



# Your Blood Pressure Monitor

## How Often Should I Check My Blood Pressure?

This can vary by your health condition and needs. Most patients check once daily (fasting) or twice daily (fasting and after a meal). If you are unsure, follow your provider's instructions or contact the care team.

- During the first few weeks, take one reading each day unless instructed otherwise.
- Try to take your reading around the same time each day.
- If possible, take your reading about 1 hour after taking your blood pressure medication, unless your provider has given you different instructions.
- Consistent readings help your care team understand what is normal for you.

### A note about these guidelines

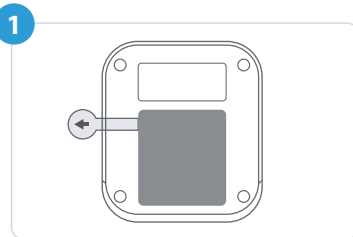
The information below reflects our most common recommendations. Your provider or care team may give you specific instructions that are different — always follow their guidance first. If you have questions about how or when to take your readings, call the care team.

## For The Most Accurate Reading

- Avoid caffeine, smoking, or physical activity for at least 30 minutes beforehand.
- Sit quietly and rest for 5 minutes before taking your reading.
- Keep both feet flat on the floor.
- Rest your arm at heart level.
- Avoid talking during the reading.

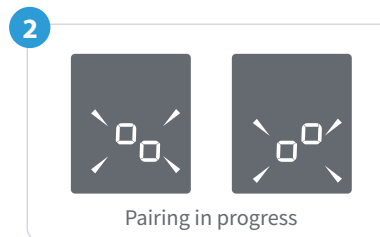
If a reading seems unusual, wait a few minutes and repeat it. If still unusual for you, call the care team.



## Capturing Your First Reading



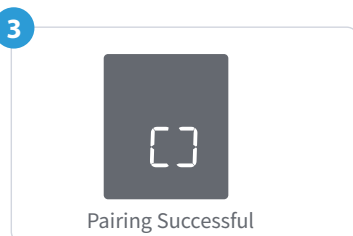
The batteries were installed. Please pull the plastic insulating strip before first use.


Once powered on, the device will automatically establish the initial pairing with the cellular network.



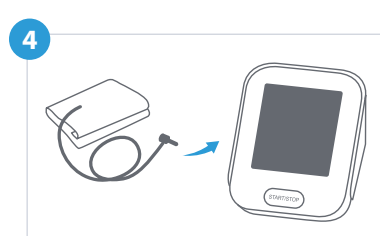
While pairing, the symbols  and  will alternate on the screen.

This process normally takes about 15 seconds.



When pairing is completed successfully, the device will display the symbol  and then shut off.

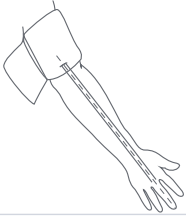
The device is now ready to use!



Plug the connector on the cuff tube into the device.

Be sure to use the port marked 'Cuff Port' instead of the port for AC adapter (on the opposite side).

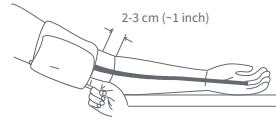
5



Roll or push up your sleeve to expose your left upper arm.

Hold your arm with your palm facing up and apply the cuff, align the air tube toward the center of your arm.

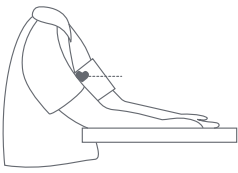
6



Wrap the end of the cuff over your arm to secure it in place.

Don't make it too tight—allow a finger to fit between the cuff and your arm.

7



Place your arm resting comfortably on a flat table. The cuff worn on your arm should be placed at heart level.

8



Press the "START/STOP" button to turn on the monitor, the cuff will automatically inflate, take a reading and then deflate.

Remain still until the cuff deflates completely.


9



Your results will be displayed and securely stored on the device prior to transmission starting.


10



During data transmission the  symbol will flash. This process normally takes around 5 to 10 seconds.

11



If successful, the LCD will display .

If unsuccessful, the LCD will display "E5" or "E6", and the measurement will be sent on the next successful connection.

**For more information, see full user manual.**

# Need Help?

Smart Meter® Support:  
1-844-445-8267  
Monday - Friday 9AM - 5PM EST