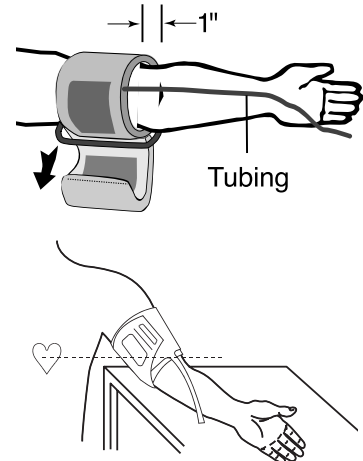


Quick Start Guide

Models #04-203-001 & 04-203-006 Digital Blood Pressure Monitors

NOTE: The adult cuff fits an arm circumference of 9-1/2" - 12-5/8"
The large adult cuff fits an arm circumference of 12-1/4" - 16-1/8"

- 1) Resting Period – **A 15 minute resting period is needed to stabilize the body prior to taking a reading.** No eating, drinking or smoking while resting.
- 2) Cuff Placement – Remove any constrictive clothing or jewelry that may interfere with cuff placement. Wrap the cuff snugly around your left arm. **Position the cuff's bottom edge one inch ABOVE the elbow joint.** Make sure the tubing position is as shown.
- 3) Arm Placement – Rest your elbow on the table. **Make sure that the cuff is at the same level as your heart.** A cuff that is below or above heart level will cause an inaccurate reading.
- 4) **Position the monitor on a flat stable surface with the display panel in view.**
- 5) Turn the unit on – **Press the Power button to turn the unit on.**
- 6) To inflate – Squeeze and release the inflation bulb at a steady pace until the reading is 30 mmHg higher than your known Systolic pressure. **The pressure must be at least 140 mmHg and NOT EXCEED 280 mmHg.**
- 7) To deflate – Upon reaching the proper inflation level, **stop squeezing the bulb.** The cuff pressure will automatically begin to decrease.
- 8) Memory feature – **Press the Power button and hold the "Memory button"** to view the last measured reading. Blood pressure and pulse rate will display simultaneously on the screen.



Eating, smoking or talking during the unit's operation will cause inaccurate readings.

A 15 minute rest period is needed between readings. This allows the blood vessels to return to normal. (This is necessary even when switching between and comparing to a different unit).

PLEASE NOTE

- Many factors such as genetics, age, sex, altitude, physical activity, anxiety, muscular development, certain medications or even the time of day can influence blood pressure.
- Blood pressure varies from moment to moment therefore, even readings taken with proper rest periods can vary. Home blood pressure readings may vary as much as 10-20 points from ones taken at your doctor's office.
- Variations in your individual readings should only be interpreted by your physician or a trained health care professional.
- We encourage you to consult with your physician to achieve the maximum benefit from your blood pressure unit.

IMPORTANT!! You can stop the inflation or deflation process of the cuff any time by pressing the "release valve button" or by removing the cuff from your arm.

Please read the instruction guide for this unit prior to using. If you have any questions or are experiencing difficulties, please call the toll-free MABIS Customer Service Help Line for further assistance at 1-800-622-4714 or visit our product support web site at:

www.mabis.net/support/203