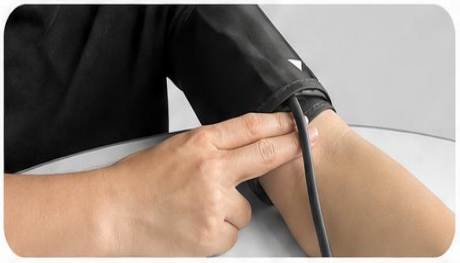
QUICK START GUIDE

1

Wrap the cuff on the upper left arm with the tube facing down.

2



Position the cuff about two finger-widths above the elbow.

3

Make sure two fingers fit between the arm and cuff.

4

Press the **[Start/Stop]** button to begin.

5

STAY STILL

Relax, keep still, and do not talk during the measurement.

6

READ RESULTS

Measurement will complete in about 30 seconds.
View your results on the screen.

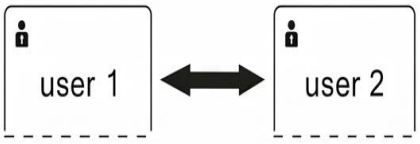
IMPORTANT: Always wear the cuff with the arrow facing DOWN toward your hand as shown above. Incorrect direction may affect measurement accuracy.

QUICK START GUIDE

Monitor Your Heart Health

1 DUAL-USER MODE - Ideal for Family Use

1. Press SET button when device is OFF, screen shows A or B
2. Press MEM button to switch between User A and User B
3. Press SET button again to confirm the selected user



2 HOW TO VIEW MEASUREMENT DATA

1. Press MEM button when device is OFF to view latest 3-times average
2. Press MEM repeatedly to view stored measurements one by one
3. Device stores 2×90 sets - oldest auto-replaced when full

NOTE: To clear all memories:

If you're sure you want to permanently erase all your stored memories.
Press the SET button continuously in the shutdown state until CL appears.
Press the START/STOP button and CL will flash 4 times to clear all memories.
After pressing the MEM button, and 'no' will be displayed on the display, which means there is no memory storage.