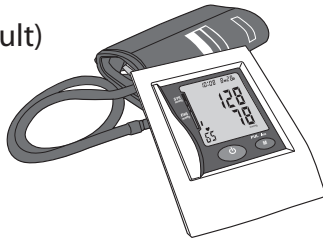


# Automatic Digital Blood Pressure Arm Monitor

Model 01-5021 (adult)

Model 01-5022 (large adult)



**THIS QUICK START GUIDE IS INTENDED AS A SUPPLEMENT TO THE INSTRUCTION MANUAL. PLEASE READ THE COMPLETE MANUAL PRIOR TO FIRST USE.**

Before applying your blood pressure cuff, be sure you have selected the appropriate size cuff:

**Adult Cuff** arm circumference: 11-3/4" – 16-1/2" (30-42 cm)

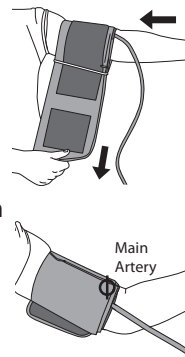
**Large Adult Cuff** arm circumference: 11-3/4" – 16-1/2" (30-42 cm)

Additional cuffs are available for order on the included order form or by calling 866-326-1313.

A 15 minute resting period is needed to stabilize the body prior to taking a reading. No eating, drinking or smoking while resting.

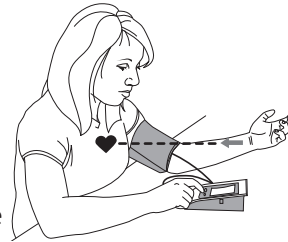
## Applying Arm Cuff

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). You should be able to insert one finger between your arm and cuff.



## Taking the Measurement

1. Position the monitor on a flat, stable surface with the digital display in view.
2. Insert the cuff tubing connector into the port on the left side of your monitor. Rest your elbow on a solid surface with your palm facing upward. Elevate your arm so that the cuff is at the same level as your heart, and relax your left hand.



3. Press the (POWER) button to turn the unit on; the unit will run a self-test, Fig 1. The display will briefly show the last reading value, or '0' if no reading is in memory.
4. The cuff will automatically begin to inflate with the display showing increasing pressure in the cuff as the pressure increase.



Fig. 1

5. Your blood pressure measurement and pulse will display simultaneously on the screen after the cuff deflates. Both the systolic and diastolic readings will display at the same time, Fig 2.
6. Consult the included Instruction Manual for information on interpreting your reading results.
7. The results will automatically be stored in memory bank, up to 60 readings.
8. Select POWER to turn the unit off and conserve energy and battery life. The unit will automatically shut-off and revert to time/date mode after approximately 1 minute. Disconnect the cuff and tubing from the monitor prior to storing.



Fig. 2

## Please Note:

- You can stop the inflation or deflation process of the cuff at any time by pressing the (POWER) button.
- 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; 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.

**IF YOU HAVE ANY QUESTIONS OR ARE EXPERIENCING DIFFICULTIES, PLEASE CALL THE TOLL-FREE CUSTOMER SERVICE HELP LINE FOR FURTHER ASSISTANCE AT 1-866-326-1313.**

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