

ADVOCATE®

STOP

READ THIS SHEET BEFORE USING BLOOD PRESSURE MONITOR



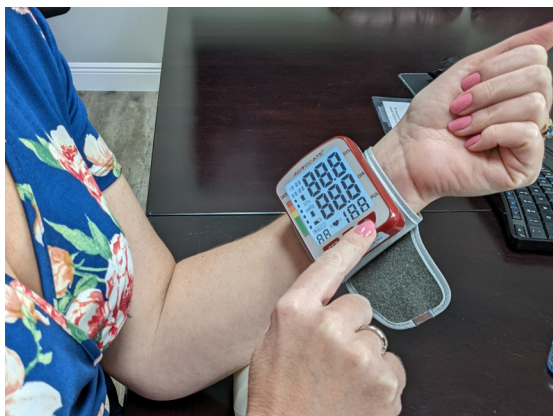
In order to get the most accurate results please follow the instructions below. The blood pressure monitor must be placed on the wrist in the following manner.



Step 1 Sit down, keep still and relax.



Step 2 Place monitor on left wrist with the screen on the inside of your wrist facing you. Cuff should be 1-2 cm above wrist joint.



Step 3 Lift monitor to heart level and push start button. You also may rest your arm on an object.



Step 4 Do not move while monitor is taking blood pressure reading.

Step 5 Check result and take the necessary actions.