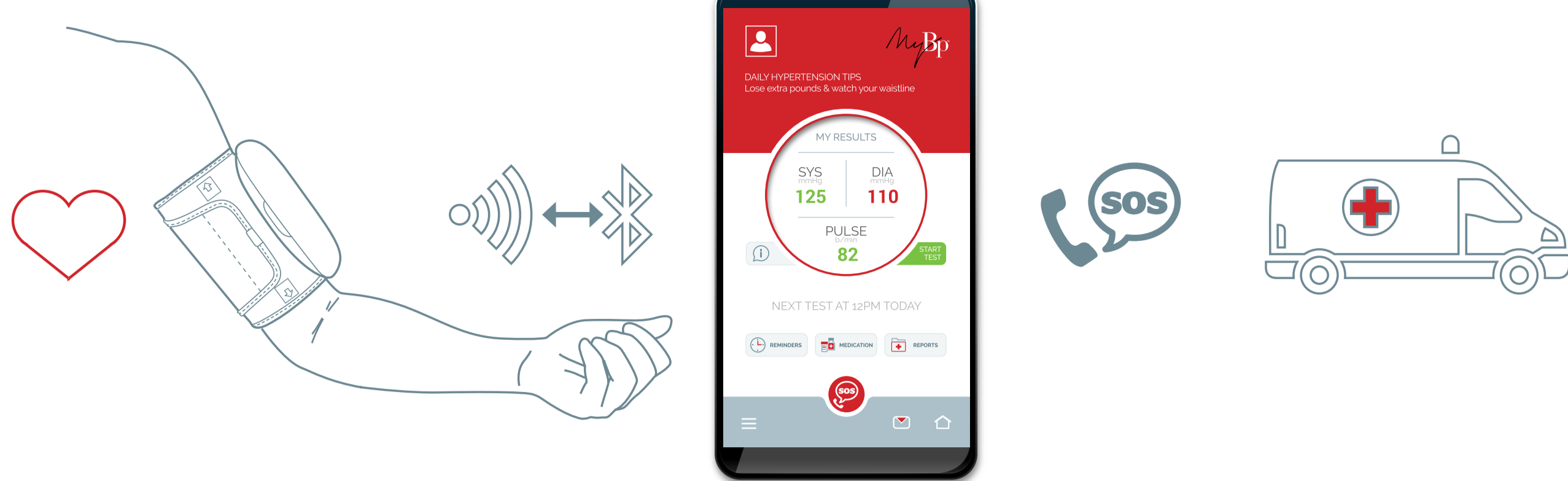




# Blood Pressure (BP) USER GUIDE

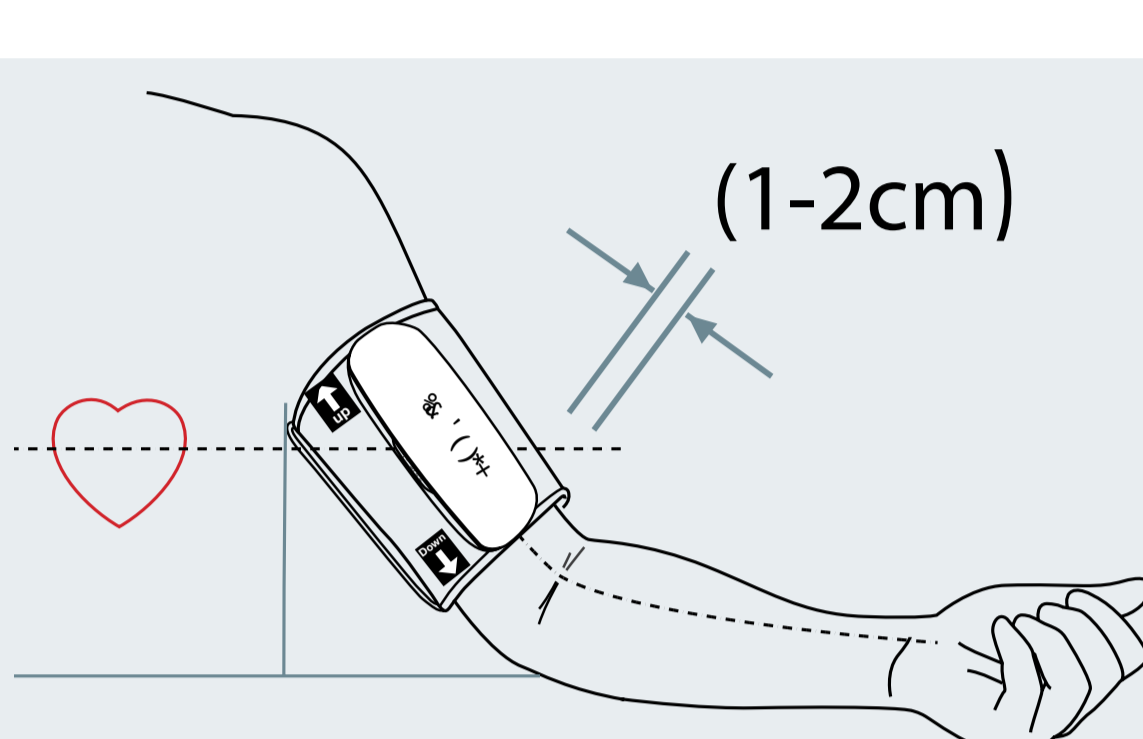


## ALWAYS ENSURE:

- Your BP Monitor is fully charged
- Your Bluetooth is activated and paired with your device:
  - Go to Settings
  - Switch Bluetooth on
  - Select model name BP5XXX to pair
- Your mobile is charged and has sufficient data or wifi to upload results
- Your GPS location is activated

## STEP 1

Place cuff on left arm between the top of your shoulder and elbow.

