In association with

St John Ambulance

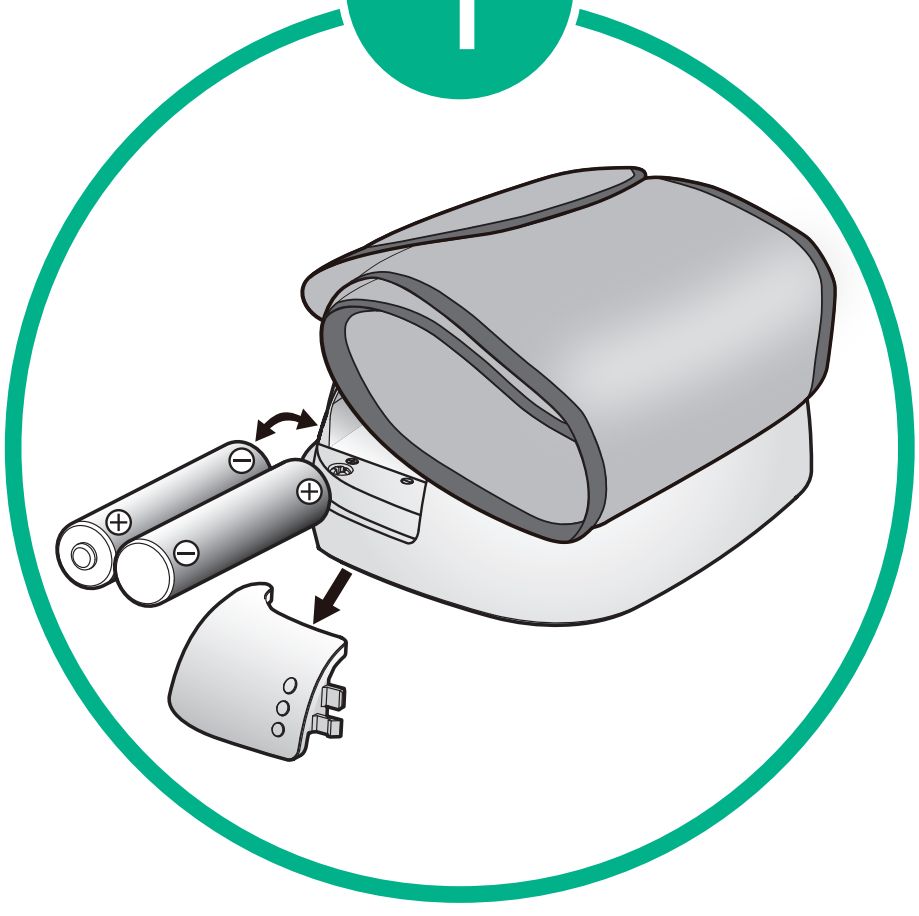
kinetik WELLBEING

-Quick Start Guide-

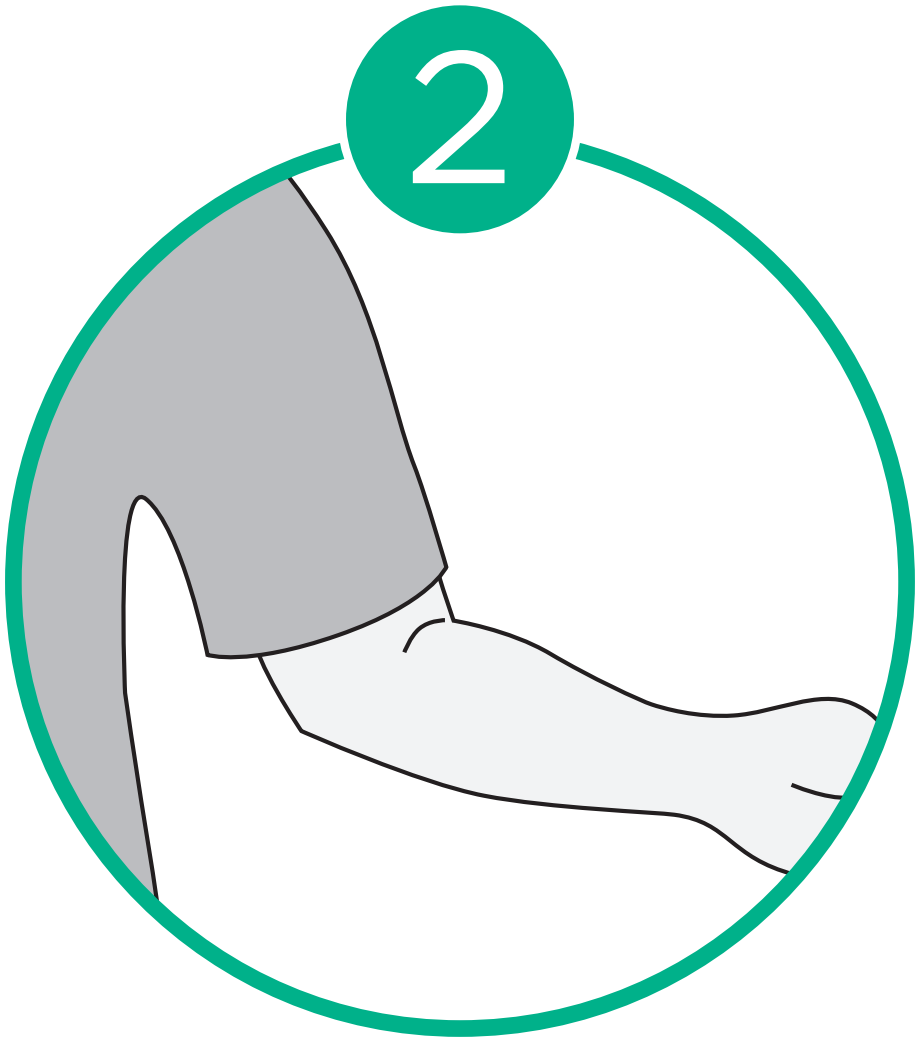
WBP3

Wrist Blood Pressure Monitor

1



Unpack, insert batteries and setup Blood Pressure Monitor.



Remove
thick clothing
from arm.

