

In association with

**St John**  
Ambulance



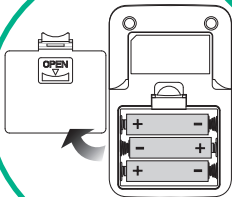
  
**kinetik**  
WELLBEING

# - Quick Start Guide -

## BPx2

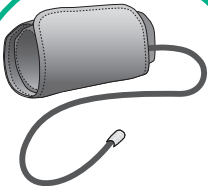
Advanced  
Blood Pressure Monitor  
X2 Comfort

1



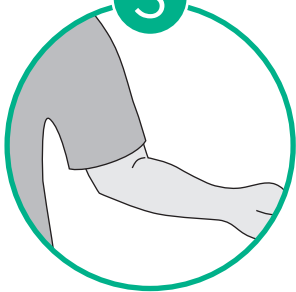
Unpack,  
insert batteries and  
setup  
Blood Pressure  
Monitor.

2



Insert cuff  
into the left side  
of monitor unit.

3



Remove  
thick clothing  
from arm.

4



Rest for  
a few minutes in  
a relaxed position.

5



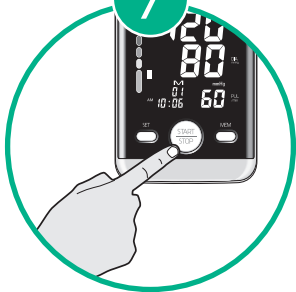
Place your arm  
resting on  
a firm surface.

6



Apply cuff  
to the left arm and  
keep level  
with heart.

7



Press start button  
to begin  
blood pressure  
measurement.







for more information visit :  
[kinetikwellbeing.com](http://kinetikwellbeing.com)