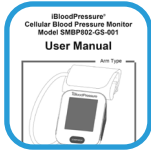


### Setting up your device for your first reading



- 1 Read your owner's manual for all product safety information.



- 2 Insert the batteries inside the base of your iBloodPressure monitor.



- 3 Plug the cuff tube into the base of your iBloodPressure monitor.

Note: Please ensure the tube is securely inserted into the base of the device.



- 4 Place the cuff on your upper arm (see reverse side for detailed instructions).



- 5 Press the Start/Stop button to begin your reading.



- 6 Wait for your iBloodPressure monitor to finish the reading.



- 7 You're done! Your reading is automatically sent to your provider.

### Placing and adjusting the cuff



- 1 Remove/adjust your clothing so your upper arm is exposed. Be careful not to roll your sleeve too tightly, as this may affect circulation and can lead to an inaccurate reading.



- 2 Un-velcro the cuff and loosen it so that you can easily slide it over your upper arm.



- 3 Position the cuff so that the tube exits toward your hand.



- 4 Place your arm through the cuff loop with your palm facing up.



- 5 Position the bottom edge of the cuff approximately 1 inch (2-3 cm) above your elbow.



- 6 Align the marker symbol (located to the right of the tube) with the center of your arm.



- 7 Tighten the cuff around your arm — make sure the marker symbol stays aligned with the center of your arm.



- 8 Securely fasten the cuff in place, being careful not to make it too tight. You should be able to fit a finger between the cuff and your arm.



- 9 If possible, relax and rest for at least 5 minutes before taking your reading.



- 10 Lay your arm on a table with your palm facing up. The cuff should be at the same height as your heart. Sit up straight and rest your feet flat on the floor. You're now ready to take your reading!



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