Quick Operation Guide

1. Inserting Batteries

Open the battery cover.

Insert two AAA batteries with right polarities. Then close the battery cover.

2. Take a Measurement

Press the POWER button to turn on the monitor.

Hold the monitor referring to the figure above for a palm measurement. Press the START button to take a measurement.

Chest Measurement

If palm measurement is not ideal, please adopt chest mode. Hold the monitor with your right hand and place the other two electrodes against your left chest on bare skin about 5 cm below left nipple. Refer to the above figure about the chest measurement.

Connection of ECG cable

Make sure that deeply insert the ECG cable connector with mild force. Please press START button after well placing the electrode slices and touching body where will be measured.

When the measurement is failed, please check the placement of electrode slices or the connection of the unit and lead cable.

Caution!

✧ DO NOT expose the monitor to static electricity. Always disperse any static electricity from your body before holding the monitor.
✧ DO NOT insert batteries with their polarities reversed!
✧ DO NOT take measurements in a moving vehicle.
✧ DO NOT use the mobile phone during measurement.
✧ The chest electrode will be impeded by excessive body hair, regularly remove the hair at the electrode contact area.

NOTE: Follow the Instruction Manual for applying the monitor in details.