

BLOOD PRESSURE MONITOR

QUICK START GUIDE

SETUP

1. Powering On: Install the 3 included AA batteries into the back of the monitor.
2. Time Set: If the setup screen is not showing press and hold the Ⓢ for 5 seconds until the screen shows up.
 - Use (+) to increase the number and (-) to decrease
 - Use Ⓢ to confirm selection.

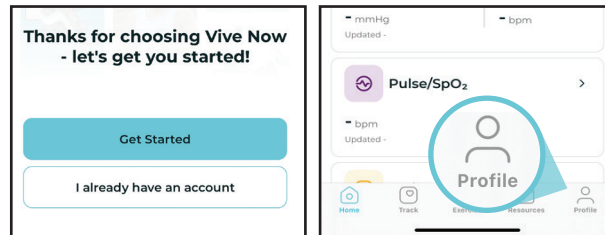
APP PAIRING

Download the Vive Now app through Google play or Apple Store:



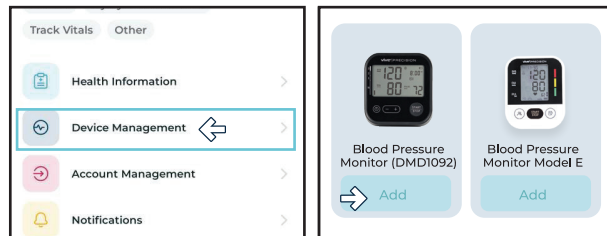
Requires: Iphone with iOS 9.0 or later, Smartphone with Android 4.4 or later.

1. Register an account then click on the profile tab.



****Turn on wireless connectivity on your mobile device.****

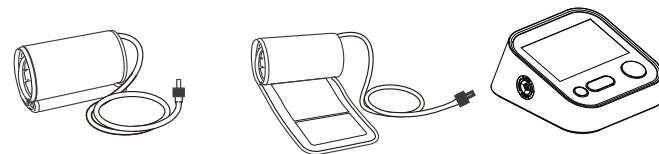
2. Go to Device Management and find: Blood Pressure Monitor (DMD1O92).



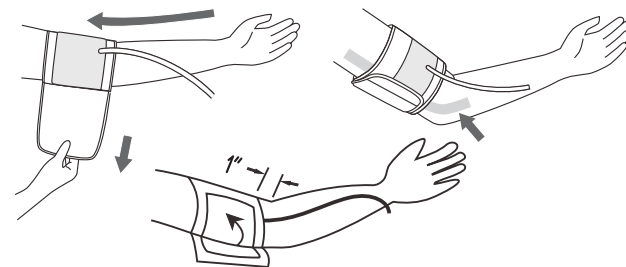
****The blood pressure monitor will now connect automatically once turned on.****

THE ARM CUFF

1. Connect into the left side of the device.



2. Slip the cuff onto the left arm with the hose coming down towards the palm. 1" or 2 fingers width past the elbow joint.



****Tighten comfortably, you should be able to slip a finger in between the cuff and your bicep****



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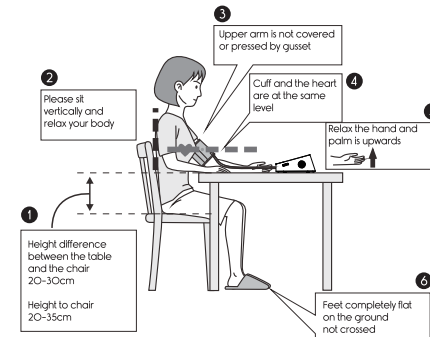
BEFORE MEASUREMENT

- **Do not drink caffeine!**
Caffeine can remain in the body for up to 12 hours.

- **Do not drink alcohol!**
Depending on the drink or the amount, it can affect your heart rate up to 6 hours.

- **Do not shower!**
Different water temperatures will affect heart rate, wait 30 mins before taking a measurement.

- **Do not exercise!**
Depends on the level of activity but it is recommended to wait at least 2 hours before measurement.



****Measure more than once.****

****Wait 5mins before each measurement!!****