

iHealth[®]

Wireless Blood Pressure Monitor (BP5)

QUICK START GUIDE

Quick Start Guide tells you how to set up your mobile 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

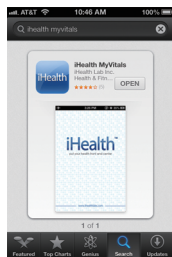
For iOS device: Prior to first use, download and install "iHealth MyVitals" from the App Store.

For Android device: Prior to first use, download and install "iHealth MyVitals" from the Google Play.

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

Access the iHealth Cloud Account

Your iHealth account also gives you access to the free and secure iHealth cloud service. Go to www.ihealthlabs.com and click "Sign In" for access once your account has been created.



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, "Connected" will be displayed next to "BP5 xxxxxx" in the **Bluetooth** Menu.
- Launch the "iHealth MyVitals" app to start using your monitor.
- Please repeat these steps when you switch to another iOS device with the Monitor.



Connect to Android Device via Bluetooth

- Apply the cuff or press the START/STOP button, the **Bluetooth** indicator will begin flashing.
- In the setting menu, turn the **Bluetooth** on.
- When using the monitor for the first time, you should pair the monitor to the Android device. Wait until the model name printed on the monitor, (i.e. "BP5 xxxxxx") appears in the **Bluetooth** menu, and select the model name "BP5 xxxxxx" to pair. It may take up to 30 seconds for your Android device to detect the **Bluetooth** signal.
- Launch the "iHealth MyVitals" app to start using your monitor.
- Please repeat these steps when you switch to another Android device with the monitor.

Monitor Status	Bluetooth Indicator
Waiting to connect	Flashing blue light
Connected and measuring	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.

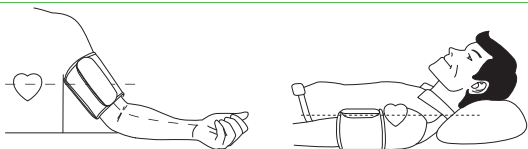
Body Posture

Sitting Comfortably During Measurement

- a. Sit with your feet flat on the floor without crossing your legs.
- b. Place your hand palm-side up in front of you on a flat surface such as a desk or a table
- c. The center of the cuff should be at your heart level.

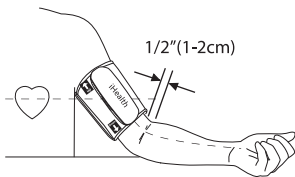
Lying Down During Measurement

- a. Lie on your back.
- b. Place your arm straight along your side with your hand palm-side up.
- c. The cuff should be level with 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 with the red arrow facing up 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.
- The cuff should fit comfortably, yet snugly around your arm. You should be able to insert one finger between your arm and the cuff.



Remember to:

- Make sure that the appropriate cuff size is used; refer to the cuff circumference range in the Specifications section of this manual.
- Measure on the same arm each time.
- Stay still during a measurement. Do not move your arm, body or the monitor.

4. Stay still and calm for one to one and half minutes before taking a blood pressure measurement. Prolonged over-inflation of the cuff may cause bruises on your arm.

Press the "START/STOP" button at any time to interrupt a measurement.

Press the "START/STOP" button for 2 seconds to turn off the monitor manually.

Auto Connect Option

The auto connect option allows the monitor to find the last used iOS device and re-establish the connection automatically. The auto connect option can be enabled in the App.

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. 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 answers to frequently asked questions, please visit www.ihealthlabs.com

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

Visit www.ihealthlabs.com to obtain additional product information. For Customer Service:

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