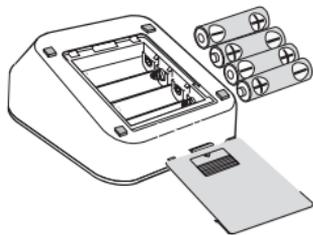




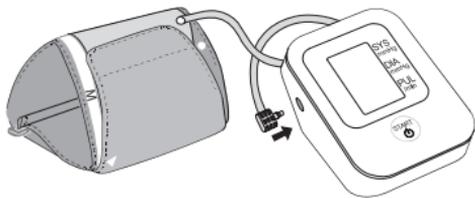
Connected Blood Pressure Monitor UA-651BLE-LIV Quick Start Guide

Setting Up Your Blood Pressure Monitor

- 1) Install the included batteries into your blood pressure monitor.



- 2) Insert the air connector plug into the air socket.



Connecting the Monitor to the Livongo App

- 3) Make sure *Bluetooth*® is enabled on your mobile phone. To turn on Bluetooth, go to Settings on your phone.



Bluetooth



- 4) Open the Livongo app on your mobile phone and log in. (If you don't have the Livongo app, download it now from the App Store or Google Play.)



- 5) Tap the "Get Started" link on the home screen of the app to access the Livongo for Hypertension program. The app will guide you through the following process.



- 6) When the app prompts you, press and hold the START button until "Pr" is displayed, then release the button.



- a) While "Pr" is shown, the monitor is discoverable by Bluetooth.



- b) While "SEt" is shown, the monitor is pairing with your mobile device.



- c) The monitor will display "End" to indicate the pairing process is complete.



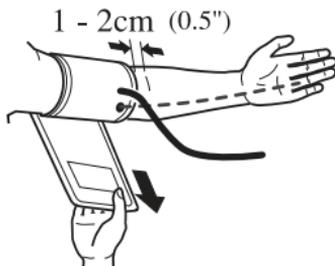
- 7) Your blood pressure monitor is now connected and ready to be used. You should see a message in the Livongo app confirming that your monitor is connected.

Taking Your Blood Pressure Reading

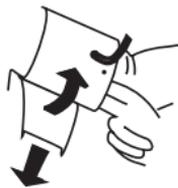
(See tips on last page for taking your blood pressure.)

- 8) Sit in a chair with both feet flat on the floor.

- 9) Lay your arm flat on a table in front of you with your palm facing up. Place the cuff around your bare upper arm above the elbow.



- 10) Secure the cuff using the Velcro fastener so that it is snug but not too tight. (You should be able to slide two fingers underneath the cuff.)

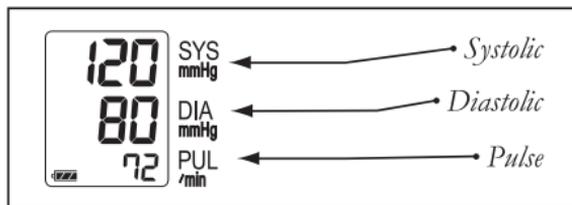


- 11) Press the START button.



- 12) Sit quietly as cuff inflates and deflates while it takes your reading. Try not to speak or move during this time.

- 13) When the reading is complete, the cuff deflates automatically.
- 14) Your systolic and diastolic pressure appear on the monitor screen and on the Livongo app. (Make sure the app is open and you are logged in.) Your pulse rate appears only on the monitor screen.



Now that your monitor is connected to the Livongo app, all your blood pressure readings will automatically sync to there when you do a blood pressure check, your phone is near you with Bluetooth enabled, and the Livongo app is open. Your results are also stored in your monitor.

TIPS FOR TAKING YOUR BLOOD PRESSURE

- Take your blood pressure around the same time each day.
- Uncross your legs and keep your feet flat on the floor.
- Sit still during the reading. Try not to talk, eat, or make sudden movements.
- Wait at least 30 minutes after drinking a caffeinated beverage, exercising, taking a bath, or smoking before taking your blood pressure.



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