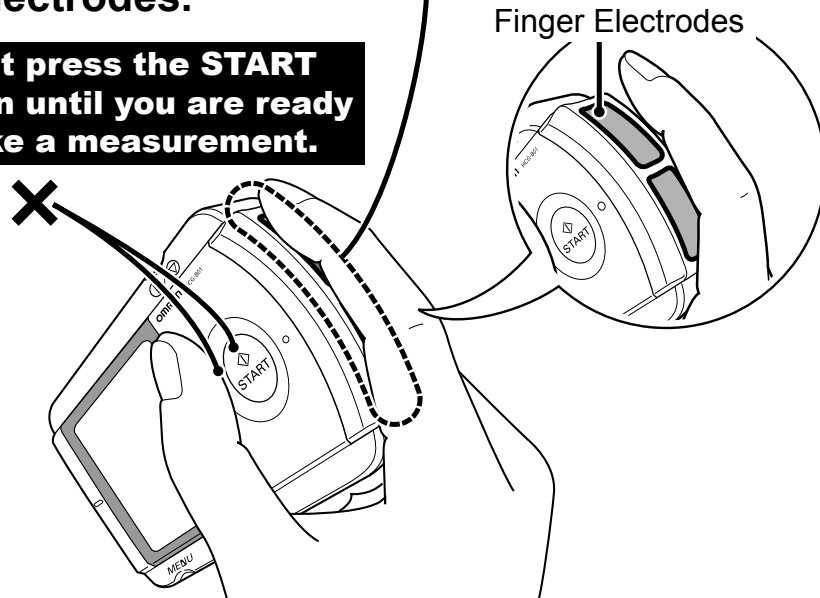


## How to use the unit

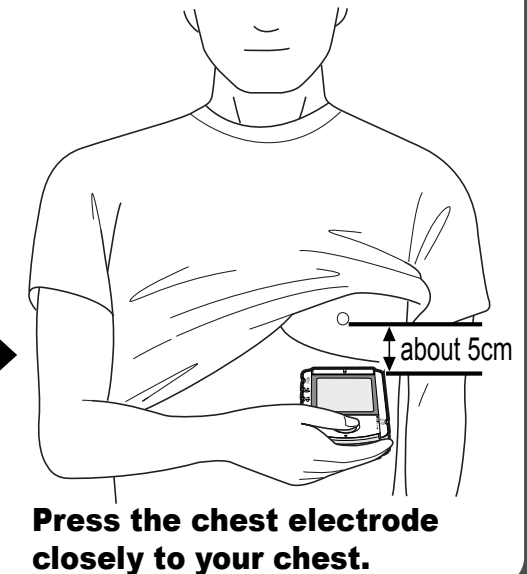
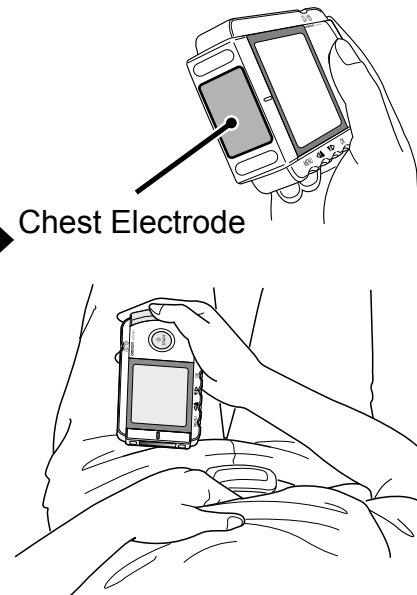
Press the button to switch on the power, then place your finger **closely** on the two finger electrodes.

**Do not press the START button until you are ready to take a measurement.**



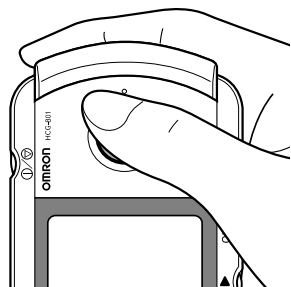
## Appropriate Posture

Place the chest electrode on bare skin about 5 cm below your left nipple.



## Taking a Measurement

**Start** Press the START button while maintaining the same posture.



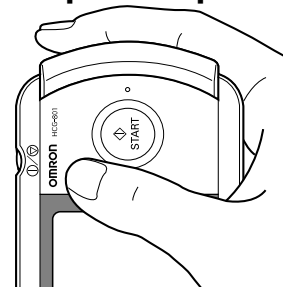
The unit beeps every second.



**About 30 seconds**

**Keep still and do not move until the measurement is complete.**

**End** The measurement ends automatically, indicated by 4 rapid beeps.



## Power off

Press the button for two seconds.

