

In association with

St John
Ambulance



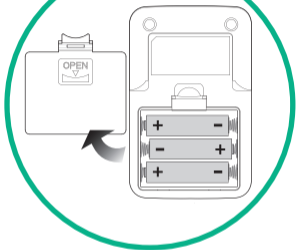

kinetik
WELLBEING

-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

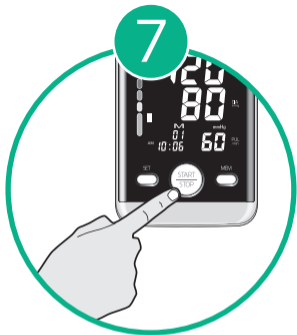


Place your arm
resting on
a firm surface.

6



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



Press start button
to begin
blood pressure
measurement.



for more information visit :
kinetikwellbeing.com