QUICK START GUIDE **Upper Arm Blood Pressure Monitor**

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2. Faulten the out light enough so you can alide hers linguis undermosth it.



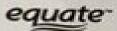
3. Dit conductably with arm resting on a flay surface, wievated to heart. level, pulm up.

1. Lay left arm on the table with pairs 4. Press START/STOP button. (Rettery installation required.)



- 5. Sit quiety as out inflates & deflotes.
- Wart for measurement to complete.
- When measurement is complete. the out definies automationly.
- 8. The systolic pressure, and pulse rate appear on the digital display.





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- · Do not smoon, eventue. or consume anything for of least 30 minutes before PROPERTY AND INCOME.
- Bit constantably on a chair with. your feet on the floor and your blick straight. Dit not cross. your lega.
- Phone your acts on a topso with. your palm facing upward and this could all this barrier levels us. STREET PROPERTY.
- . Makes for serveral months. Section measurement.
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4000 Series

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