

# *microlife*<sup>®</sup>

## QUICK START GUIDE

### PLEASE READ BEFORE YOU BEGIN



Sit quietly for 10 minutes before you take your measurement.



Avoid eating, smoking or any form of exertion before you take your measurement.



Do not flex muscles during your measurement.



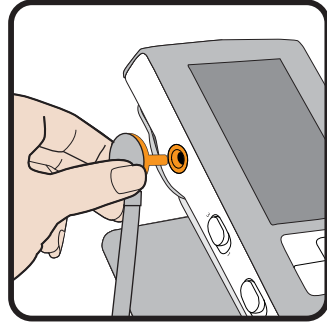
Always measure using the same arm.

**QUESTIONS? 1-800-568-4147**

# FOLLOW THESE STEPS FOR BEST RESULTS

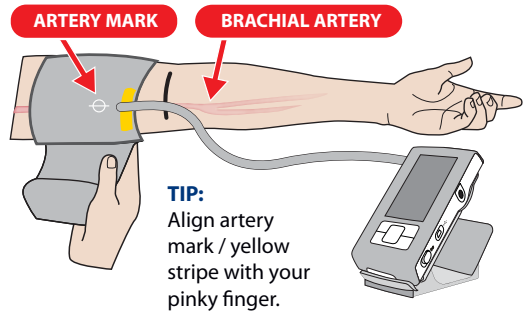
1

Make sure cuff tube is securely connected to the side of your blood pressure monitor.



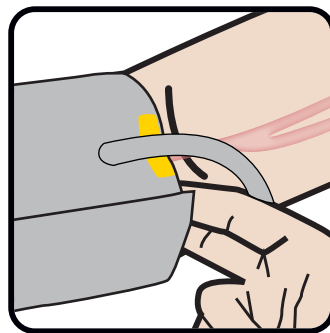
2

Wrap cuff around left arm as shown on bare skin  $\frac{1}{2}$ - $\frac{3}{4}$ " above elbow. Align artery mark and tubing to brachial artery (inner arm). Cuff fits most biceps 8.7" – 18.1".



3

Cuff should be snug, but not too tight. You should be able to fit 2 fingers between cuff and arm.



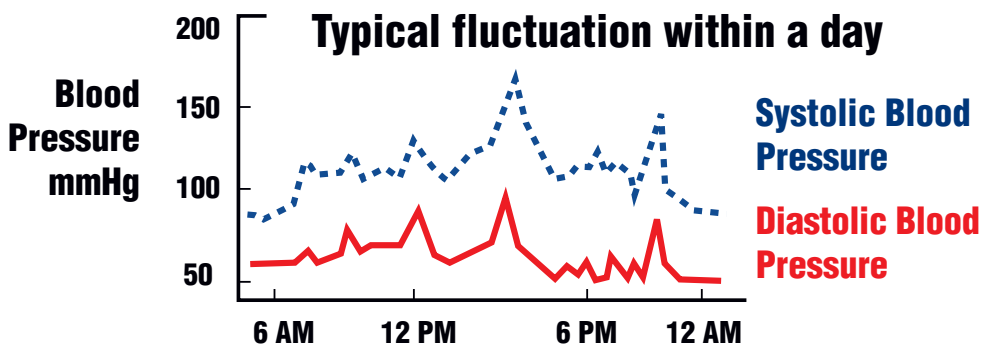
4

Push the "START" button and remain still during your measurement.

QUESTIONS? 1-800-568-4147

**Q** My blood pressure varies. How do I know what my true blood pressure is?

**A** The average of several tests, obtained over several days under similar conditions, is the best way to accurately determine your blood pressure. It's vital to measure your pressure consistently and regularly to better manage your health. See chart below for daily variation.



**TIP:** If you still feel your results are inaccurate, there is no need to return the unit. Instead, call 1-800-568-4147 for assistance.

**Q** Why are my blood pressure readings different than at my doctor's office?

**A** Lower readings: Many experience what is called "White Coat Hypertension" when measured by a doctor. White Coat Hypertension refers to blood pressure that rises above its usual level when measured in a clinical setting, such as a doctor's office. It is named for the typical white coat uniform worn by health care providers.






Higher readings: Blood pressure is very much a variable body parameter, so results are not always the same. To compare your pressure levels, you should perform a daily measurement under comparable living situations. Make sure that you feel relaxed and are not disturbed by your environment. In addition, check for proper cuff fit, tightness, and artery alignment. If you still need assistance, call 1-800-568-4147.

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

**A** We recommend having the monitor checked for accuracy every 2 years. To verify accuracy, please call 1-800-568-4147.

# TROUBLESHOOTING GUIDE

For optimal results with your Microlife Blood Pressure Monitor:

-  Make sure you are relaxed and taking your reading at the same time of day.
-  Check for proper cuff fit—both size and tightness.
-  Check alignment of artery mark and tubing to your pinky finger.
-  Check for sufficient battery charge.
-  **IMPORTANT:** A single reading that's different from your doctor's is not necessarily inaccurate. Blood pressure is a variable body parameter that is subject to normal fluctuations throughout the day. If you see continued measurements which you believe to be inaccurate, please call us at 1-800-568-4147 so we can help you.

**BEFORE RETURNING  
PLEASE CALL 1-800-568-4147**