In association with

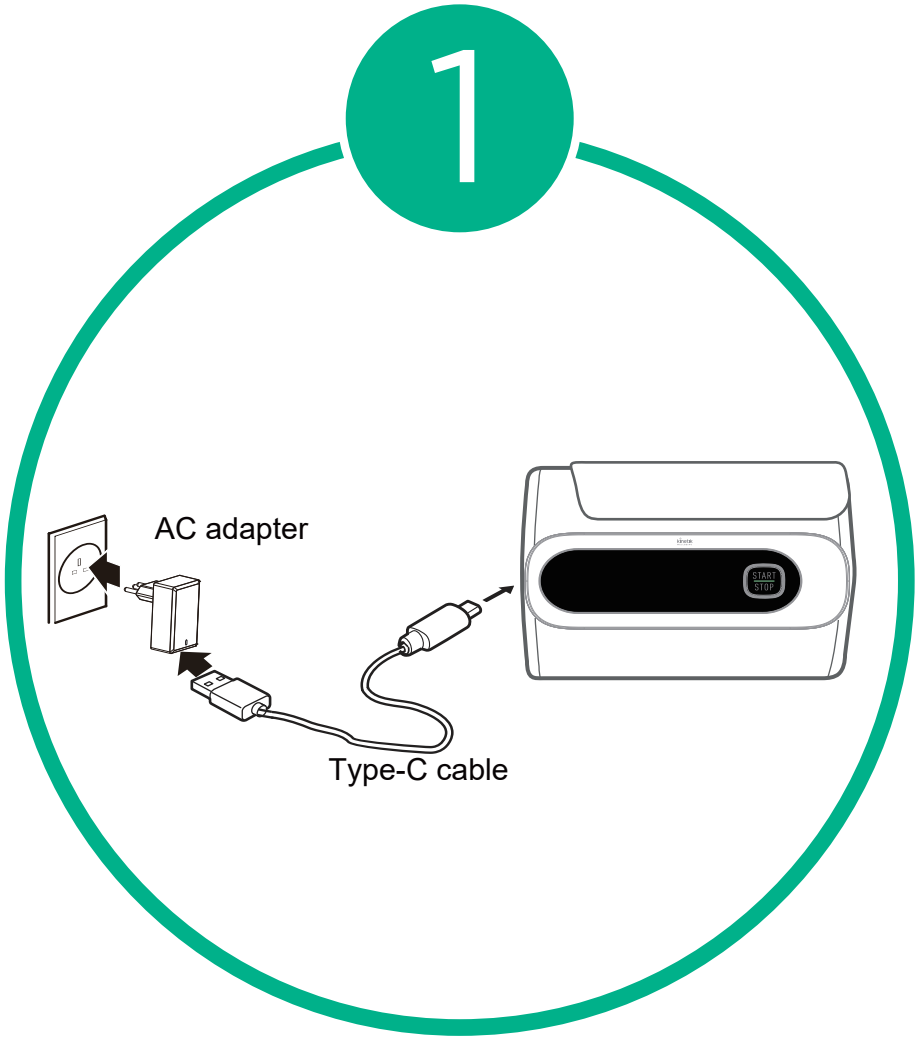
St John Ambulance

kinetik WELLBEING

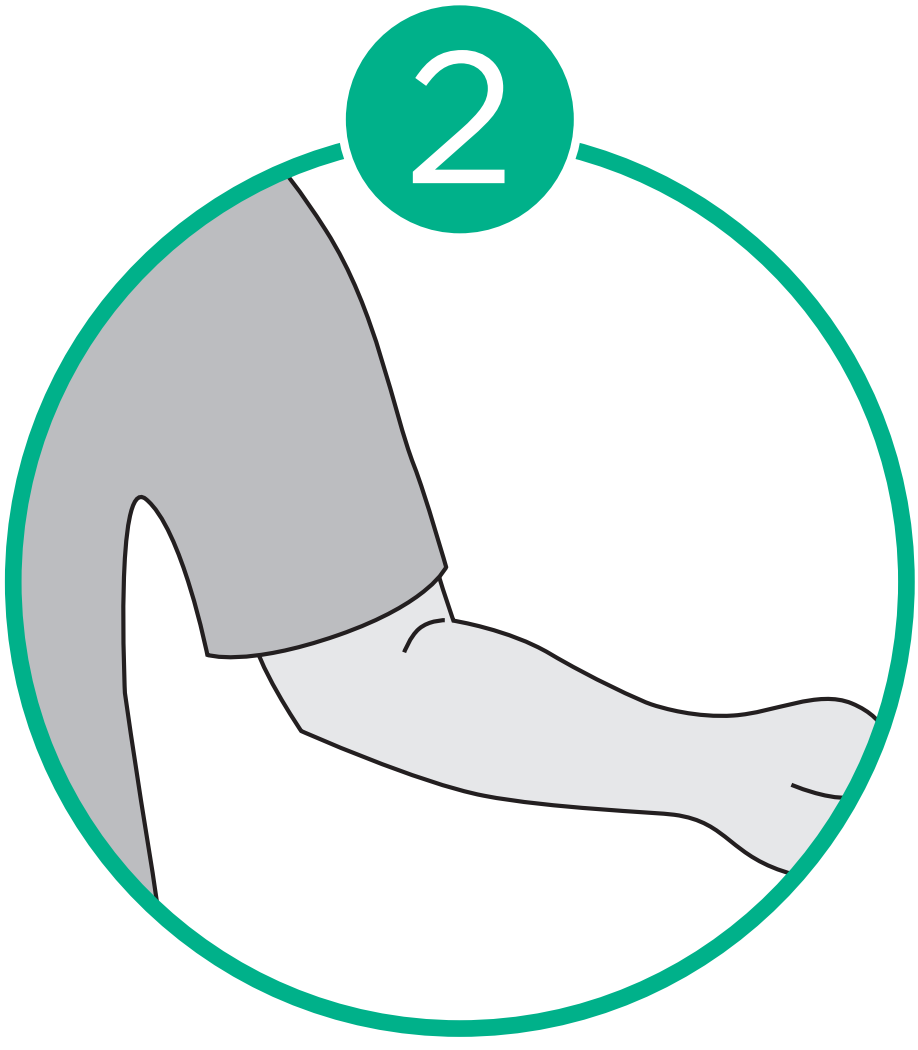
-Quick Start Guide-

TMB-2296-B

Smart All-In-One Blood Pressure Monitor



Unpack Blood Pressure Monitor and charge the device.



Remove any thick clothing from your arm.



Sit in a
relaxed position
for 5 minutes.

