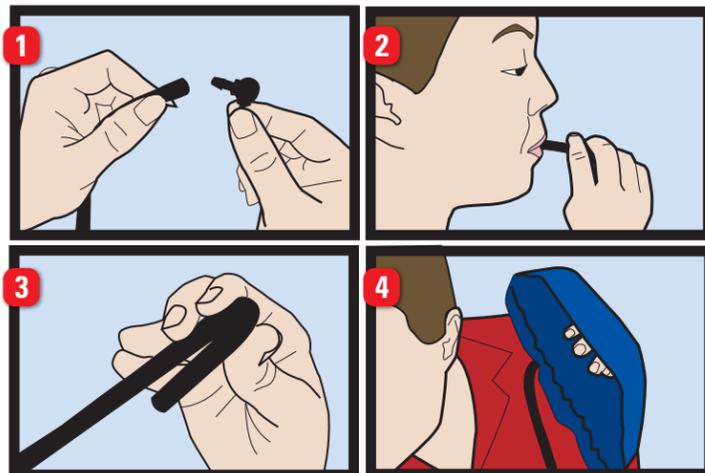


## Before assuming your unit is defective, check the cuff for leaks

Cuffs can develop leaks which can result in false readings. Checking your cuff for leaks is easy. We recommend checking your cuff occasionally to be sure it is functioning properly and you are getting accurate blood pressure readings. If your cuff is leaking air, it needs to be replaced. Please note: You will hear air leaking from a properly functioning cuff and monitor during the normal course of a measurement.

- 1 Remove the cuff from the blood pressure monitor. Remove the T-connector from the end of the tube.
- 2 Blow air into the open end of the tube until it is partially inflated.
- 3 Pinch the tube to trap air inside the cuff bladder.
- 4 Gently squeeze the inflated cuff and listen and feel for any escaping air.



If you hear or feel air leaking from the cuff you may need to replace the cuff. Please call customer service at 1-800-568-4147 for further information.

## Replacement Cuffs

Your Large or Medium blood pressure cuff is guaranteed for 1 year from the date of purchase against manufacturer defects. For complete warranty details, see your instruction manual. If your cuff needs replacement within one year of the date of purchase, please call 1-800-568-4147 for a replacement. Use the mailing label below to return your old cuff.

Name: \_\_\_\_\_  
 Street: \_\_\_\_\_  
 City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_  
 Phone: \_\_\_\_\_

**Ship To:**  
**Microlife USA, Inc.**  
**ATTN: Cuff Replacement Dept.**  
**424 Skinner Blvd., Suite C**  
**Dunedin, FL 34698**

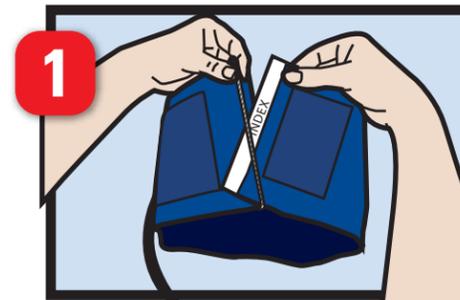
Use this label when returning your old cuff for a replacement.

Before returning, please call toll free 1-800-568-4147

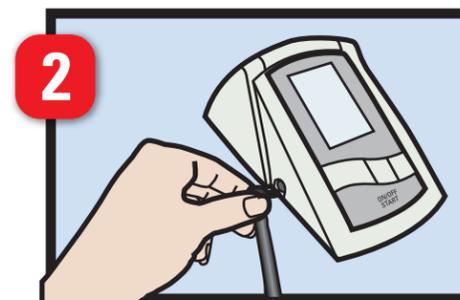


## Using your new blood pressure monitor correctly to ensure accuracy:

A properly fitting cuff, correctly positioned on the arm, is essential to ensure accurate blood pressure measurements.



