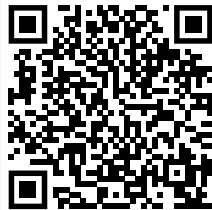


This device uses cellular data to transmit results. **This is at no cost to you.**



Want a more detailed guide?
**Scan the QR code or
visit brook.health/rpm-procuff**



Want more information about Brook?
Visit brook.health/rpm

Questions?

✉ support@brook.health

☎ (800) 266-4407

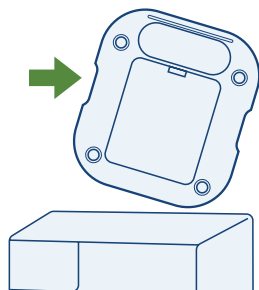
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REMOTE CARE



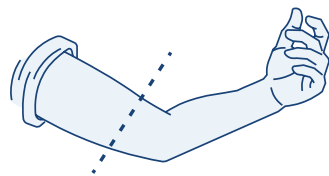
BLOOD PRESSURE MONITOR Quick Start Guide

1



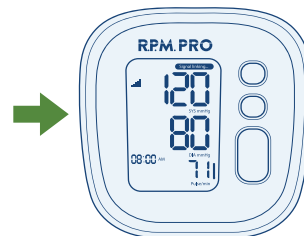
Remove the monitor from packaging. **Pull the plastic tab out of the battery** compartment. Batteries are pre-loaded.

2



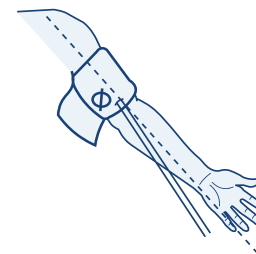
Select the cuff that comfortably wraps around your upper arm, with room for two fingers between the cuff and your arm.

3



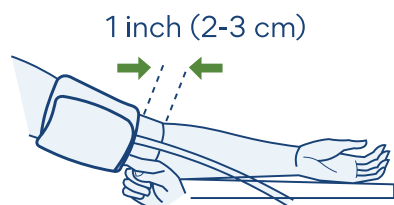
Plug the cuff tube connector into the side of the device.

4



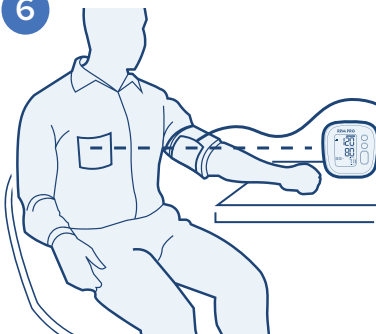
Slide cuff onto your bare upper arm, with tube exiting towards your hand on the inside of your elbow.

5



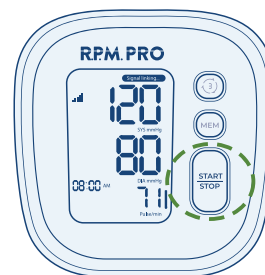
Wrap cuff over your arm and secure in place. Lower edge of cuff should lie 1 inch above your elbow. Don't over-tighten.

6



Lay your arm on a table, palm upwards, so cuff is at the same height as your heart. Don't bend tube.

7



Sit silently with your legs uncrossed and flat on the ground. **Press START/STOP** to turn on the device and start a reading.

8



The device automatically transmits your results, and will display "OK" when finished.

NOTE: Readings can vary ± 3 -10 mmHg depending on certain factors. Visit www.brook.health/rpm-procuff or reference your "Taking Accurate Blood Pressure Readings" brochure for more information.