

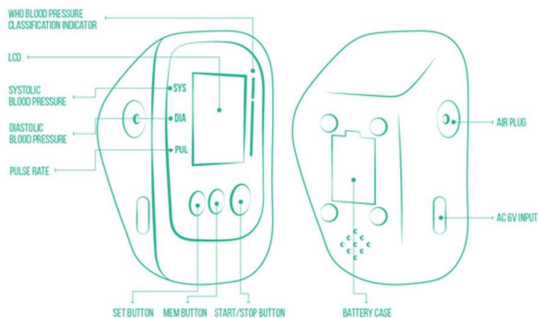
# AVRO | BLOOD PRESSURE MONITOR (ELECTRONIC SPHYGMOMANOMETER)

## REFERENCE GUIDE

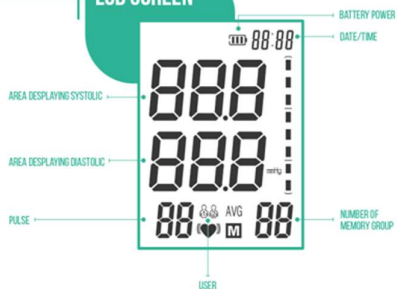
### PRODUCT PICTURE



### PRODUCT STRUCTURE



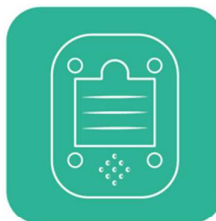
### LCD SCREEN



## QUICK START GUIDE

**NOTE**  
FOR FULL INSTRUCTIONS, PLEASE  
REFER TO THE ENCLOSED USER GUIDE

01



### LOAD THE BATTERIES

OPEN THE BATTERY COMPARTMENT ON THE BACK OF THE MAIN UNIT AND INSERT THE 4 AAA BATTERIES CORRECTLY AS SHOWN. PUT THE BATTERY COMPARTMENT COVER BACK ON.

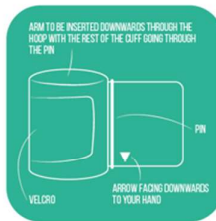
02



### ATTACH THE CUFF AND HOSE TO THE UNIT

INSERT THE HOSE TOP PLUG INTO THE OPENING LOCATED ON THE SIDE OF THE MAIN UNIT.

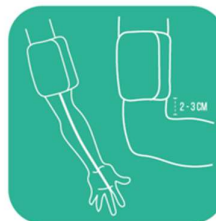
03



### APPLY THE CUFF TO YOUR ARM

WRAP THE CUFF FIRMLY (BUT NOT TOO TIGHTLY) IN PLACE AROUND YOUR UPPER ARM, IDEALLY THE LEFT ONE. THE BOTTOM EDGE OF THE CUFF SHOULD BE 2 TO 3 CM ABOVE THE ELBOW. THE AIR TUBE SHOULD BE ON THE INSIDE OF YOUR ARM AND ALIGNED WITH YOUR MIDDLE FINGER.

04



### SECURE THE CUFF WITH THE FABRIC FASTENER

BE CAREFUL NOT TO REST YOUR ARM ON THE AIR TUBE. DO NOT OVERTIGHTEN THE CUFF, AS THIS MAY GENERATE AN INACCURATE READING.

05



### PRESS THE START/STOP BUTTON

THE DEVICE WILL START TO INFLATE THE SLEEVE. ONCE YOUR BLOOD PRESSURE DATA HAS BEEN GATHERED, THE SLEEVE WILL DEFLATE AND YOUR READINGS WILL BE DISPLAYED ON THE SCREEN.

**NOTE: HOW TO SIT CORRECTLY**  
THE CORRECT POSTURE IS EXTREMELY IMPORTANT. TO TAKE A MEASUREMENT, YOU NEED TO BE RELAXED AND COMFORTABLY SEATED. IDEALLY IN AN AMBIENT TEMPERATURE, WITH THE CUFF AT ROUGHLY THE SAME HEIGHT AS YOUR HEART.

