

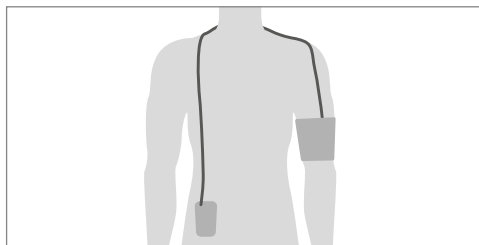
## 24H BLOOD PRESSURE MONITORING IMPORTANT INFORMATION FOR PATIENTS



**Your physician has ordered a 24h blood pressure monitoring. To ensure correct monitoring you have to wear the device continuously during the entire period. Please pay attention to the following instructions:**

- Please document all activities during the 24h monitoring period in your patient diary. Particularly relevant are physical activities, your bedtime and any health complaints.
- Make sure that the cuff is positioned on the upper arm about 2 fingers above the elbow. The arrow with the label "ART" has to be on the inside → see picture.
- The cuff should fit tightly, but you should always be able to insert a finger between the cuff and the upper arm. If the cuff loosens, you can tighten it yourself.
- Make sure that the pressure tube of the cuff cannot be kinked or squeezed shut.
- During the day, a signal tone announces a blood pressure measurement. Please do not speak during the measurement and let your arm hang loosely or rest it on a support. In exceptional cases, the blood pressure measurement can be aborted by pressing any key.
- Pressing the event key triggers an additional blood pressure measurement. Only press the event key in case of unusual health complaints such as headaches or dizziness. Please document the event in your patient diary.
- The blood pressure monitor must not come into contact with liquids. Therefore, you must not take a shower or a bath during the 24h monitoring period.
- Inform your physician immediately if the blood pressure measurements cause you pain.

### Cuff fit, front view



### Device button

Event button



Please do NOT press any other buttons.