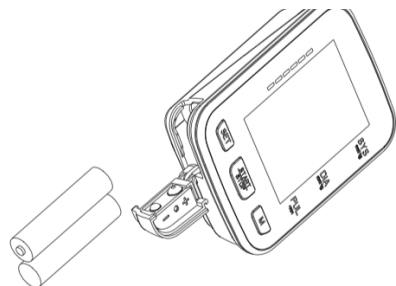# Lightstuff

Easy Digital Blood Pressure Monitor BSP-22

QUICK START GUIDE

Initial Setup

Step 1: Install two AAA batteries as shown

Step 2: Set Year, Date and Time

Press "SET" button twice to begin the process.

YEAR

Press "M" button repeatedly as needed to call up the last two digits of the current year.

MONTH

Press SET and choose the current month by pressing M.

DAY

Press SET and select the current day by pressing M.

HOUR/MINUTE

Press SET again and choose the correct hour by pressing M. Repeat the process to set the minute.

DATE/TIME FORMAT

Press SET again and toggle between EU and US by pressing M.
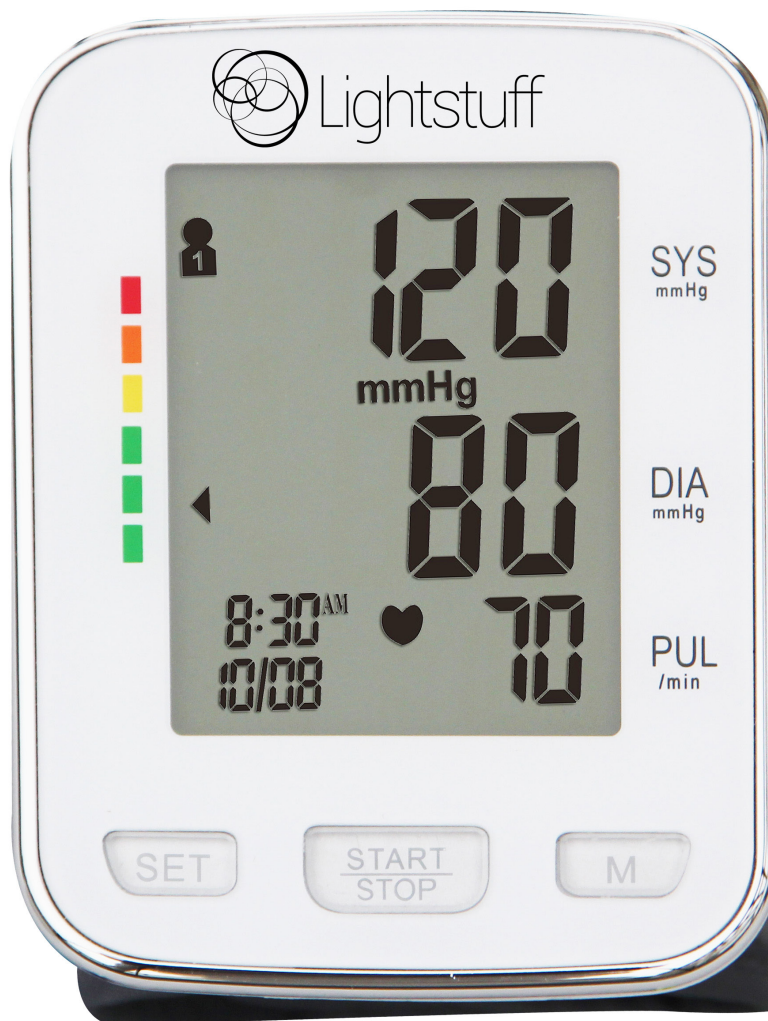
EU setting displays the date as DAY/MONTH and the time in 24-hour format.

US setting shows the date as MONTH/DAY and the time in 12-hour format.

Before First Use

We strongly recommend users go through "Safety Notice" (Pages 2-5) and "Important Testing Guidelines" (Page 9) in Owner's Manual at least once before using the product for the first time.

After Measurement

Test results will be automatically stored in selected Memory Group.

To delete the results due to improper testing conditions or for any other reason, simply press SET while the results are on display.

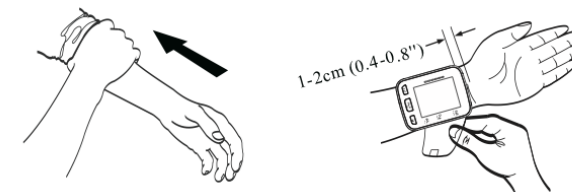Press START/STOP to turn the monitor off.

Measuring Blood Pressure

Step 1: Preparations

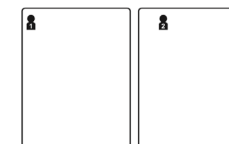Cuff should directly contact your wrist. Roll back shirt sleeve if necessary.

Apply the monitor as shown. Cuff should not feel too tight, but it should fit firm enough not to wiggle easily.

Sit in a comfortable position for several minutes.

Step 2: Select Memory Group

Press SET then press M to toggle between Memory Group 1 and Memory Group 2.
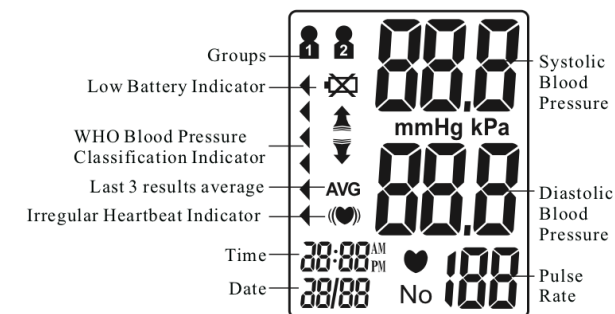

Step 3: Take measurement

Place wrist level with heart. Press and hold START/STOP until a beep sounds.

Cuff will automatically inflate and stop at proper level. Remain still and refrain from speaking.

To abort inflation, press START/STOP.

Pressure will fall as air will slowly subside. Three short beeps indicate testing is complete.

Groups — Systolic Blood Pressure
Low Battery Indicator
WHO Blood Pressure Classification Indicator
Last 3 results average — AVG — Diastolic Blood Pressure
Irregular Heartbeat Indicator
Time
Date — Pulse Rate

Owner's Manual Quick Reference

Consult corresponding pages in Owner's Manual for following information.