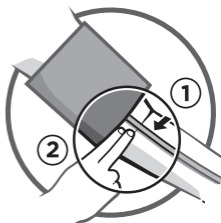



## TAKING AN ACCURATE BLOOD PRESSURE READING

- 1** Place the cuff over your bare upper arm so that the blood pressure tube runs down the middle of your forearm.
- 2** Confirm that the bottom edge of the cuff is 2 finger widths (about 1 inch) above the bend in your arm.



- 3** Sit comfortably in a chair that supports your back. Place feet flat on the floor. Keep legs uncrossed.
- 4** Support your arm on a flat surface, and ensure the cuff is level with your heart (right atrium).
- 5** Rest for 5 minutes after sitting down and positioning the blood pressure cuff.
- 6** Press  to begin the blood pressure measurement.

## PAIR YOUR SMARTPHONE WITH THE BLOOD PRESSURE (BP) MONITOR

1. Unpack your device and install the batteries.
2. On your smartphone, open **Settings** and turn on **Bluetooth**.
3. Download the **Welch Allyn Home App** from the App Store or Google Play.
4. Launch the **Welch Allyn Home App** and log in.  
**Note** If you are launching the application for the first time, complete these steps:
  - Enter your email address and temporary password (if known)
  - Review **Terms and conditions** and touch **Agree**
  - Change your password
  - Enter profile information
5. In the **Add a device** screen, touch **I have a blood pressure device**.
6. Press AND HOLD the power button on the BP monitor for 2 seconds to pair the device. A “Device found!” message appears on your phone.
7. Rename the device or leave as is, and then touch **Save**.  
An “All set!” message appears. Pairing was successful.