

# iHealth™

## BLOOD PRESSURE DOCK QUICK START GUIDE

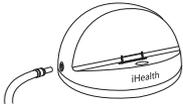
### 1. CONNECT YOUR iOS DEVICE, GET THE iHealth APPLICATION FROM THE APP STORE



Connect the blood pressure dock with your iPod touch®, iPhone®, or iPad®. Download the free “iHealth” App from the App Store.

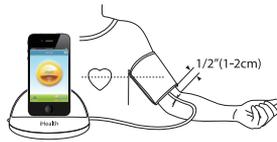


### 2. CONNECT THE CUFF TO THE DOCK



Insert the cuff tubing connector into the air port on the left side of the dock. Make sure the connector is fully inserted to avoid air leakage during the blood pressure test.

### 3. PREPARE FOR MEASUREMENT



Place the cuff around your bare arm 1/2”(1-2cm) above the elbow joint.

When seated, place your arm on a flat surface such as a desk or

table. Leave your arm palm-side up. Position the air tube in the middle of your arm (in line with your middle finger).

The cuff should be at the same level as your heart.

### 4. TAKE YOUR MEASUREMENT



Open the iHealth App and follow the on-screen instructions to commence.

Avoid movement – Eating, smoking or talking during the blood pressure dock operation will cause errors in readings.

Avoid continuous readings – A 5 minutes rest period is needed between readings. This allows the blood vessels to return to normal.

Many factors such as genetics, age, sex, altitude, physical activity, anxiety, muscular development, certain medications or even the time of day can influence blood pressure.

**ATTENTION :** You can stop the measurement process at any time by pressing the ⏏ button.

For product information, questions, or customer service  
1-855-816-7705 [www.iHealth99.com](http://www.iHealth99.com)