

Quick Start Guide ENGLISH

BLOOD PRESSURE MONITOR – BP01



telli health

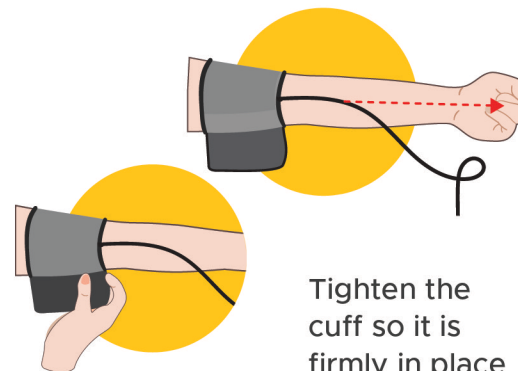
Your device is ready to use.
There is nothing for you to do
besides follow the directions.
Connect the cuff's tube to the
left side of your device.

1



Place the cuff around your left
or right upper arm so that the
tube is aligned with your
middle finger, pointing toward
your lower arm and palm.

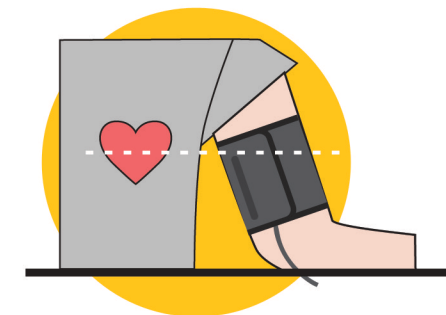
2



Tighten the
cuff so it is
firmly in place
around your
upper arm.

Support your arm (i.e. resting
on a table with a pillow or
book to adjust your arm
height) so that the middle of
the cuff is at heart level.

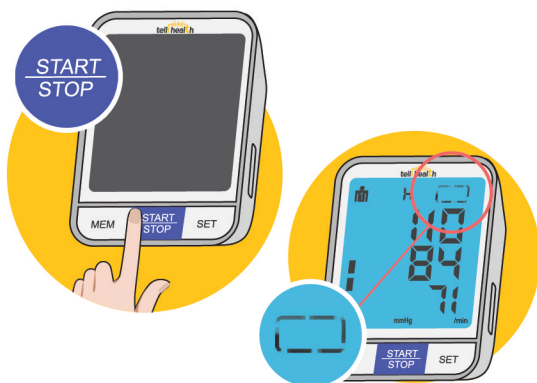
3



Sit comfortably. Make sure your
back is straight and supported.
Palm should face up.

Start the measurement
on your device.

4

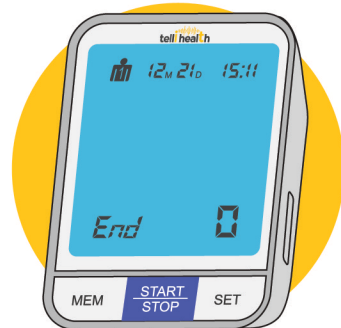


Once you get your reading, a
rectangle will appear on your screen.
After the rectangle appears, it is OK
to remove the cuff.

Wait until your device
shows “End” and it will
shut off on its own*.

5

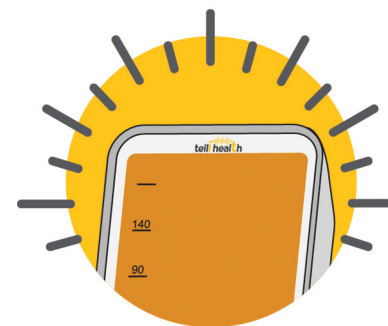
*The device might take several minutes to
connect to the cellular network and
complete the upload.



YOU ARE DONE!

REMINDER ALERT:

Sometimes the screen on the
device will blink orange to remind
you to take a reading.



To stop the reminder, please
take a BP reading normally.

SILENCE REMINDER:

User can temporarily silence the
reminder by pushing the SET &
MEM keys at the same time.

