoring system is now ready to go! Please refer to the "Taking a Reading" sheet to see how to properly use your ForaCare device.

