



Blood Pressure Monitor

Quick Start Guide



1

Know Your Device

Display

1.3" Color LCD for blood pressure monitoring with a built-in real-time clock

Buttons

- Clock button
- Power button
- Search button

USB Port

The device uses a USB Type-C port for the user to charge the internal battery.

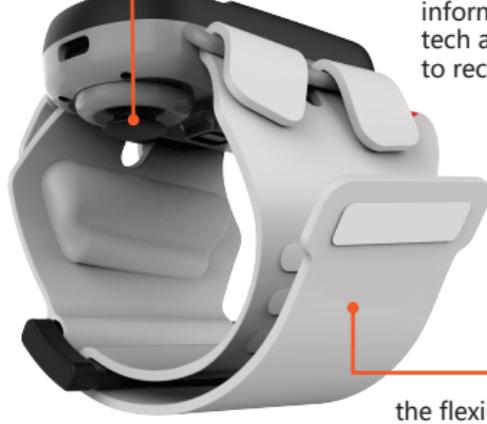


Sensors

Detect Pulse and Arterial information using mature tech and patented method to record blood pressure.

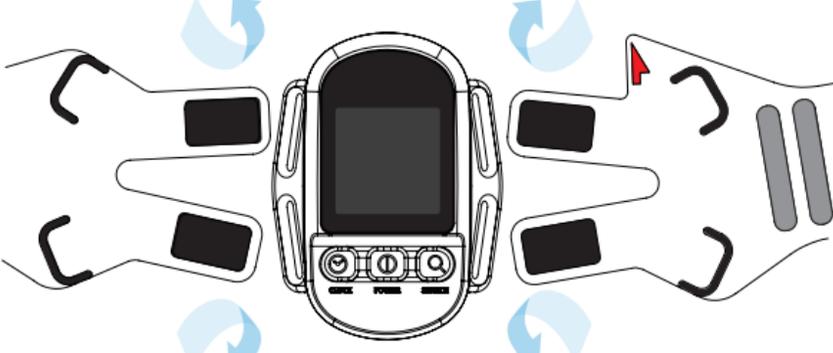
Wrist Strap

the flexible split band device on wrist, and loop on main device to secure the device the effortlessly