3

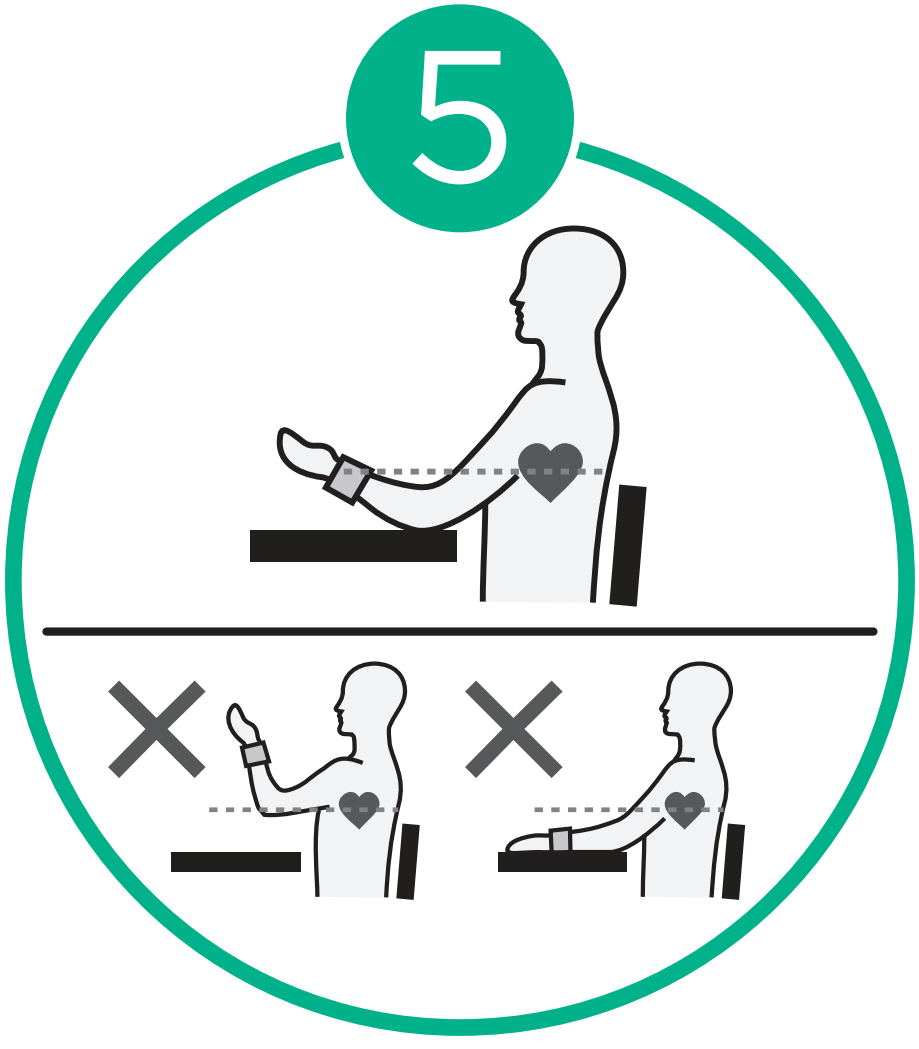


Rest for
a few minutes in
a relaxed position.

