



Wireless Arm Type Blood Pressure Monitor
Quick Start Guide
Model # ADF-B180

NOTES ON SAFETY

- Do not use this device on babies, young children, or individuals who cannot express their consent to take a blood pressure measurement.
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- This device is suitable for use by individuals 12 years old or older.
- Do not use this device on individuals with serious arteriosclerosis.
- Blood pressure readings may change during pregnancy. Pregnant women should consult their provider before taking a measurement.
- Self-measurement is not medical treatment. If there are unusual values, please consult your provider.

Taking a Measurement

Avoid smoking, eating, or exercising for 30 minutes before taking measurements.

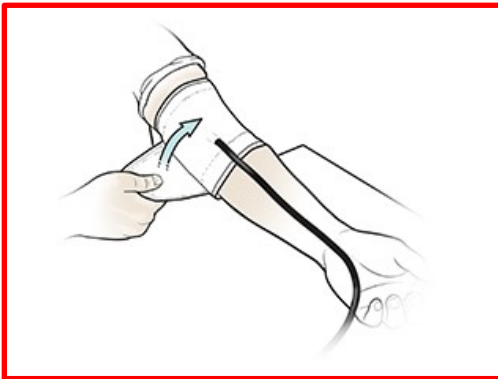
Do not allow other people to use your blood pressure monitor. The blood pressure monitor is specifically assigned to you and you only. Allowing other people to use your monitor can mislead your provider.

Unless otherwise instructed by your provider, you can take your blood pressure on **either arm**.

Remove tight-fitting or thick clothing from your upper arm. The cuff should be placed on bare skin.



1. Sit upright in a chair with both your feet flat on the floor.
2. Pull on the end of the cuff until it wraps securely around your upper arm. Place your arm on a table with your palm up so that the cuff is at the same level as your heart.
3. Press the "START/STOP" button on the device. The cuff will automatically inflate, and the measurement will start. Do not talk or move around while the measurement is taking place.



4. When the measurement is complete, the cuff will automatically deflate. Your systolic & diastolic pressure values plus your pulse rate will display on the Blood Pressure monitor.
5. The readings will automatically be transferred to the RCP SmartHub and sent to your provider.

Understanding the Results

Normal blood pressure is 120/80 or less.

