

iHealth™

Wireless Blood Pressure Wrist Monitor (BP7)

QUICK START GUIDE

Thanks for your purchase. This Quick Start Guide tells you how to set up your iOS device, connect to Bluetooth, and measure your blood pressure. Please follow the instruction below to start your measurement process.



First Time Set Up Instructions

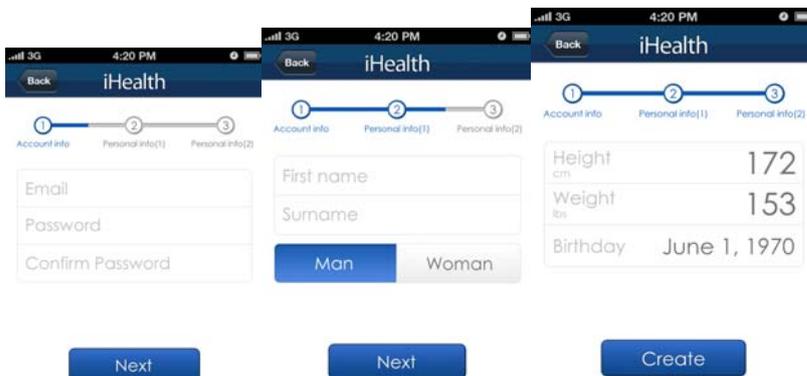
Download the Free iHealth MyVitals App

Prior to first use, download and install "iHealth MyVitals" from the App Store.



Account Set Up and Registration

Follow the on-screen instructions to register and set up your personal account



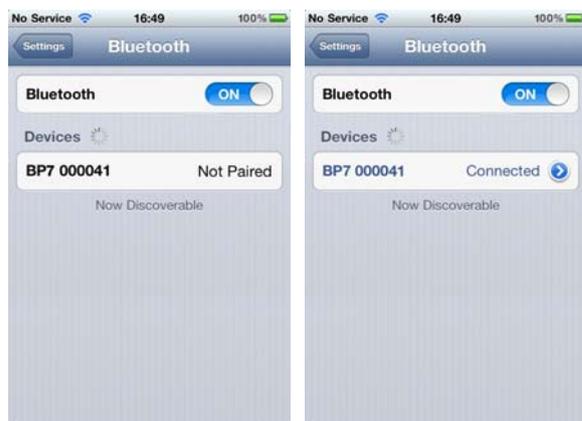
Charge Battery Prior First Time Use

Connect the monitor to a USB port using the charging cable provided until the green indicator light stabilizes.



Connect to iOS Device via Bluetooth

- Apply the cuff or press the START/STOP button, the Bluetooth indicator will begin flashing.
- Turn Bluetooth "On" under the "Settings" Menu on the iOS device.
- Wait until the model name printed on the monitor, (i.e. "BP7 xxxxxx") and "Not Paired" appear in the Bluetooth menu, and select the model name "BP7 xxxxxx" to pair and connect. The Bluetooth indicator will remain steady upon successful connection. When using the monitor for the first time, it may take up to 30 seconds for your iOS device to detect the Bluetooth signal.
- Each subsequent time you use the monitor, "Not Connected" will be displayed next to "BP7 xxxxxx" in the Bluetooth Menu.
- Please repeat these steps when you switch to another iOS device with the monitor.



Monitor Status	<i>Bluetooth</i> Indicator
Waiting to connect	Flashing blue light
Connected and measuring	Steady blue light
Measurement completed and ready to disconnect	Gradually extinguishing light

Measurement Procedures

Blood pressure can be affected by the position of the cuff and your physiologic condition. It is very important that you keep your wrist at heart level.

1. Be seated with your feet flat on the floor without crossing your legs. Stay still during measurement. Do not move your wrist, body, or the monitor.
2. Place your hand palm-side up in front of you and wrap the cuff around a bare wrist 1-2cm above the wrist joint. If the monitor is correctly placed, iHealth logo will be facing upright.
3. The middle of the cuff should be at the level of the right atrium of your heart.
4. It is advised to place the monitor's travel case under your arm for support and to keep your arm at optimal height for measurement.
5. Adjust the height of your wrist, the App will detect your wrist position and the measurement will start ONLY when the correct position is detected. Follow the on-screen instructions to begin measurement.



Auto Connect Option

Auto connect option allows the monitor to find the last used iOS device and re-establish the connection with your iOS device automatically. Auto connect option can be enabled in the App. (Device Setting->Auto Connect->On)



Taking Measurements with Multiple iOS Devices

Turn off the Bluetooth on the last used iOS device if the Auto Connect option is enabled in your App, then follow the set up instructions in the Quick Start Guide.

Measuring without an iOS Device

Enable the Offline Measurement function on the App. (Device Setting->Offline Measurement->On) Apply the cuff, follow the measurement Procedures, and then press the "START/STOP" button to begin measurement. All offline measurements will be uploaded to the App automatically upon the next successful *Bluetooth* connection.

For detailed operating instructions, please visit www.ihealthlabs.com.

Note: Physical activity including eating, drinking, and smoking as well as excitement, stress, and many other factors influence blood pressure results.

ATTENTION: You can stop the measurement process at any time by pressing and holding the "START/STOP" button for 2 seconds.

Visit www.ihealthlabs.com to obtain additional product information. For Customer Service, please call +1-855- 816-7705.