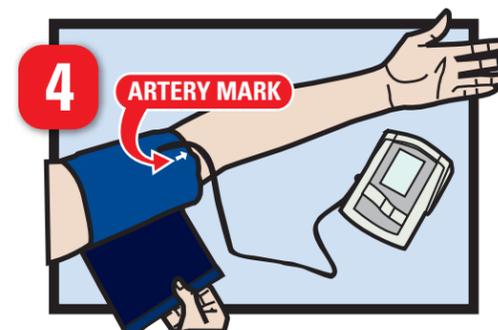
Thread the cuff end through the metal D-ring with the velcro facing outward. When the cuff is properly placed on the arm, only the fabric will be touching your skin, not the velcro.



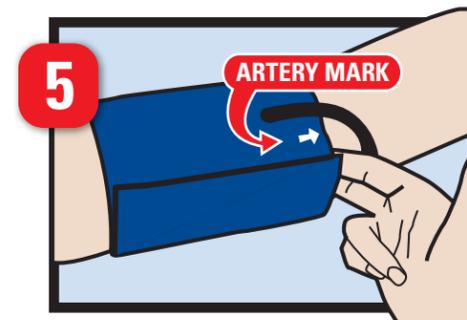
Make sure the cuff tube is securely connected to the monitor.



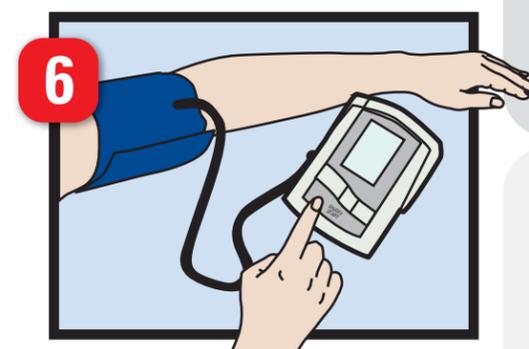
Slide the cuff onto your left arm with the tube toward your hand. Certain circumstances require use of right arm for measurements. See instruction booklet for further information.



Continue sliding cuff up your arm until the bottom edge is about 1/2" above your elbow crease and the ARTERY MARK is directly over the brachial artery. (See white arrow on cuff above)



Secure the cuff by pulling the loose end and affixing the velcro. The cuff should be snug, but not too tight. You should be able to fit 2 fingers between the cuff and your arm.



Push the START button and remain still during the measurement.

### Before Taking Your Blood Pressure Measurement

- Sit quietly in a comfortable environment for 10 minutes prior to taking your measurement.
- Avoid eating, smoking or any form of exertion before a measurement.
- Remove any garment that fits closely or tightly to your upper arm.
- Do not flex muscles in the measurement arm during measurement.
- Always measure using the same arm.
- Always compare blood pressure measurements taken at the same time each day.

### What is your cuff size?

Measure the circumference of your arm at the bicep. Two cuff sizes are available to ensure a proper fit.

**MEDIUM:** 9.5" - 13.25"  
**LARGE:** 12" - 16"

Questions? 1-800-568-4147

## Frequently Asked Questions About home blood pressure monitoring:



Your doctor understands the importance of accurate home blood pressure monitoring. Your new blood pressure monitor features medical grade accuracy in the convenience of a home monitor.

**Q: How can I tell if my blood pressure monitor is accurate?**

A: The technology used in your new blood pressure monitor meets the highest clinical standards versus the British Hypertension Society and American Association for the Advancement of Medical Instrumentation (AAMI). When used correctly, this monitor will provide readings comparable to those taken in your doctor's office.

**Q: Why are my blood pressure readings higher or lower than at my doctor's office?**

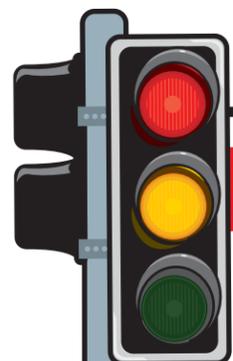
A: Many people experience what is called "White Coat Hypertension" when having blood pressure measured by a doctor or clinician. See the information to the right and discuss the possibility of White Coat Hypertension with your doctor. Also note normal pressure fluctuations throughout the day.

