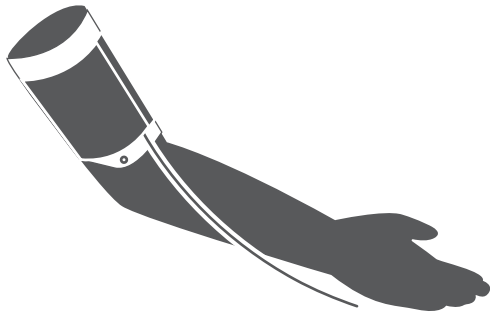


Taking a Reading

ForaCare BP Monitoring System

Welcome to your new blood pressure monitoring system. Please follow the steps below to check your blood pressure and heart rate. Avoid caffeine, alcohol & tobacco 30 minutes prior to taking a reading and sit for at least 10 minutes before taking a reading.

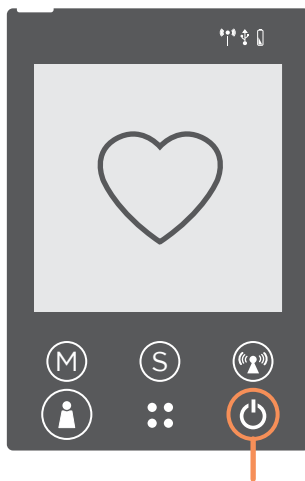
- 1 Fit the cuff correctly according to the instructions on the cuff.



- 2 Place your elbow on a flat surface, relax your hand with the palm facing up, and make sure the cuff is the same height as the location of your heart.



- 3 Press the power button on the meter. The cuff will inflate automatically and the heart symbol will flash near the bottom of the display when a pulse is detected.



power button

- 4 After the measurement, the meter will display the BP & pulse rate. The Cell light will light up as the BP meter transmits your reading. After the reading has transmitted, your meter will automatically power off.

