

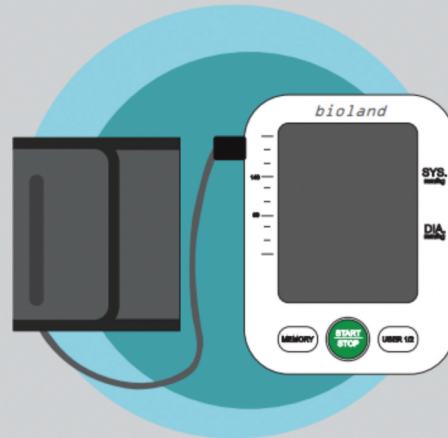
# How to use your BP monitor (A600N)

To charge your device, match one end of your charging cable into the device port, and the other end into the wall charger. Plug the wall charger into the wall.

3-4 hours is sufficient time to charge your device. Do not charge your device while testing it.



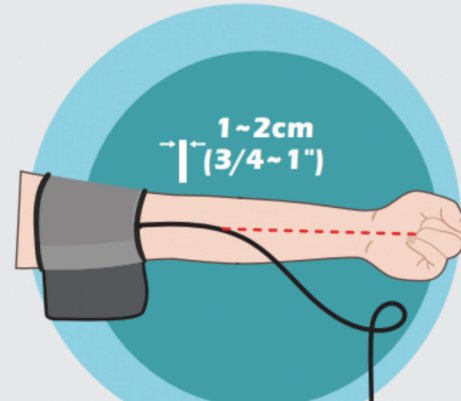
1



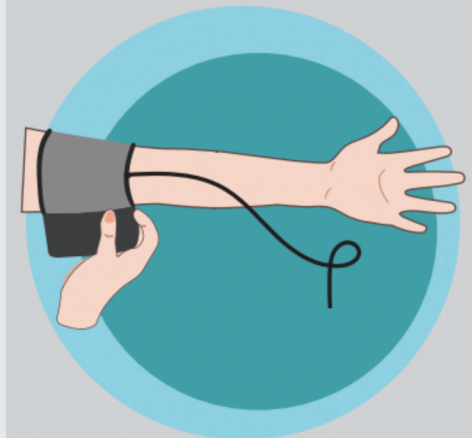
Connect the cuff to the left side of your device

2

Apply the cuff on your left or right upper arm so that the tube is aligned with your middle finger, pointing toward on your lower arm and palm



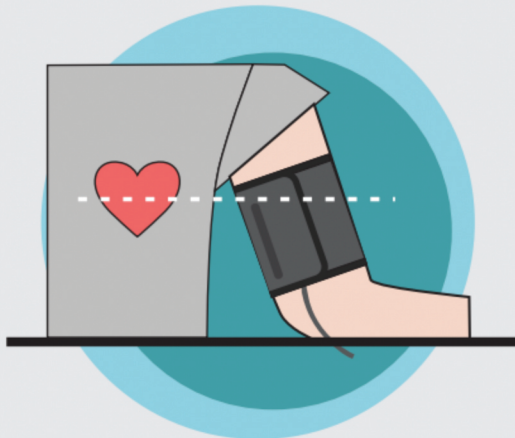
3



Wrap the cuff snugly in place around your upper arm

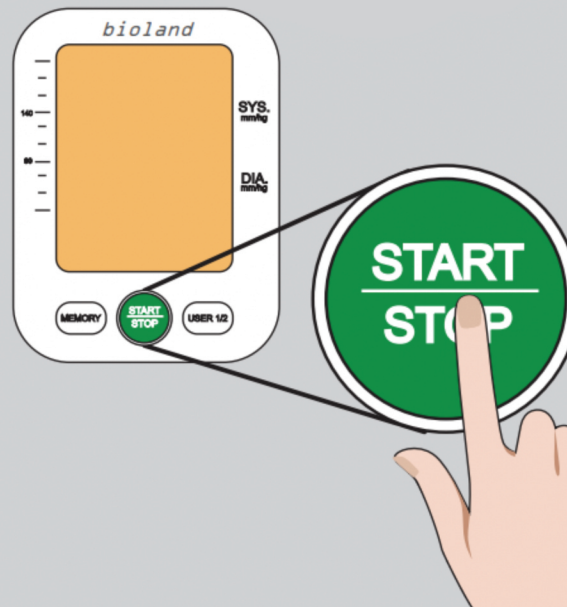
4

Support your arm (i.e. resting on a desk with a pillow or book to adjust arm height) so that the middle of the cuff is at heart level.

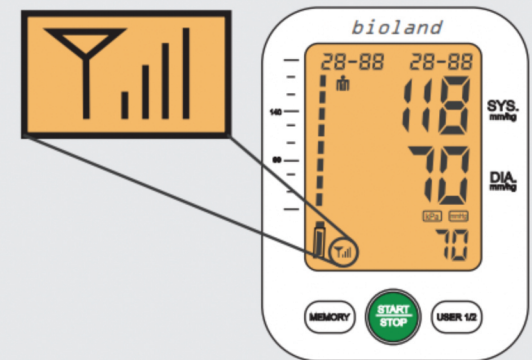


5

Start the measurement on your device



6



Once you get your readings, wait until the Antenna Symbol stops blinking and your device will shut off on its own.

7