

Quick Start Guide - English

BLOOD PRESSURE MONITOR – BP01



telli health

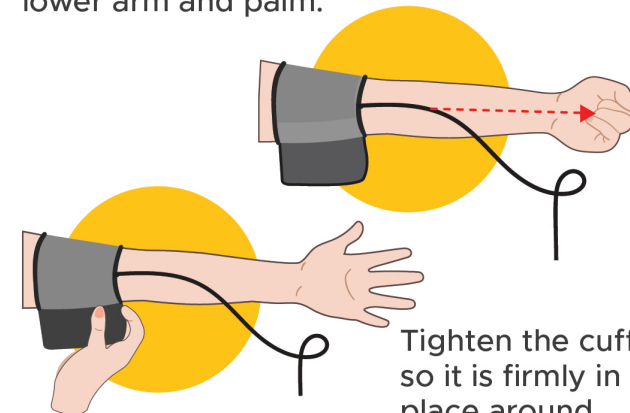
Your device is ready to use.

There is nothing for you to do besides follow the directions.

Connect the cuff's tube to the left side of your device.

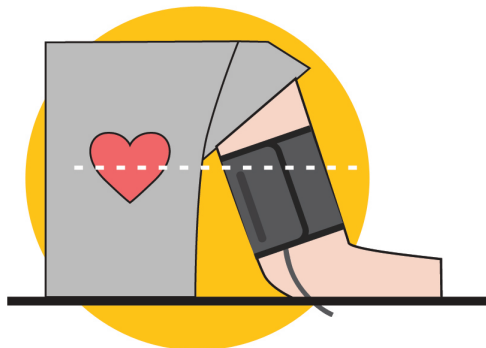


Place the cuff around your left or right upper arm so that the tube is aligned with your middle finger, pointing toward your lower arm and palm.



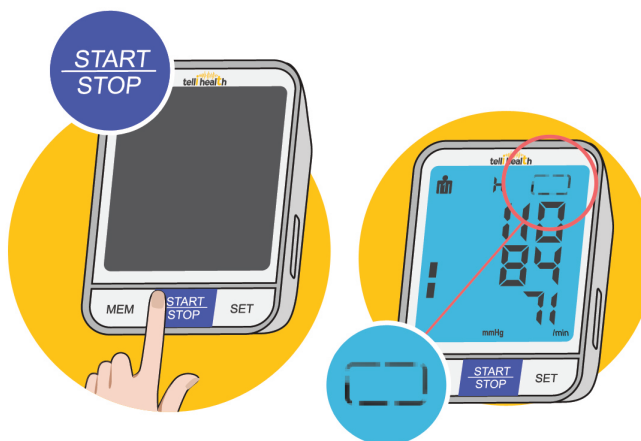
Tighten the cuff so it is firmly in place around your upper arm.

Support your arm (i.e. resting on a table with a pillow or book to adjust your arm height) so that the middle of the cuff is at heart level.



Sit comfortably. Make sure your back is straight and supported. Palm should face up.

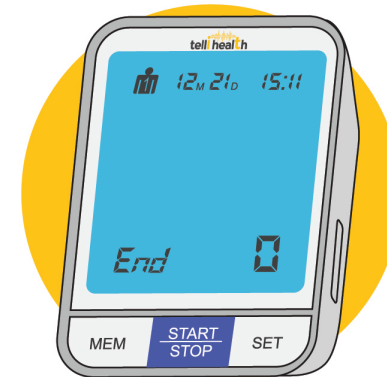
Start the measurement on your device.



Once you get your reading, a rectangle will appear on your screen. After the rectangle appears, it is OK to remove the cuff.

Wait until your device shows “End” and it will shut off on its own*.

*The device might take several minutes to connect to the cellular network and complete the upload.



YOU ARE DONE!