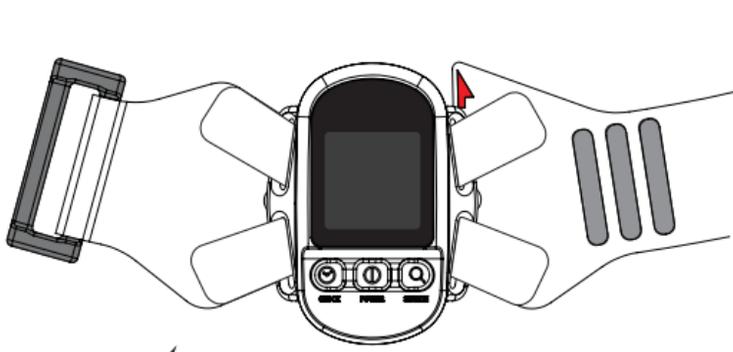
2

Assembling the wrist cuff

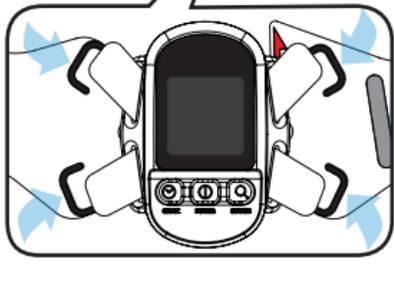


3

Assembling the wrist cuff

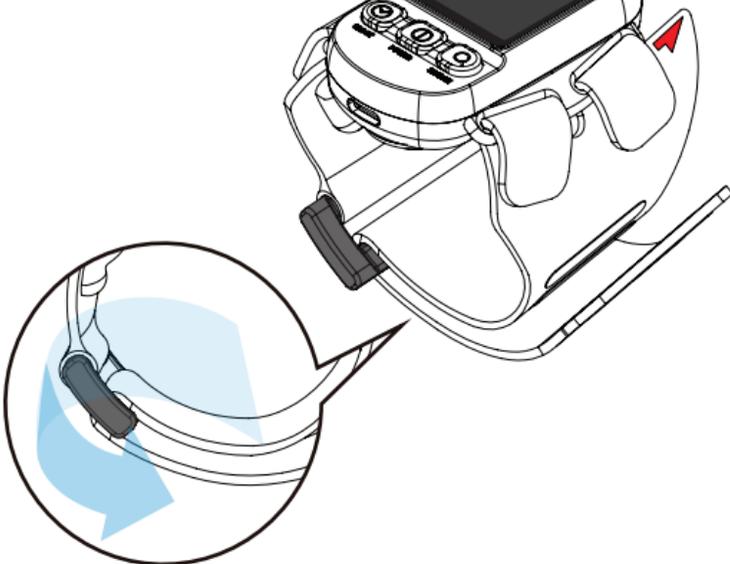


Please paste according To the pattern position



4

Assembling the wrist cuff

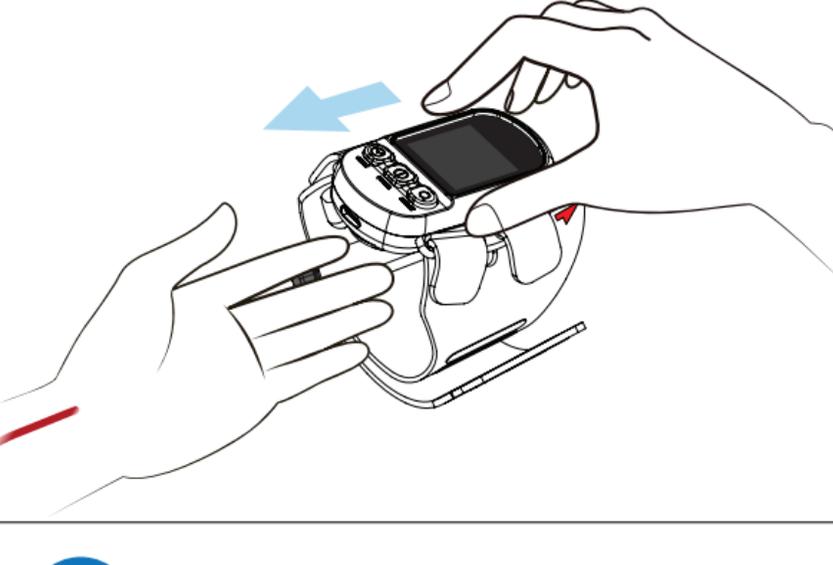


5

Apply the wrist cuff

Put on Device

Loose up the wristband, and put your left hand through the loop.

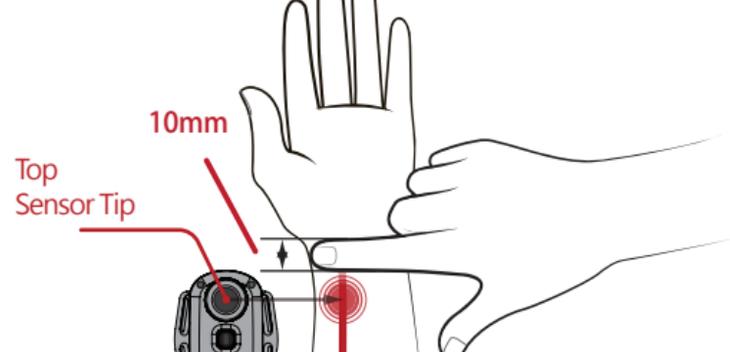


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Apply the wrist cuff

Place the Device

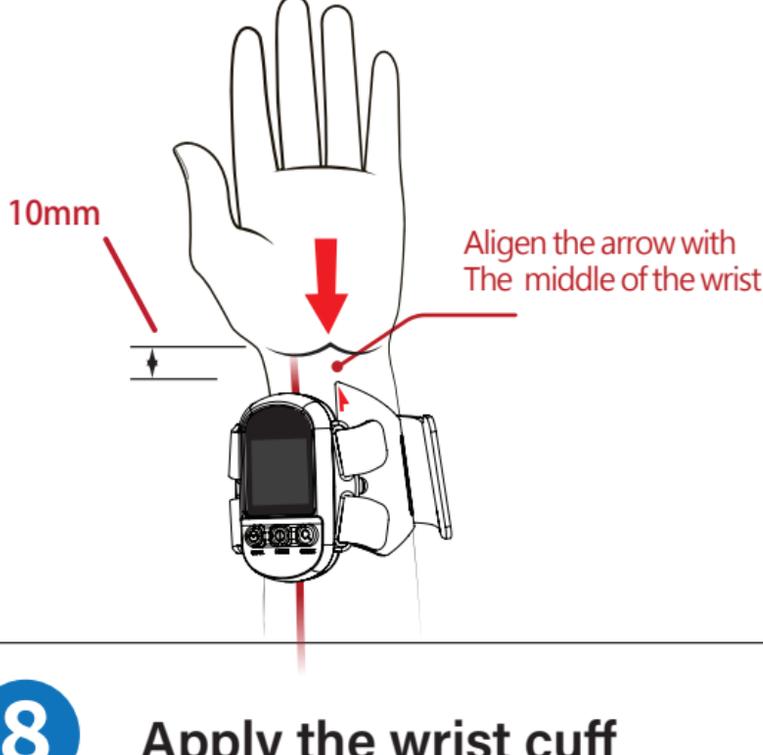
Please keep the 1 finger distance between the base of thumb and the device for the best results.



