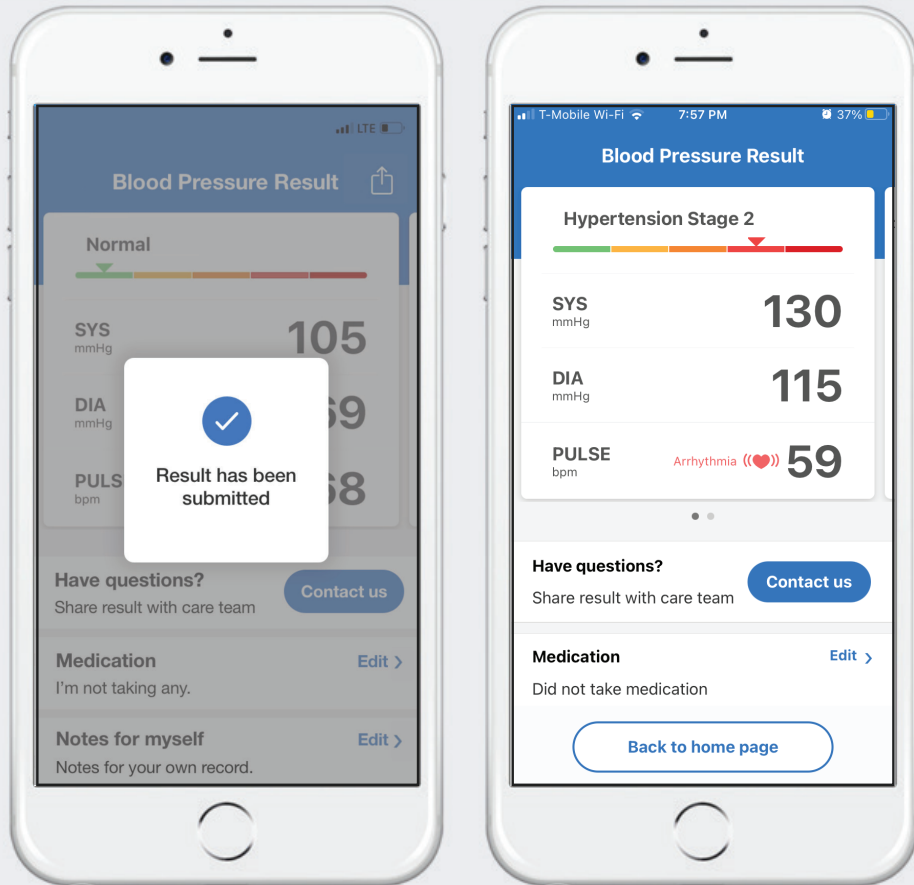


## 5 The result will be submitted automatically



- Tap on "Contact us" if you have any question about your reading. You can also leave a note for your own record. Tap "Back to Homepage" to go back.



**iHealth® Unified Care**

Your personal care team connecting  
your home and doctor's office

## Blood Pressure Testing

### Quick Start Guide

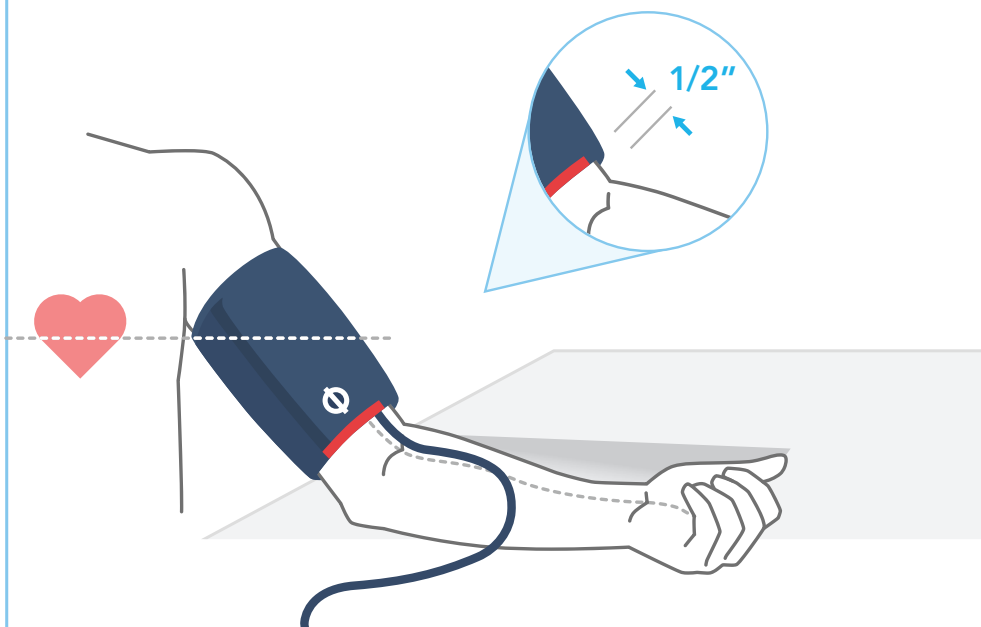
#### 1 Connect the blood pressure cuff



- Fully insert the tube into the port on the left of the device.

2

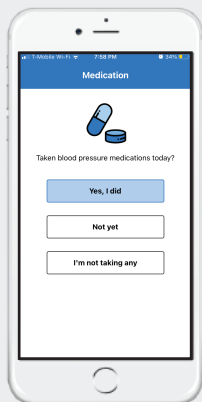
Place cuff on your left arm



- Place cuff on your left arm leaving 1/2 inch above the elbow, tube aligned with your middle finger. Rest your arm on a flat surface at heart level with palm facing up.

4

Select if you took medication today

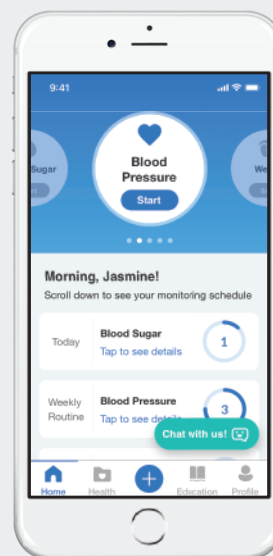


If you are unsure what medications are for your blood pressure, select "no" and ask your care team.

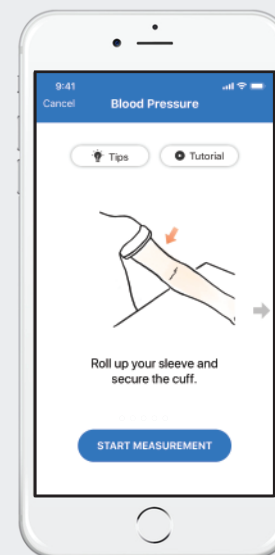
You can always come back and change your selection later.

3

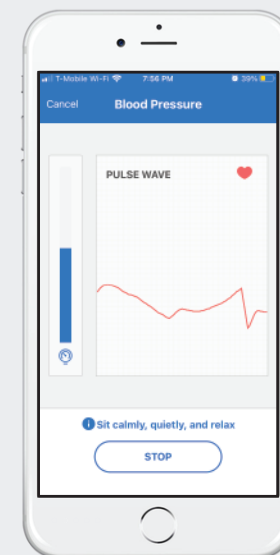
Start Measurement Follow the prompts on screen



Step1



Step2



Step3

- Tap on the **"Blood Pressure START"** button, then select **"START MEASUREMENT"** on the next screen to begin. Sit back and relax while the device measures your blood pressure.