

SmartHeart Talking Digital Blood Pressure Arm Monitor Simple Step Instructions.

Features of your blood pressure monitor.

The talking feature of this monitor should default to English and ON. Instructions for adjusting the language and volume are continued further in this document.

Left side of monitor is the air connection port for the arm cuff.

The left button is the memory recall button.

The right button is power.

The speakers are located on the top of the blood pressure monitor.

Getting Started:

First time use: Install Four AA Type Batteries on the underside of the monitor.

Apply the arm cuff just above the elbow joint of your left arm. The air tubing should run along the inside of the arm to the wrist. The cuff should fit snugly but not too tight; you should be able to your index finger easily under the cuff.

The included cuff fits the upper arm size 8.6 inches to 16.5 inches in circumference. Consult your physician for best recommendation if your arm is outside that range.

Plug the end of the cuff into the left side of the monitor.

Taking a Blood Pressure Reading Steps:

Be seated with your feet flat on the floor and your arm resting loosely on a tabletop so that your wrist is the same level as your heart. Slightly elevate your wrist while your elbow is on the table surface if needed.

Press the POWER button, the button most to the right.

The device will speak the instructions and indicate that the measurement is about to begin. You will feel the cuff inflate and hear the device air pump.

When the measurement is complete, you will feel the cuff deflate and will hear the results announced outloud. The monitor will automatically shut off after one minute.

Changing the language and audio volume:

Press and hold Memory and Power buttons at the same time. Memory and Power are the only two buttons on the front.

The prompt will audibly state 'Please select volume'.

Press and release the left button (memory) until the desired volume is heard.

Press right button (Power) to confirm; the prompt will announce 'Please select language'.

Press and release the left (memory) button to scroll through English or Spanish. Press the right button (Power) to confirm.

Recalling readings in memory.

When the monitor is off, press the left Memory button to access the memory bank. Press and release the left Memory button to scroll through results.