

In association with

**St John**  
Ambulance



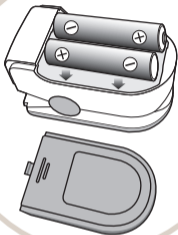
  
**kinetik**  
WELLBEING

# - Quick Start Guide -

PO6L

Finger Pulse  
Oximeter

1



Open battery cover,  
insert batteries  
and replace cover.

2



Warm your hands.  
Remove nail polish  
and false nails  
if necessary.

3



Rest for 5 minutes  
before taking  
your measurement.

4



Insert finger  
into device.

5



Press button to  
take measurement.  
Readings can take  
up to 1 minute  
to stabilise.





for more information visit :  
[kinetikwellbeing.com](http://kinetikwellbeing.com)