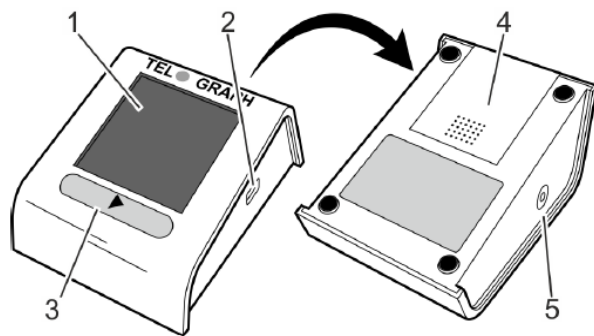


Short guide: Tel-O-Graph® GSM blood pressure measuring device

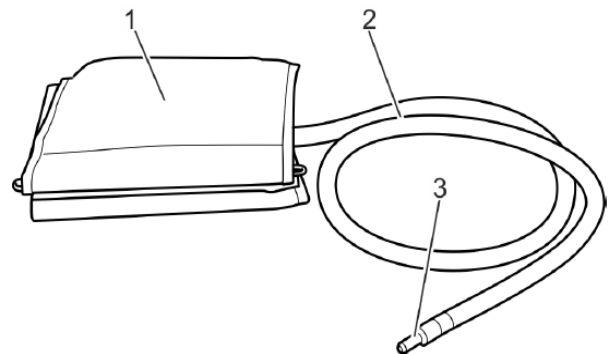
Important information, safety information and extensive instructions for the product and its functions, which are referred to in this short guide, can be found in the user manual which is enclosed with the product delivery contents! If you have any questions, please do not hesitate to contact our technical support team at www.iem.de.

1 – Measuring device



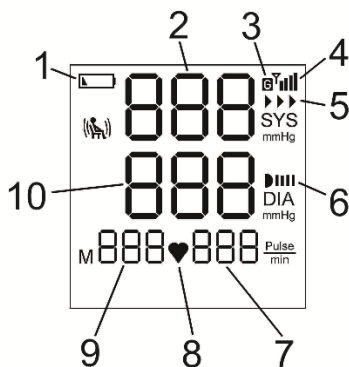
- (1) display (2) infra-red port
 (3) **START** button (4) battery compartment cover
 (5) air tube socket

2 – Cuff



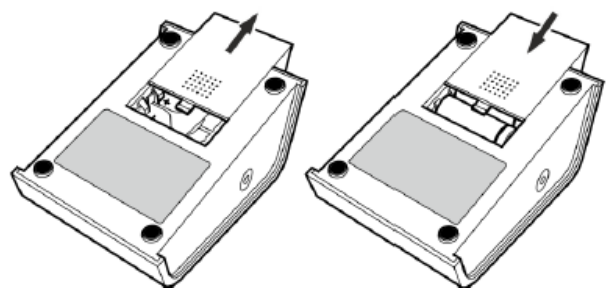
- (1) arm cuff (2) air tube
 (3) air tube connection

3 – Display



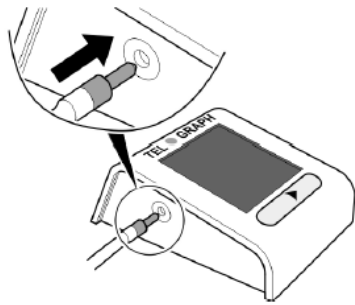
- (1) battery status (2) systolic value display
 (3) mobile radio connection (4) signal strength
 (5) data transmission (6) infra-red
 (7) number of pulse beats per minute (8) pulse recognised
 (9) number of readings in the memory (10) diastolic value display

4 – Inserting the batteries



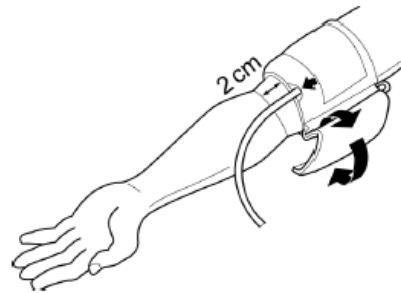
- Open the battery compartment cover on the bottom of the measuring device.
- Insert four batteries (AA, alkaline) with the correct polarity. Take care not to press or hold down the **START** button when inserting the batteries.
- Close the battery compartment cover.
- ➔ The measuring device will automatically turn itself on.

5 – Plugging in the cuff



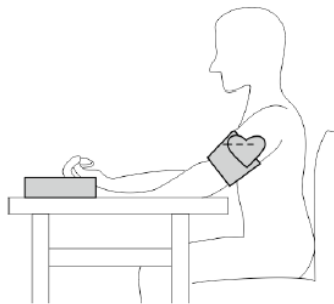
Plug the air tube socket into the air tube connection of the device.

6 – Putting on the cuff



- Put on the cuff and fasten it with the Velcro.
- The tube must run centrally along the inside of the forearm, in the direction of the middle finger.
- The lower edge of the cuff must lie about 2 cm above the crook of your arm.
- The artery marker must lie centrally on the inside of your arm and point downwards.

7 – Correct sitting position



- Sit comfortably on a chair and place your elbows on the table.
- The arm cuff should be the same height as your heart.
- Relax your arm and turn the palm of your hand upwards.
- Place your feet flat on the floor and place your legs next to each other.

8 – Carrying out a reading

- Press the **START** button to start a reading. The start of a reading is confirmed by a signal tone.
- During your first reading, the cuff pumps up gradually in order to determine the pressure necessary for calculating your systolic blood pressure.
- During every further reading, it is immediately pumped up to the systolic blood pressure value that has already been determined.
- After pumping up, the pressure is gradually released.
- A reading can be cancelled at any time by pushing the **START** button again. The air is automatically released!

9 – Transferring the data

- After your blood pressure values have been measured, these appear on the display.
- Take off the arm cuff. The blood pressure reading has ended.
- Following this, the blood pressure measuring device establishes a connection to the mobile phone network (Y).
- As soon as the mobile connection is established (the symbol **G** appears on the display), the readings are transferred (▶▶▶).
- A signal tone confirms the measurement values have been successfully transferred.

10 – Information

- If the blood pressure values are not successfully transferred, an error message appears on the display. Note down the error code.
- The blood pressure values remain saved in the measuring device and are transferred after the next blood pressure reading.
- When changing the batteries take care to insert the batteries with the correct polarity and when inserting them, do not press or hold down the **START** button.