


Instructions for measuring blood pressure

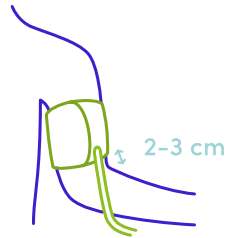
 Before you start the measurement, take 5 minutes to rest.
Remove clothing for you upper arm, but avoid constriction of the arm when rolling up the sleeves.

 **Attention:** Perform 2 measurements, both on the same arm. Rest for 1-2 minutes in between measurements.

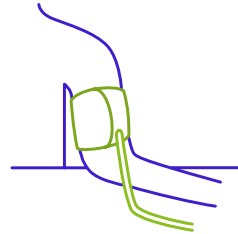
1. Slide your arm into the cuff and push it to your upper arm.



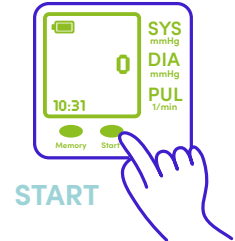
2. Secure the cuff to your upper arm using the Velcro.



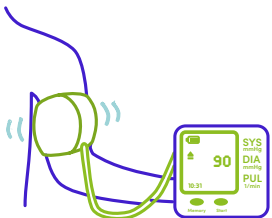
3. Sit down at a table.



4. Press start to initiate the measurement.



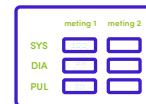
5. The reading is taken while the cuff inflates. This gives a tight feeling.



6. Wait until the numbers stabilize and you hear a long beep.



7. Sys, Dia and Pul are shown in sequence on the screen. Note these values.



Sys = systolic blood pressure
Dia = diastolic blood pressure
Pul = heart rate
pp = pulse pressure

*pp does not have to be noted

8. Repeat the measurement. Enter the measurement values online.