**Q: Does my blood pressure monitor need to be calibrated?**

A: We recommend having the monitor checked for calibration every two years. To have your blood pressure monitor calibrated for accuracy, please call 1-800-568-4147.

**Q: My blood pressure varies throughout the day. How do I know which is my true blood pressure?**

A: The average of several results, obtained over several days, under comparable conditions represents your individual blood pressure. It is important to measure your blood pressure consistently and regularly to better manage your heart health.



### Know your blood pressure status.

The following standards for assessing high blood pressure (without regard to age) have been established by the National Institutes of Health JNC7, 2003.

Category	Systolic (mmHg)	Diastolic (mmHg)
<b>NORMAL</b>	<120	<80
<b>PRE-HYPERTENSION</b>	120 - 139	80 - 89
<b>HYPERTENSION</b>		
Stage 1 Hypertension	140 - 159	90 - 99
Stage 2 Hypertension	>160	>100

If you have Diabetes, >130/80 is considered high blood pressure.



### What is White Coat Hypertension?

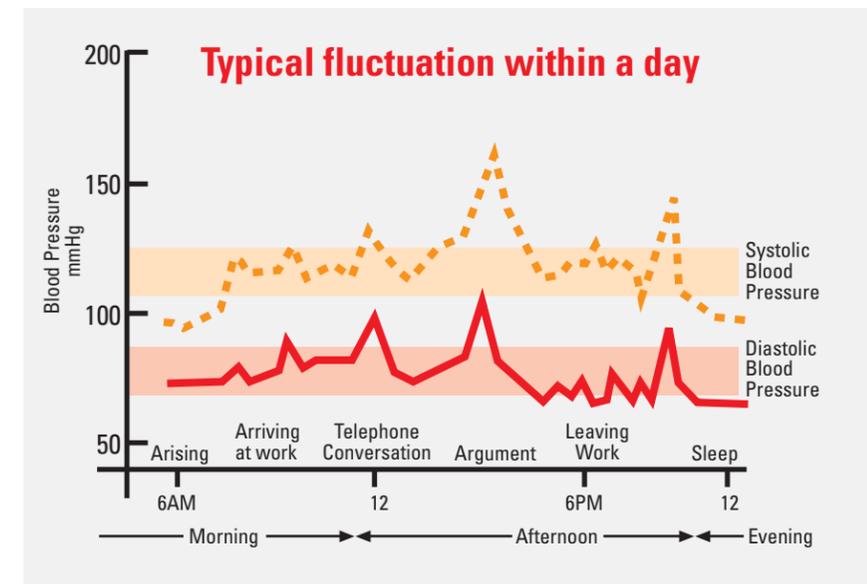
White-coat (or office) hypertension refers to blood pressure that rises above its usual level when it is measured in a clinic setting, such as a doctor's office. It's named for the typical white coat uniform worn by health care providers.

White-coat hypertension is believed to occur in 20 to 40 percent of patients that are diagnosed as hypertensive. It is very important to regularly monitor blood pressure at home and keep a log of the readings to share with your doctor. This allows your doctor to determine if your high blood pressure is only occurring at the clinic or if you truly have hypertension.

## Blood Pressure Fluctuations

Blood Pressure is constantly fluctuating throughout the day. It is important to measure your blood pressure at the same times each day to more accurately monitor your readings.

Your blood pressure varies greatly on a daily and seasonal basis. It changes throughout one's lifetime. It is not uncommon for systolic pressure to vary by 40mmHg or more throughout the course of a single day! While generally not as volatile, diastolic pressure can still vary significantly. In hypertensive individuals, variations are even more pronounced. Normally, blood pressure is at its lowest during sleep and rises in the morning and throughout the day. The chart illustrates the fluctuations that could occur in a typical day.



**Questions or Comments? Call Toll Free:  
1-800-568-4147**