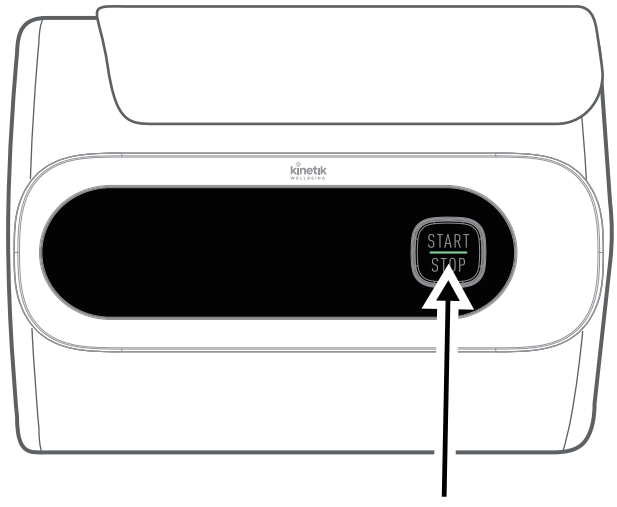


Place your arm
resting on
a firm surface.



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

6



Press the START button to begin measurement.

For further help contact us at

Email

customercare@kinetikwellbeing.com

Live Chat

kinetikwellbeing.com

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