

Step 5



Place the cuff around your arm following the printed directions and then press the start button

Ensure you sit still with your arm below your heart for the entire procedure



At the end of the measurement, if your app is open then your data will be synced automatically

Step 6

If your monitor is unable to connect, then your data will be saved to your monitor until a connection is available SALTER SYS DIA POLE © © (BB) C) Blauebootiv

Step 7

You can sync your saved data at any time by opening your app and then pressing the **Q** button on your blood pressure monitor