

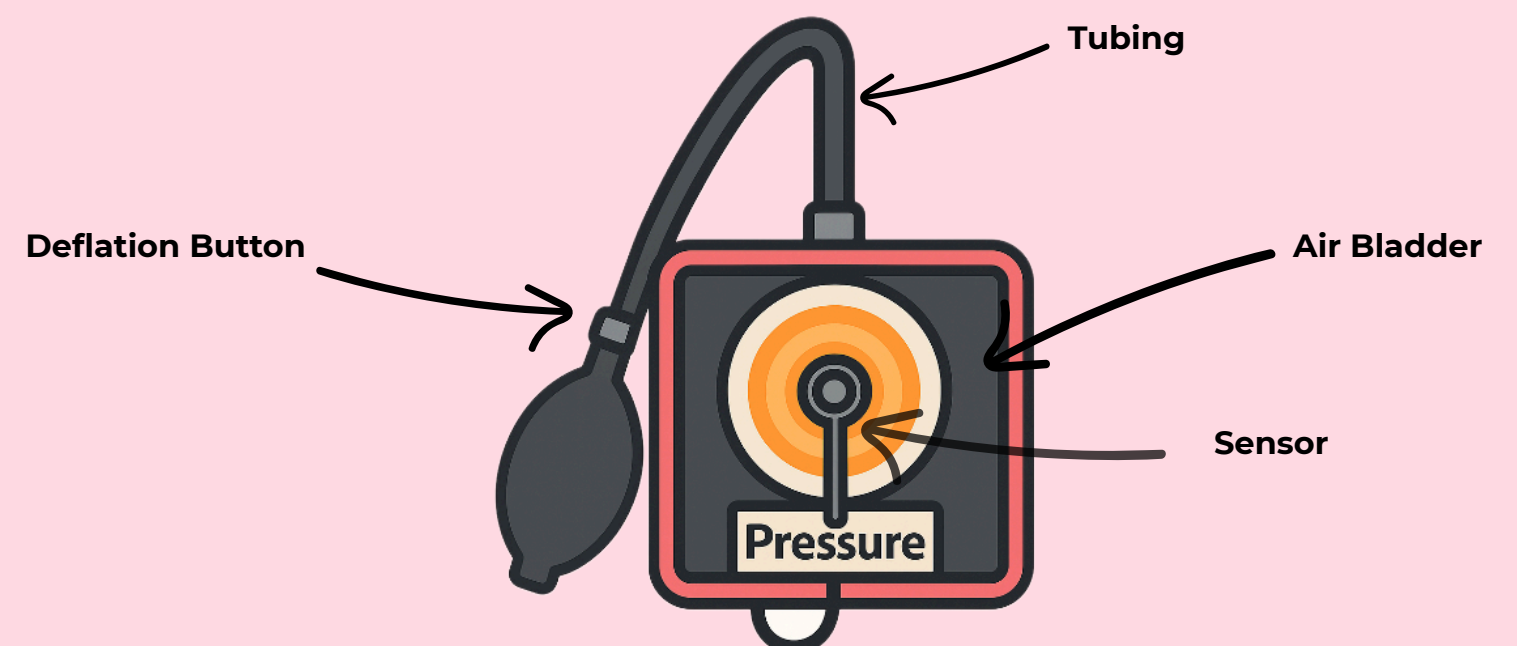
# HOW TO USE PRESSURE

## A HANDHELD DEVICE FOR AT-HOME BREAST HEALTH MONITORING

### Step 1

#### Prepare Your Device

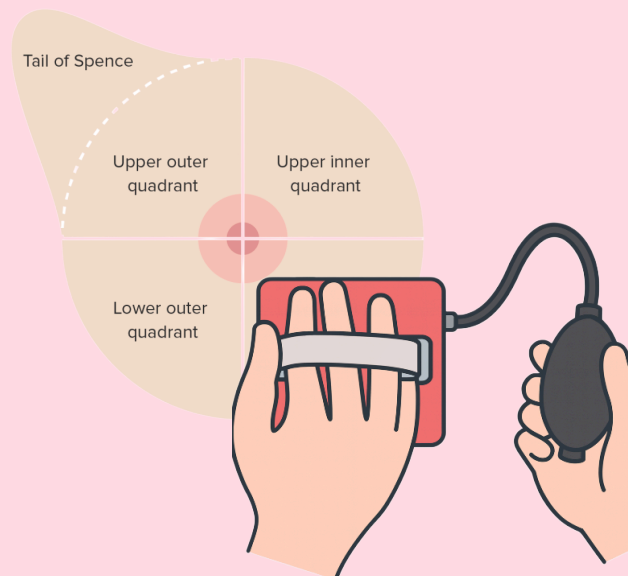
Fully deflate the air bladder and make sure the pump and tubing are connected. Make sure the silicone outer layer is clean.



### Step 2

#### Place on the Breast Quadrant

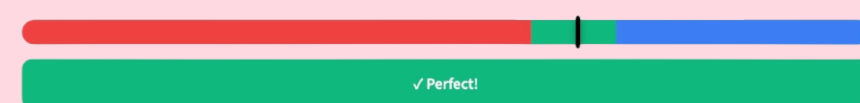
Place the device flat against the breast quadrant you're measuring. Make sure your skin is bare, dry, and free of oils.



### Step 3

#### Baseline the Sensor

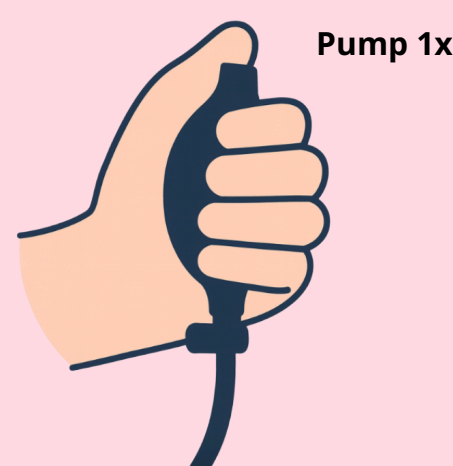
Press gently or lift slightly until the device sits evenly on the skin. Hold steady while the baseline stabilizes.



### Step 4

#### Pump Once and Hold Steady

Hold the device steady and squeeze the pump one time to apply controlled compression. Do not pump multiple times.



### Step 5

#### Deflate & Move On

Press and hold the deflate button for 3 seconds to release pressure. Move to the next quadrant and repeat the process.