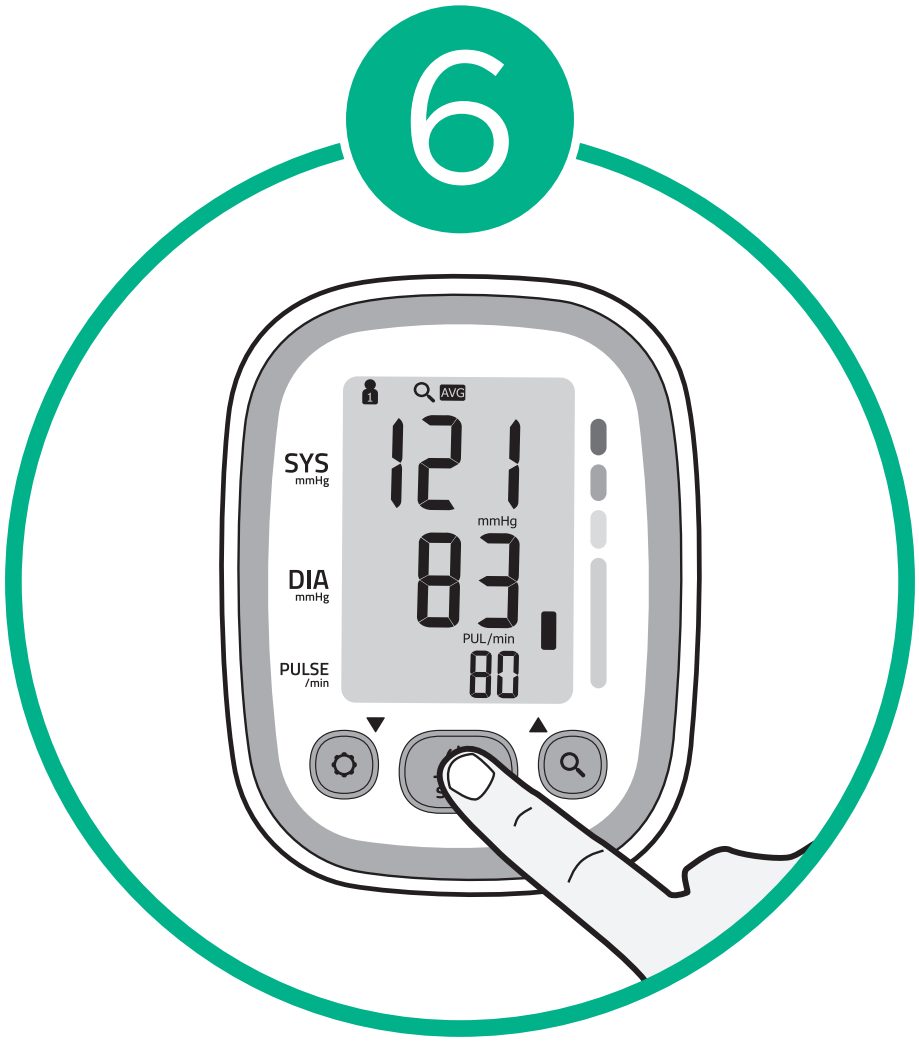


Wrap the cuff on your left wrist, face the monitor and your palm up.

