In association with

St John Ambulance

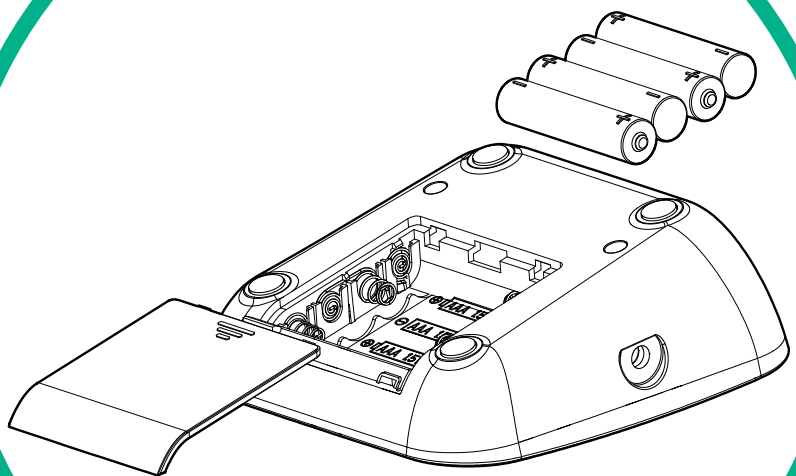
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-Quick Start Guide-

TMB-1970

Fully Automatic Blood Pressure Monitor

1



Unpack Blood Pressure Monitor and insert batteries.



Plug the connector from cuff into the monitor on the left side.



Remove any thick clothing from your arm.

4



Sit in a
relaxed position
for 5 minutes.



Place your arm
resting on
a firm surface.



Wrap the cuff on the left arm and keep level with your heart.

7



Press the START button to begin measurement.

For further help contact us at

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