

## QUICK START GUIDE

# Arm

Blood Pressure Monitor



Easy to read >>>  
Large 4.2 inches screen display  
High Resolution LED

### Main Body



### 3-color Indicator



Systolic Blood Pressure (mmHg)	Diastolic Blood Pressure (mmHg)	Color Display	Healthical Relationship
≥160	≥100	red	and (H)
140-159	90-99	yellow	and (H)
90-139	60-89	green	and (N)
<90	<60	yellow	and

⚠ Note: Consult your doctor if unexpected readings are obtained.

### How To Set "user groups"?

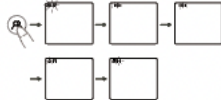
In Standby mode, press the "M" button to enter the user selection interface. Then press the "M" button again to switch and select user groups.



### How To Set "year/month/date/time"?

In Standby mode, press the "M" button for about 3 seconds to enter the date setting interface, and the "year" will flash.

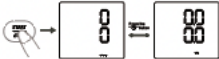
1. Press the "←" button to adjust the year, and press the "M" button to confirm the selection. When the year is set, it will automatically enter the month setting. Press the "←" button to adjust the month, and press the "M" button to confirm the selection.
2. Follow the same steps to adjust the date/minute.



### How To Set "unit"?

The default unit is mmHg.

1. In Standby mode, press the "M" button for about 5 seconds to enter the unit selection.
2. Press the "←" button to switch between mmHg and kPa, and then press the "M" button to confirm the selection.



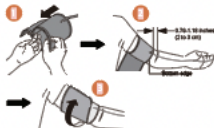
### How To Check Memory Data?

1. In the power-off mode, press the "M" button once and the device will display the average value of the blood pressure measurements of the last 2 or 3 times.
2. Press the "←" button, and the latest measured value will be displayed.
3. Press the "M" button again and the real measured values will be displayed one by one.



### How To Apply The Arm Cuff?

1. Connect the arm cuff to the monitor by inserting the air plug into the air jack.
2. Place your hand through the cuff loop. Pull the cuff until it reaches your upper arm.



Correct posture



3. Sit in a comfortable chair with your back and arm supported. Keep your feet flat and your legs uncrossed. The arm cuff should be placed on your arm at the same level as your heart, with the arm resting comfortably on a table.

### How To Take Proper Measurements?

1. Fasten the arm cuff following the instruction of "HOW TO APPLY THE ARM CUFF". Start the measurement after wearing the cuff correctly.
2. Press the "M" button. After all icons are turned on, the monitor will start inflating for measurement and display "00". Check the measured values after the measurement finished.

