

# iHealth™

## Wireless Blood Pressure Monitor (BP5)

### QUICK START GUIDE

Quick Start Guide tells you how to set up your iOS device, connect to Bluetooth, and measure your blood pressure. Please follow the instruction below to start your measurement process.



## First Time Set Up Instructions

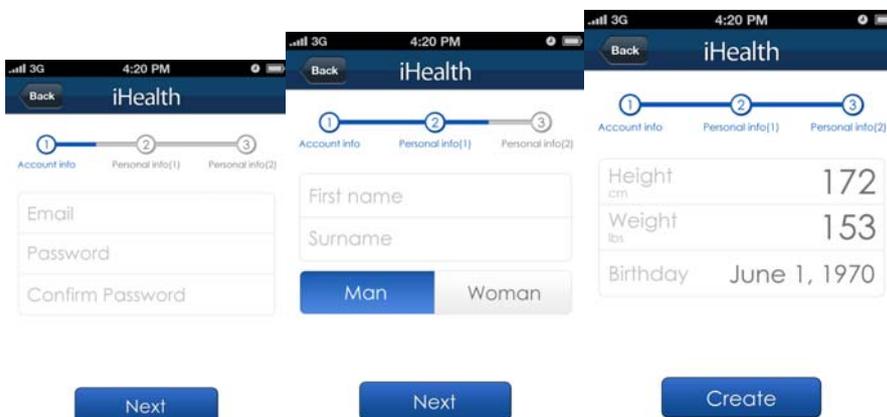
### Download the Free iHealth MyVitals App

Prior to first use, download and install "iHealth MyVitals" from the App Store.



## Account Set Up and Registration

Follow the on-screen instructions to register and set up your personal account.



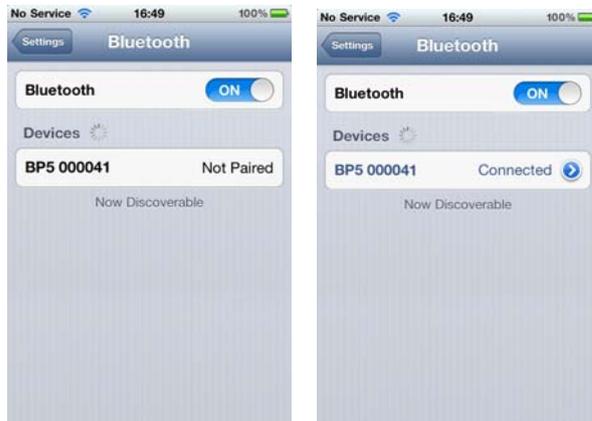
## Charge Battery Before First Use

Connect the monitor to a USB port using the charging cable provided until the green indicator light stabilizes.



## Connect to iOS Device via Bluetooth

- Apply the cuff or press the START/STOP button, the **Bluetooth** indicator will begin flashing.
- Turn **Bluetooth** "On" under the "Settings" menu on the iOS device.
- Wait until the model name printed on the monitor, (i.e. "BP5 xxxxxx") and "Not Paired" appear in the **Bluetooth** menu, and select the model name "BP5 xxxxxx" to pair and connect. The **Bluetooth** indicator will remain steady upon successful connection. When using the monitor for the first time, it may take up to 30 seconds for your iOS device to detect the **Bluetooth** signal.
- Each subsequent time you use the monitor, "Not Connected" will be displayed next to "BP5 xxxxxx" in the *Bluetooth* Menu.
- Please repeat these steps when you switch to another iOS device with the monitor.



Monitor Status	<i>Bluetooth</i> Indicator
Waiting to connect	Flashing blue light
Connected and measurement in progress	Steady blue light
Measurement completed and ready to disconnect	Gradually extinguishing light

## Measurement Procedures

Blood pressure can be affected by the position of the cuff and your physiologic condition. It is very important that the cuff should be placed at the same level as your heart.

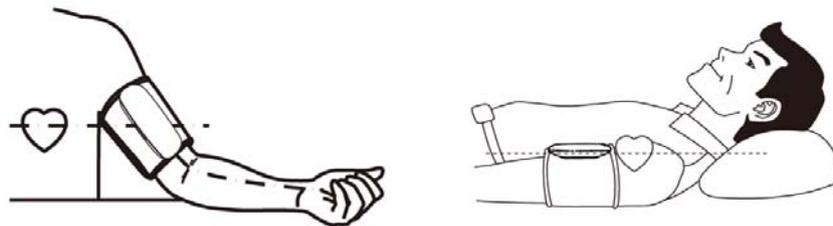
## Body Posture

### Sitting During Measurement

- Be seated with your feet flat on the floor without crossing your legs.
- Place your hand, palm-side up, in front of you on a flat surface such as a desk or a table.
- The middle of the cuff should be at the level of the right atrium of your heart.

### Lying Down During Measurement

- Lie on your back.
- Place your arm straight along your side with your hand palm-side up.
- The cuff should be placed at the same level as your heart.

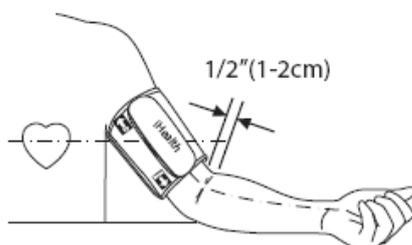


### Apply the Cuff

- Pull the cuff end through the metal loop, positioning it outward (away from your body).
- Place a bare arm through the cuff and position the cuff 1/2"(1-2cm) above the elbow joint.
- Tighten the cuff by pulling it towards your body, securing it closed with the Velcro fastener.
- While seated, place your hand, palm-side up, in front of you on a flat surface such as a desk or table. Position the monitor in the middle of your arm so that it is aligned with your middle finger.

#### Remember to:

- Stay still during measurement. Do not move your arm, body or the monitor.
- Stay still and calm for one to one and half minutes before taking a blood pressure measurement. Prolonged over-inflation of the bladder may cause ecchymoma of your arm.



During measurement, press the "START/STOP" button to stop measurement. Press the "START/STOP" button for 2 seconds to turn off the monitor manually.

### Auto Connect Option

Auto connect option allows the monitor to find the last used iOS device and re-establish the connection automatically. Auto connect option can be enabled in the App. (Device Setting->Auto Connect->On)



### Taking Measurements with Multiple iOS Devices

Turn off the Bluetooth of the last used iOS device if the Auto Connect option is enabled in your App, then follow the Set Up Instructions in the Quick Start Guide.

### Measuring without an iOS Device

Enable the Offline Measurement function on the App. (Device Setting->Offline Measurement->On) Apply the cuff, follow the "Measurement Procedures", and then press the "START/STOP" button to begin measurement. All offline measurements will be uploaded to the App automatically upon the next successful Bluetooth connection.

For detailed operating instructions, please visit [www.ihealthlabs.com](http://www.ihealthlabs.com).

*Note: Physical activity including eating, drinking, and smoking as well as excitement, stress, and many other factors influence blood pressure results.*

**ATTENTION:** You can stop the measurement process at any time by pressing and holding the "START/STOP" button for 2 seconds.

Visit [www.ihealthlabs.com](http://www.ihealthlabs.com) to obtain additional product information. For Customer Service, please call +1-855-816-7705.