

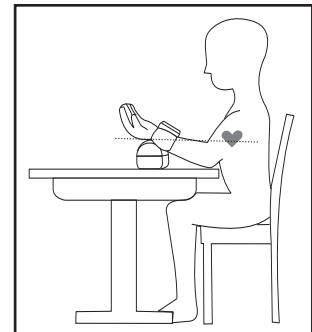
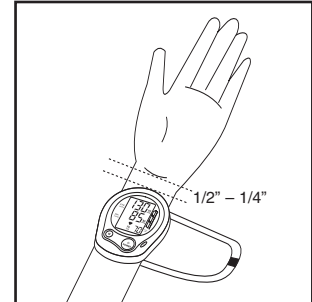
Quick Start Guide

Model #04-228-001 Deluxe SmartRead® Plus Wrist Digital Blood Pressure Monitor

NOTE: This monitor is designed for a wrist circumference of 5" – 8-1/4"
The monitor requires 2 AAA 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 – Remove all jewelry and wrap the cuff snugly around your left wrist. **The cuff's top edge should be approximately 1/4" from the bend in your wrist (see diagram).** The display screen and the palm should be facing the same direction. Make sure the top and bottom edges of the cuff are tightened evenly around your wrist.
- 3) Arm placement – Rest your elbow on the table and **raise your hand so 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) Turn the unit on – **Press the POWER button to turn the unit on. The cuff will automatically begin to inflate.**
- 5) Storing your readings – **Up to 60 measurements plus the average of all measurements, including time and date, will be automatically stored into memory.** See the enclosed Guidebook for further details about setting the time and date feature and the exclusive WHO Indicator.
- 6) Avoid movement – **Eating, smoking or talking during the unit's operation will cause errors in readings.**
- 7) Avoid continuous 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 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 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.

The 'M' button and the ⌚ Time Set button are for setting the date and time.

To enter the time/date mode:

1. Press the ⌚ Time Set button to enter into the Time Adjustment mode. The blinking Month will display, *Fig. 1*.
2. Press 'M' button to change the Month.
3. Press the ⌚ Time Set button to set entry, *Fig. 2*.
4. The blinking Date, followed by Year, Hour, and Minutes will display. Repeat steps 2 and 3 to adjust the date/time setting.
5. Your unit is ready to take a reading, or press POWER to turn the unit off.

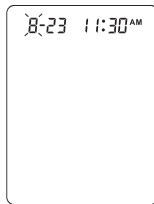


Fig. 1

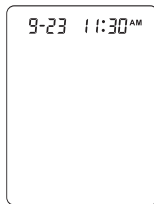


Fig. 2

