

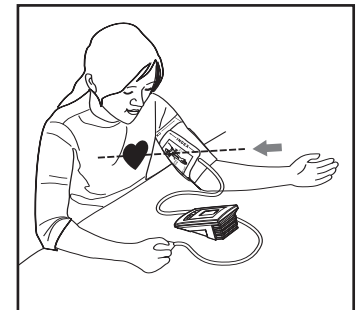
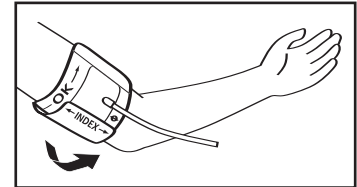
Model #04-340-000

Semi-Automatic Digital Blood Pressure Monitor

NOTE: The Wide-Range™ cuff fits an arm circumference of 8-5/8" – 18" (22-46 cm)
The monitor requires 4 AA batteries (included)

See the enclosed Guidebook for further details.

- 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 – Connect the tube to the unit. 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. Position the (Φ) cuff symbol over the main artery (on the inside of your arm) as shown.
NOTE: Cuff should fit snugly, yet comfortably. You should be able to insert one finger between your arm and cuff.
- 3) Arm placement – Rest your elbow on a solid surface with your palm facing upward. The cuff must be at the same level as your heart. A cuff that is below or above heart level will create an inaccurate reading.
- 4) Position the monitor on a flat, stable surface with the display panel in view.
- 5) Press POWER to turn the unit on. **Do not move and remain quite during the process.** Steadily squeeze and release the inflation bulb. The pressure must be 50-60 mmHg above your normal systolic pressure. An upward arrow will flash if there is insufficient pressure.
- 6) Release the bulb pressure. The cuff will deflate and your systolic, diastolic and pulse readings will appear on the screen. Your reading will be automatically stored in memory.
- 7) Press POWER to turn off.
- 8) Memory feature – Press the 'MEMORY' button to view previously stored readings. Up to 60 measurements can be stored.
- 9) Avoid continuous readings – **A 15 minute rest period is needed between readings.** This allows the blood vessels to return to normal.



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 after 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 trained health care professional.
- We encourage you to consult with your physician to achieve the maximum benefit from your blood pressure monitor.

IMPORTANT!! You can stop the inflation or deflation process of the cuff at any time by pressing the POWER button.

Please read the Guidebook for this monitor prior to using. If you have any questions or are experiencing difficulties, please call the toll-free Customer Service Help Line for further assistance at 1-800-622-4714.