

Quick Start Guide ENGLISH

BLOOD PRESSURE MONITOR – BP01



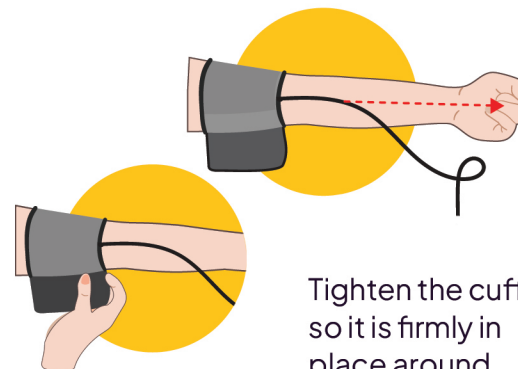
tellihealth
DEVICES

1 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.



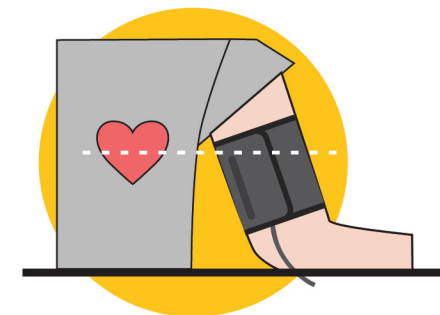
Connect the cuff's tube to the left side of your device.

2 Place the cuff around your left or right upper arm so that the tube is aligned with your middle finger, pointing toward your lower arm and palm.



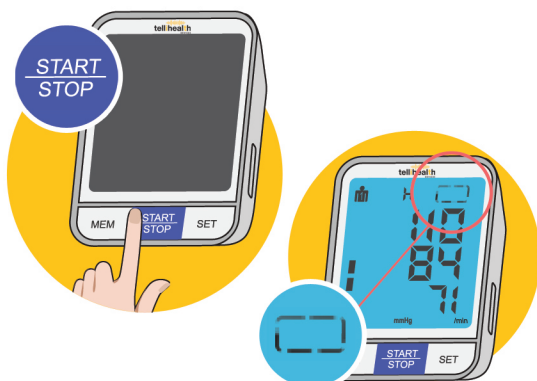
Tighten the cuff so it is firmly in place around your upper arm.

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



Sit comfortably. Make sure your back is straight and supported. Palm should face up.

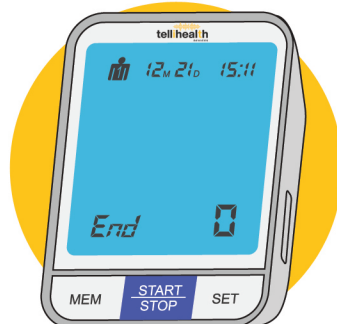
4 Start the measurement on your device.



Once you get your reading, a rectangle will appear on your screen. After the rectangle appears, it is OK to remove the cuff.

5 Wait until your device shows "End" and it will shut off on its own*.

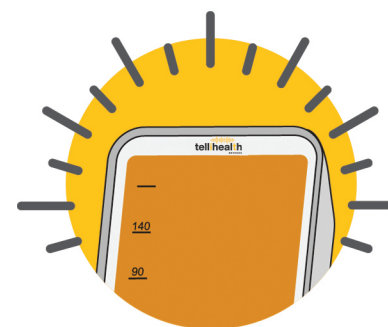
*The device might take several minutes to connect to the cellular network and complete the upload.



YOU ARE DONE!

REMINDER ALERT:

Sometimes the screen on the device will blink orange to remind you to take a reading.



To stop the reminder, please take a BP reading normally.

SILENCE REMINDER:

User can temporarily silence the reminder by pushing the SET & MEM keys at the same time.

