

Menu

Pressure in mmHg:



**Prepare the measurement:**

1. Put the cuff on the upper arm of your non-dominant hand, making sure it is tight.
2. Rest your arm on a flat surface.
3. Take the pump into your dominant hand.
4. Make sure the valve is closed, but you can handle it easily.
5. Press Start when you are ready.

Start

Menu

Pressure in mmHg:



**Pump-up to 180 mmHg**

Using your dominant hand, where your arm is not in the cuff, quickly pump up the cuff to 180 mmHg.

The valve should stay fully closed. Use the dial above for reference.

Cancel

Menu

Pressure in mmHg:



**Slowly and continuously release pressure.**

Open the valve slightly to release pressure at approximately 3 mmHg/s. Wait calmly and try not to move.

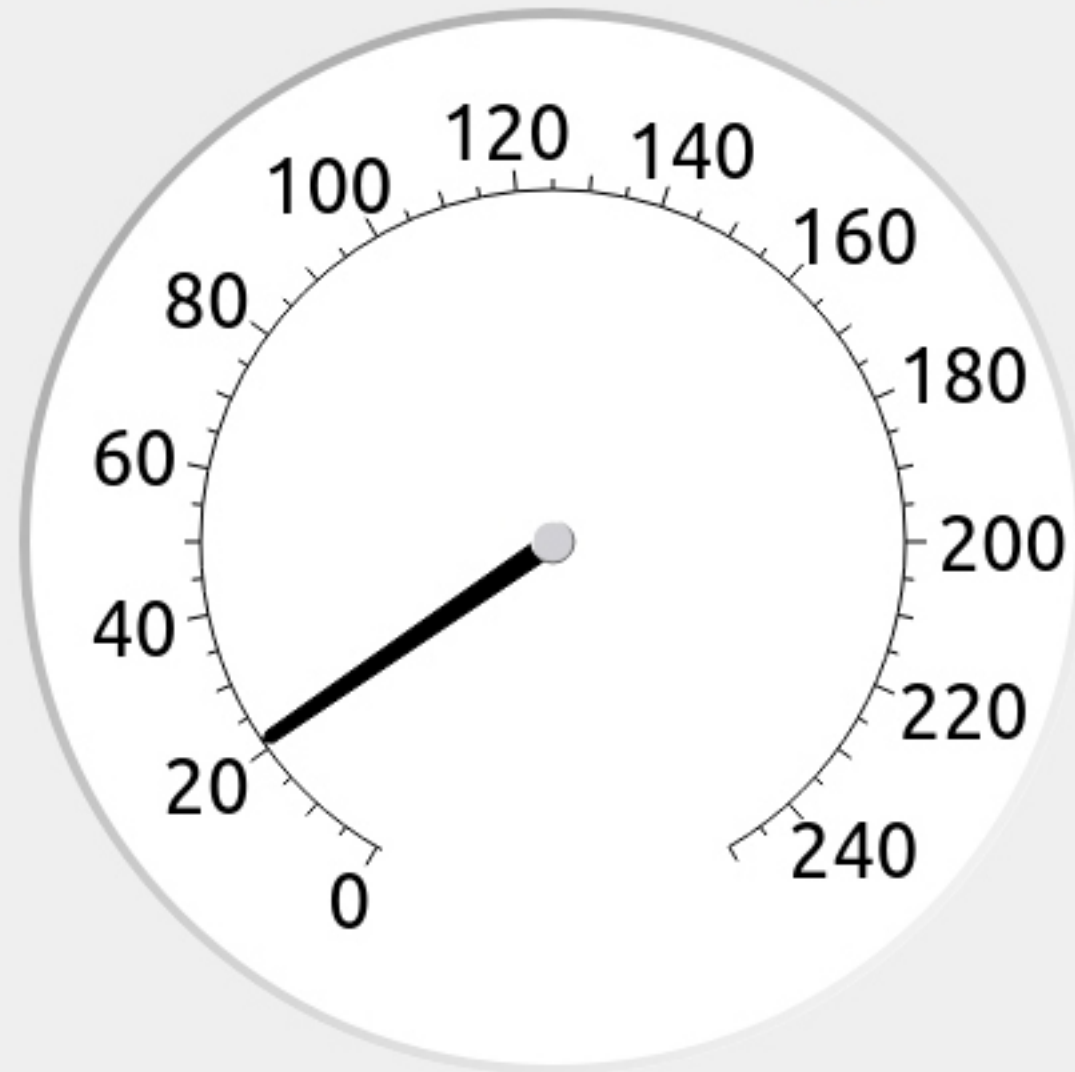
**Take your time. The deflation should be as uniform as possible.**

Current heart rate:  
**56**

Cancel

Menu

Pressure in mmHg:



**Completely open the valve.**

Wait for the pressure to go down to 0 mmHg.

You will see the results next.

Cancel

Menu

Pressure in mmHg:



**Results:**

measured:

**MAP: 76 mmHg**

**Heart rate: 69 beats/min**

estimated:

**SBP (r=0.5): 108 mmHg**

**DBP (r=0.8): 71 mmHg**

Reset