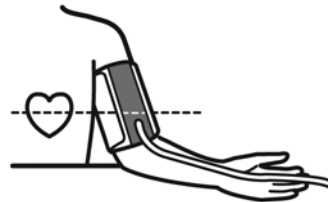
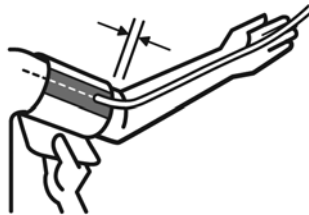
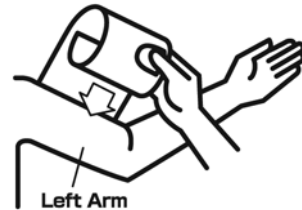


Thank you for purchasing the Omron® H-CL22 ComFit™ Cuff. The ComFit™ cuff fits standard adult and large adult size arms, circumference range of 9" to 17" (22cm - 42cm).

HOW TO APPLY THE COMFIT™ CUFF

1. Two air plugs are included with the arm cuff. Select the air plug that matches the air plug originally supplied with the Omron blood pressure monitor.
2. Connect the air plug securely into the end of the air tube.
3. Make sure the air plug is securely inserted into the blood pressure monitor.
4. Remove tight-fitting clothing from your upper left arm.
5. Use the thumb guide and place the cuff on your arm.
6. Place the bottom of cuff 1/2" above the bend in your elbow and wrap the cuff firmly in place around your arm using the cloth strip.
7. Rest your arm on a table and press the Start/Stop button to take a measurement.



NOTE: Refer to the instruction manual provided with the blood pressure monitor for complete instructions on operating the device.

BEFORE TAKING A MEASUREMENT

To ensure a reliable reading, follow these recommendations:

1. Avoid eating, drinking alcohol, smoking, exercising and bathing for at least 30 minutes before taking a measurement. Rest 15 minutes before taking a measurement.
2. Stress raises blood pressure. Avoid taking measurements during stressful times.
3. Measurements should be taken in a quiet place.
4. Sit on a chair with your feet flat on the floor. Rest your left arm on a table so the arm cuff is the same level as your heart.
5. Remain still and do not talk during the measurement.
6. Keep a record of your blood pressure and pulse readings for your physician. A single measurement may not provide an accurate indication of your true blood pressure. You need to take and record several readings over a period of time. Try to measure your blood pressure at about the same time each day for consistency.
7. Wait 2-3 minutes before taking another measurement. The wait time allows the arteries to return to the condition prior to taking the blood pressure measurement.

The arm cuff is warranted to be free from defects in materials and workmanship appearing within one year from the date of purchase when the monitor is used in accordance with the instructions provided with the monitor. The above warranties extend only to the original retail purchaser.

For assistance in using the cuff call Consumer Support at 1-800-634-4350

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1200 Lakeside Drive
Bannockburn, Illinois 60015
www.omronhealthcare.com

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