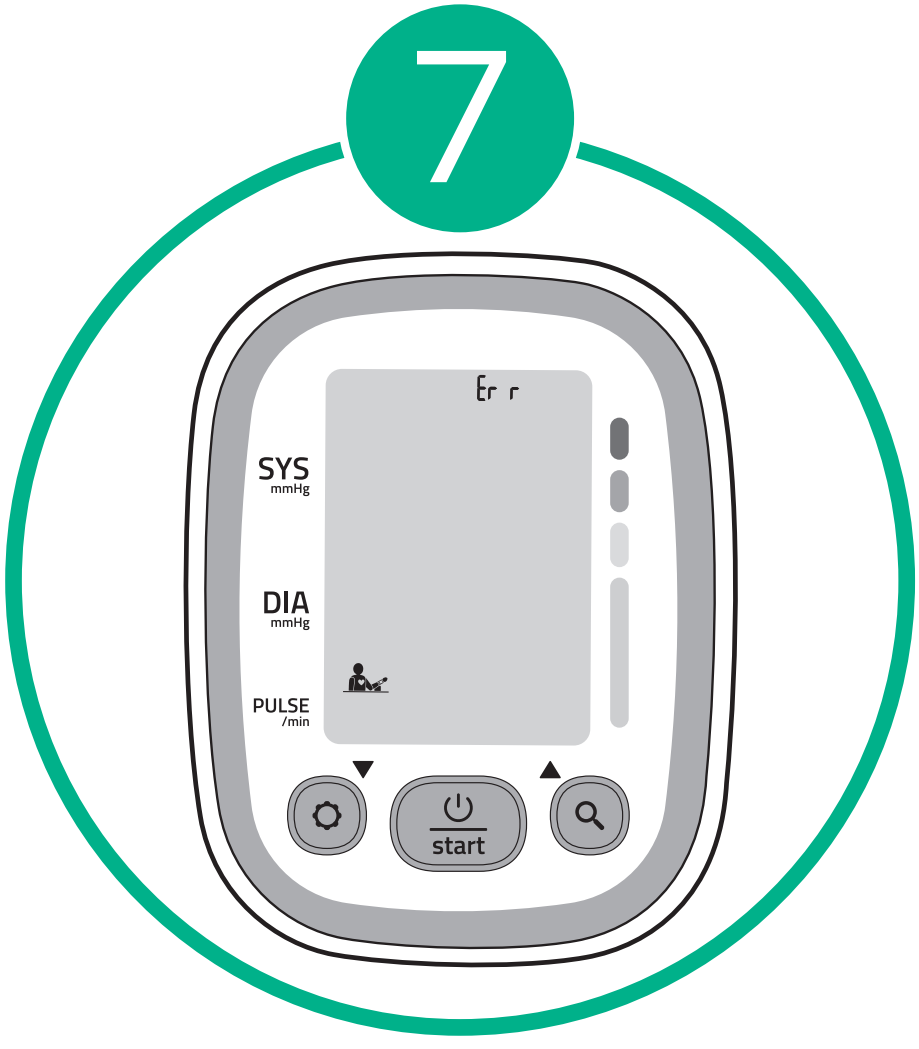
Position the edge of the cuff about 1cm~1.5cm from wrist joints.



Place wrist at the same level of your heart.



Press the start button to begin blood pressure measurement.



The wrist must beat the angle between 30° and 45°. If it's out of this angle, the LCD won't start any measurements and will display + Err until you have the correct position.



If you get the correct position, it will display for about 3 seconds, and then finish the whole measurement.



for more information visit :

kinetikwellbeing.com