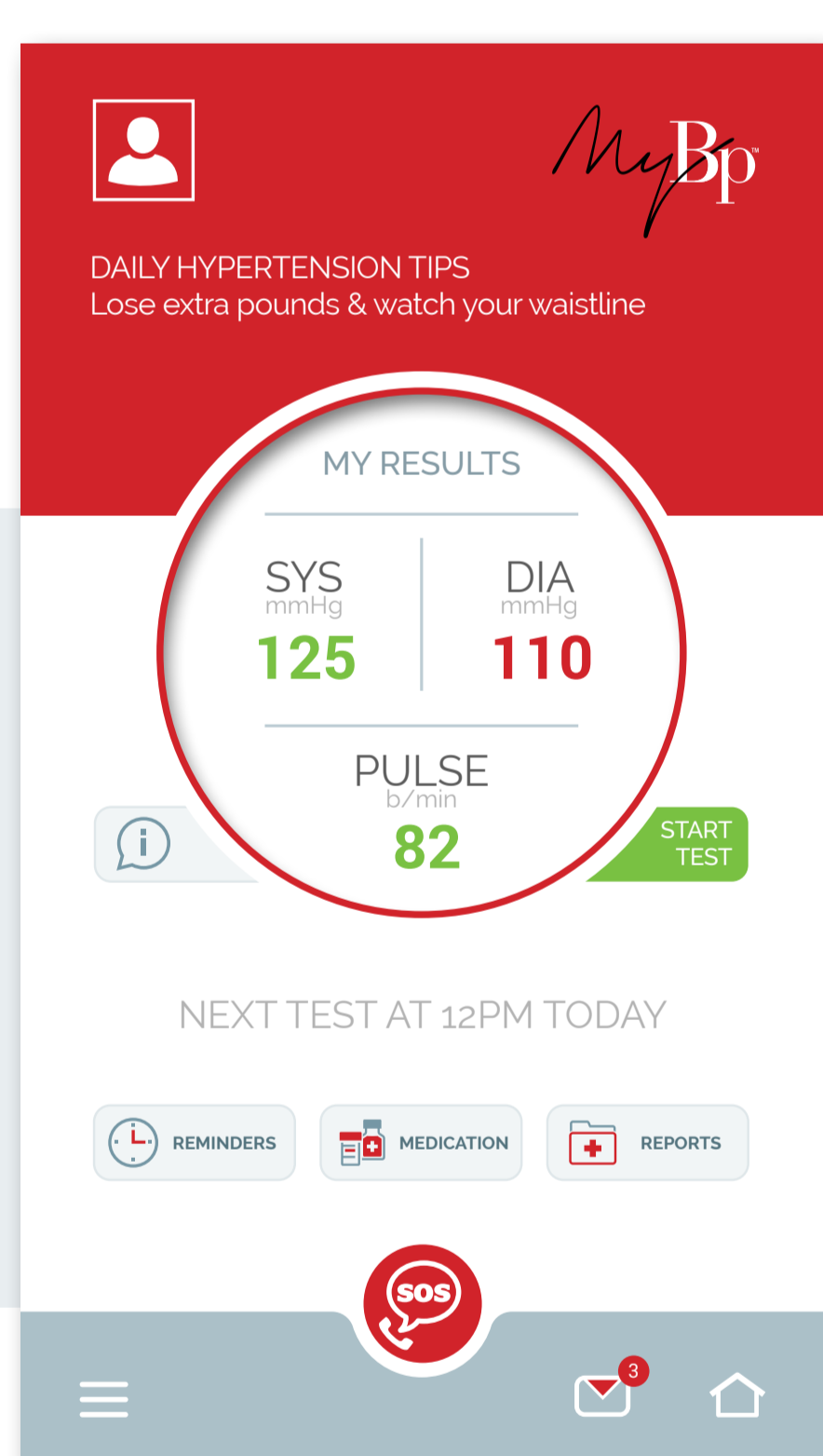
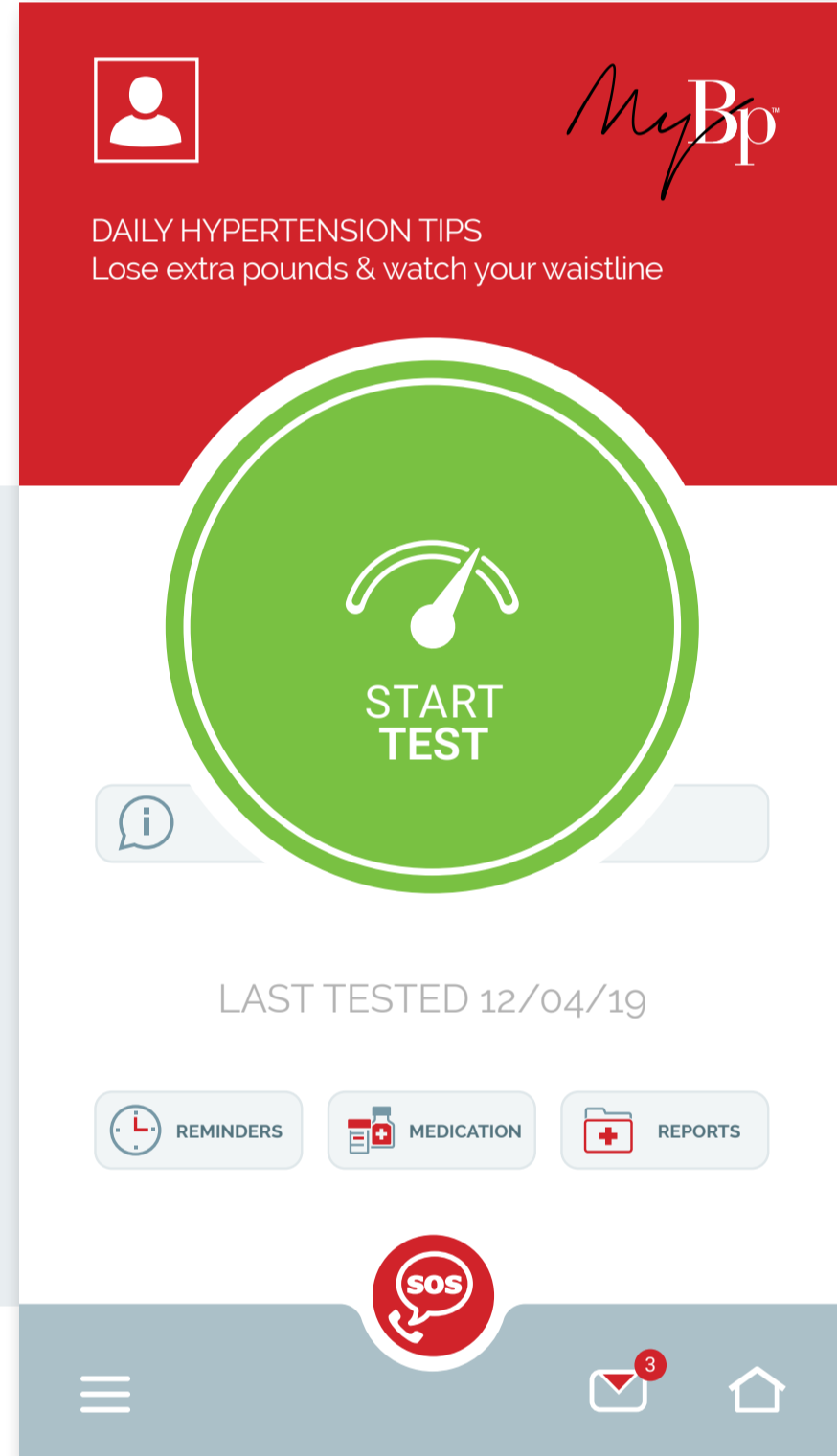


## STEP 2

Click **My Devices**.  
Click **Blood Pressure Cuff**.  
Click **Connect**.

