

## USING QARDIOARM FOR THE FIRST TIME

1. Download the free Qardio App: On your mobile phone or tablet go to [www.getqardio.com](http://www.getqardio.com) and when prompted, download the app. Alternatively, go on the iTunes App Store or Google Play.
2. Open the Qardio App on your phone or tablet. If requested, you should enable Bluetooth on your device. You can enable Bluetooth under the Settings menu on your smartphone or tablet.
3. Create a new user login, or login with your existing user name and password. Follow the on-screen instructions to register and set up your personal account.
4. Fit the QardioArm on the upper arm.
5. With the Qardio App open, touch your device to the QardioArm to perform the pairing of your QardioArm with your phone or tablet. When prompted, accept the pairing request.
6. On the Qardio App, press the green START button to

initiate the blood pressure measurement. Blood pressure can be affected by the position of the cuff and your physiological condition. It is very important that the cuff is correctly placed. Please read the “Detailed Instructions On Correct Cuff Placement” and the “Checklist For Measuring Your Blood Pressure Correctly and Accurately” section on the User Manual with particular care.

The blood pressure measurement can be stopped at any time by pressing the Cancel button on the Qardio App.

## HOW TO TURN ON/OFF THE QARDIOARM

The QardioArm has a small magnet inside the cuff. The device turns itself on when you unwrap the cuff and it turns off when you wrap the cuff back up. When left unwrapped, QardioArm will turn itself off after a few minutes automatically to preserve battery life. To check if your device is switching on, look for the short blink of a green light on the side of the device when opening the cuff. Always store the QardioArm with the cuff wrapped around the device.

## DETAILED INSTRUCTIONS FOR CORRECT CUFF PLACEMENT

1. Ideally, remove close-fitting garments from upper arm. If you roll up your sleeve, ensure it does not cause constriction of the blood flow in your upper arm.
2. Unroll the cuff of your QardioArm, and pull the tab to open the cuff loop. (As indicated in drawing 1.)
3. Insert your arm inside the cuff loop. (As indicated in drawing 2.)
4. Pull the cuff to close it around your arm. You should fit the cuff closely, but not too tight so you can insert a finger between your arm and the cuff. (As indicated in drawing 3.)
5. Make sure that the cuff is positioned about 1 inch or 2 cm above the elbow, and your QardioArm is positioned on the inner side of the arm, over the artery. The Qardio logo should be on the bottom, towards your hand.
6. Support your arm so it is relaxed, and ensure that the QardioArm is at the same height as your heart. Your arm should remain slightly bent while taking the measurement.



1. Unroll the cuff and pull the tab



2. Insert your arm through the cuff loop



3. Close the cuff