

Blood Pressure Wrist Monitor -Automatic RC212

Quick Start Guide



4615853-3B

For details, refer to the instruction manual.

1 Install batteries

- 1 Open the battery cover.
- 2 Insert 2 "AAA" alkaline batteries.
- 3 Close the battery cover.

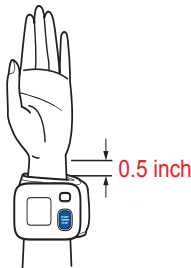


2 Apply the wrist cuff

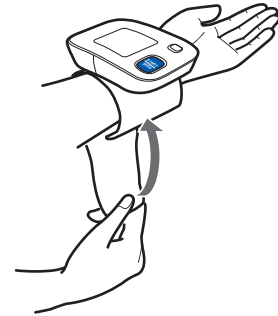
- 1 Put your wrist through the cuff loop.
Your palm and the display should face upward.
- 2 Position the cuff leaving **0.5 inch** between the cuff and the bottom of your palm.
- 3 Firmly wrap the cuff.



Wrist cuff



0.5 inch

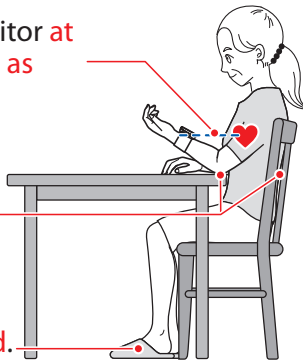


3 Sit correctly

Place the monitor **at the same level as your heart.**

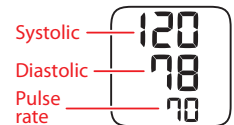
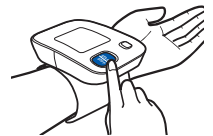
Your back and arm should **be supported.**

Keep feet **flat**, legs **uncrossed.**



4 Take a measurement

- 1 Press the [START/STOP] button.
- 2 Remain still until the wrist cuff deflates.
- 3 Your reading will be displayed.
Press the [START/STOP] button to turn the monitor off.



FAQ 1

Why are my blood pressure readings sometimes different?

Your blood pressure changes constantly based on your daily activities and time of day. Because of this, some fluctuations can be expected. That's why it is important to use averages over time to compare readings. Because each person is different, it is important to consult with your physician about what your numbers mean to you.

FAQ 2

Why could my physician's reading be different than my readings taken at home?

Having your blood pressure measured by a healthcare professional in a physician's office can cause nervousness and may result in an elevated reading. Because these readings can vary considerably, you should take your blood pressure on a regular basis at home and share your results with your healthcare provider.

TIP

For accurate readings:

- Avoid bathing, drinking alcohol or caffeine, smoking, exercising and eating for 30 minutes before taking a measurement.
- Rest for at least 5 minutes before taking a measurement.
- Sit quietly with your legs uncrossed and your feet flat on the floor.

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