## STEP 3

Wait for the light on the cuff to stop blinking and turn solid blue.  
Click **Start Test**.



## STEP 4

View your results.

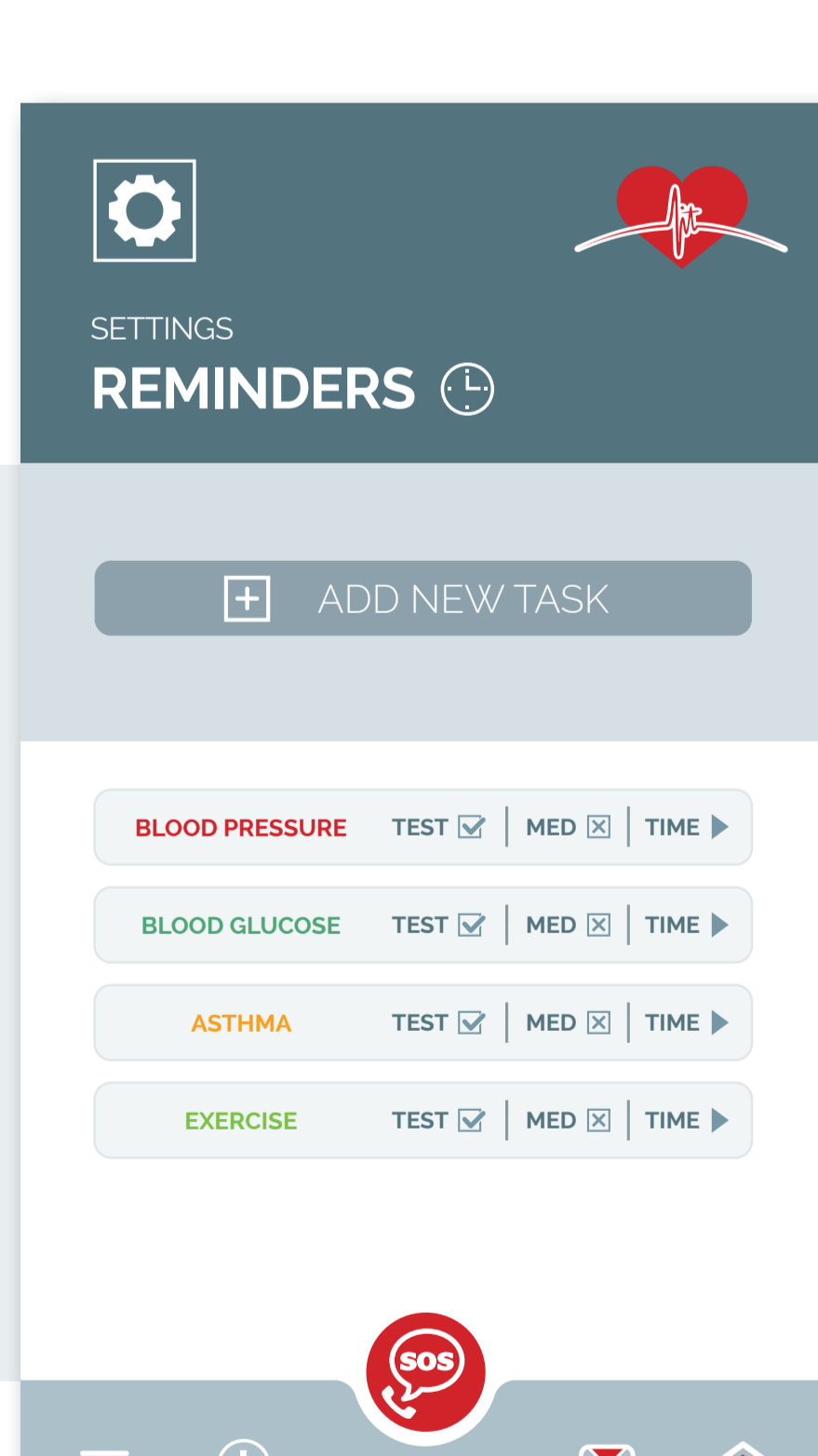
You will be contacted by ER24 if your blood pressure is dangerously high or low.



## STEP 5

Set a reminder to take your medication.

Set a reminder for your next Blood Pressure reading.



FOR YOUR CONVENIENCE YOU CAN ALSO WATCH OUR HOW TO TAKE BP TUTORIAL

WATCH OUR HOW TO TAKE BP TUTORIAL

<https://youtu.be/BzO2RgWMY1I>