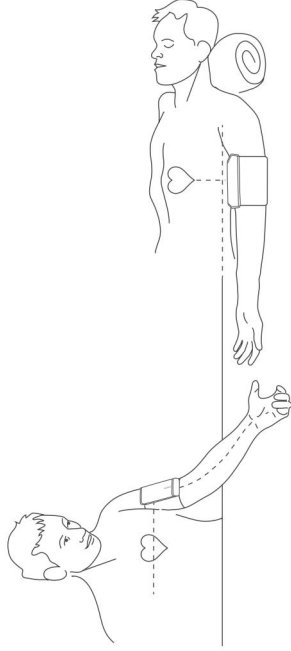


BODY POSTURE DURING BLOOD PRESSURE MEASUREMENT

Note: Blood pressure can be affected by the position of the cuff and your physiological condition.



Sitting During Measurement:

1. Be seated with your feet flat on the floor without crossing your legs.
2. Place your hand, palm-side up, in front of you on a flat surface such as a desk or a table.
3. The middle of the cuff should be at the same level as your heart.

Lying Down During Measurement:

1. Lie on your back.
2. Straighten your arm alongside your body with your palm facing up.
3. The cuff should be placed at the same level as your heart.

DETAILED INSTRUCTIONS ON TAKING A BLOOD PRESSURE MEASUREMENT

Taking a blood pressure measurement with the QardioArm is easy and is done in a few simple steps:

1. Open the Qardio App on your iOS or Android device.
2. Unwrap the cuff from around the QardioArm to switch on the device and pull the tab to open the cuff loop.
3. Fit the QardioArm cuff around your upper arm. You can review the instructions for proper cuff placement at any point.

4. Press the green **START** button on the Qardio App to start measuring.

The cuff will inflate automatically. Relax, do not move and do not tense your arm muscle until the measurement result is displayed. Breathe normally and do not talk.



When the correct pressure is reached, the inflation stops and the pressure gradually decreases. If the required pressure was not reached, the device will automatically inflate additional air into the cuff.

5. The result, comprising of the systolic and the diastolic blood pressure and the pulse rate, is displayed on the Qardio App.
6. When the device has finished measuring, remove the cuff and wrap it around the QardioArm to switch off the device.

If the cuff is left unwrapped, in a few minutes QardioArm switches off automatically. In this case, you will have to wrap the cuff around the QardioArm and re-open it to switch on the device.

