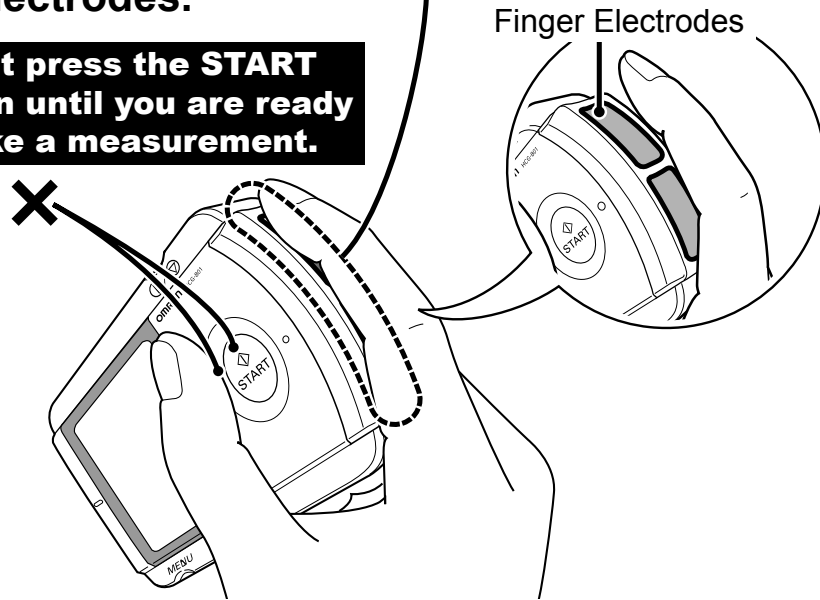


How to use the unit

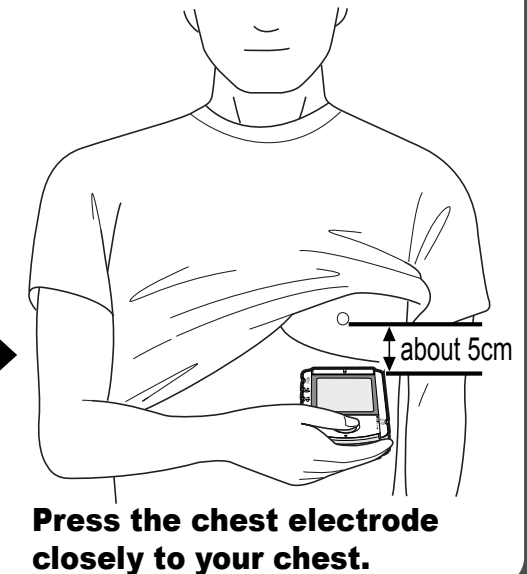
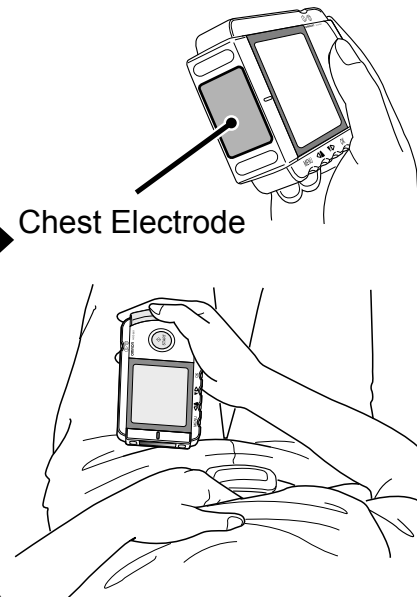
Press the button to switch on the power, then place your finger **closely** on the two finger electrodes.

Do not press the START button until you are ready to take a measurement.



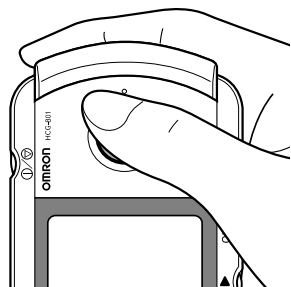
Appropriate Posture

Place the chest electrode on bare skin about 5 cm below your left nipple.



Taking a Measurement

Start Press the START button while maintaining the same posture.



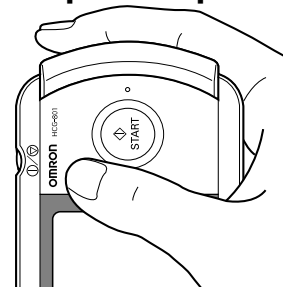
The unit beeps every second.



About 30 seconds

Keep still and do not move until the measurement is complete.

End The measurement ends automatically, indicated by 4 rapid beeps.



Power off

Press the button for two seconds.