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Apply the wrist cuff

Place the Device

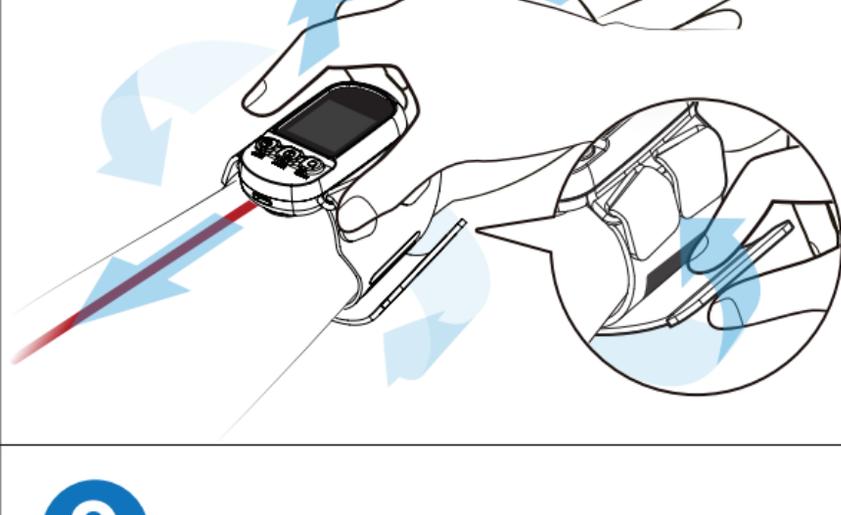


8

Apply the wrist cuff

Tighten the Wristband

Pull the end of wristband gently from below, then stick it on the valcro on the right.



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To know your setting steps

1. Change Clock Setting

Press the CLOCK button and the year blinks.



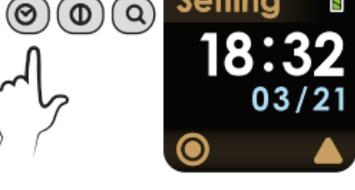
2. Increase Number

Press the SEARCH button and the number increases.



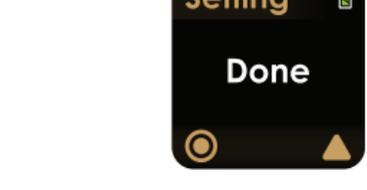
3. Confirm Setting

Press the CLOCK button again to confirm, and move on to month, day, hour, and minute.



4. Completed

When the setting is done, the device informs the setting is done, and turn off in 60 secs.

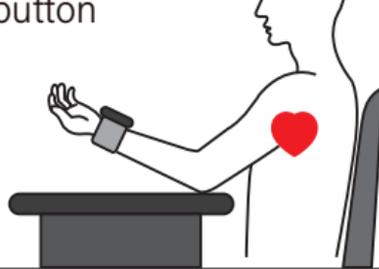


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Take a measurement

1 To help ensure a correct measurement **avoid bathing, drinking alcohol or caffeine, smoking, exercising and eating for 30 minutes** before taking a measurement. **rest for at least 5 minutes** before taking a measurement. you back and arm should **have support** keep feet **flat**, legs **uncrossed**

2 Press the [power] button



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Know Display Showing

1. Power On

Let the user know if its up to date



2. Quality Detection

Checking the quality of signals



3. Measuring

The entire process takes 25 secs



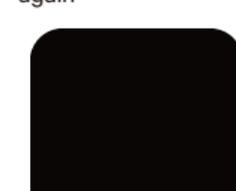
4. Completed

Displays 60 secs, then power off



5. Auto Power Off

Safe to store it or turn on again



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Know Display Showing

1. Display Problem

Data acquire failure



2. Display Problem

Signal noise too large



3. Adjust Position

Adjust the device's wearing position slightly



4. Battery charging

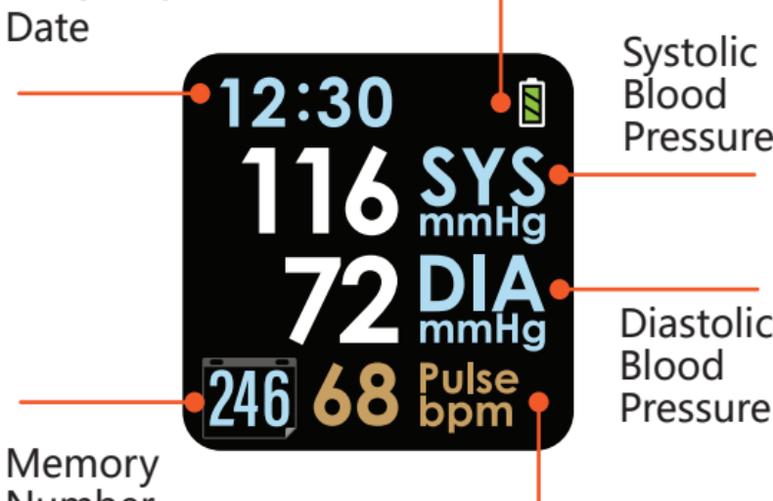


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Know Display Showing

Time And Date

Bettery Status



Memory Number

Pulse Rate

FAQ 1

Why are my blood pressure readings sometimes different?

Your blood pressure changes constantly based on your daily activities and time of day. Because of this, some fluctuations can be expected. That's why it is important to use averages over time to compare readings. Because each person is different, it is important to consult with your physician about what your numbers mean to you.

FAQ 2

Why could my physician's reading be different than my readings taken at home?

Having your blood pressure measured by a healthcare professional in a physician's office can cause nervousness and may result in an elevated reading. Because these readings can vary considerably, you should take your blood pressure on a regular basis at home and share your results with your healthcare provider.