

Thank you for choosing First-Call Medical.
To get started with your Blood Pressure
Monitor, please read through the following
pages of this document.

 **VERY IMPORTANT**

Please do not turn on the monitor until you are
ready to wear it for 24 continuous hours.



Use your smartphone to scan this code and watch
the 4-minute application video. Or, [click here](#).

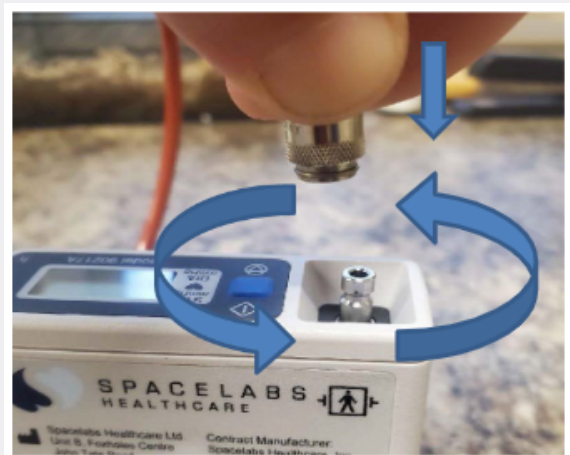
Application Instructions

POSITIONING THE CUFF

- ✓ Position cuff on either arm (over the bicep).
- ✓ **AT ALL TIMES**, make sure the white arrow on the cuff points down to the palm of your hand (the hose may either be on the same or the opposite side of the white arrow, depending on the cuff). Please note that you may receive a cuff different from the one in the YouTube video.
- ✓ Once in position, the cuff must be tightened to make a snug but not uncomfortable fit.
- ✓ Adjust the cuff as necessary during the testing period.
- ✓ Attach tubing to the monitor. If it is a plastic tip, please screw in firmly.

For monitors with a metal connector piece, push and twist the hose onto the monitor. The hose should click on the post.

For monitors with a plastic connector piece, simply screw the hose onto the monitor.



Application Instructions Continued

STARTING THE MONITOR

- ✔ Turn the monitor **ON** using the switch on the bottom of the device.
- ✔ To start the test, press the blue **START/STOP** button.
- ✔ You will hear an alert. Relax your arm at your side. The cuff will inflate and a reading will be taken. To ensure accurate recordings, refrain from moving or talking.
- ✔ **NOTE:** The monitor will display the first 3-4 readings, after which the readings will be stored internally.
- ✔ **Daytime and Evening readings will vary** depending on your sleep schedule and physician instructions. For any questions regarding the testing schedule, call 800.274.5399.
- ✔ If you would like to take a reading at an unscheduled time, press the blue **START/STOP** button, and a Manual reading will be taken.
- ✔ At the end of the 24 hours, turn the **ON/OFF** switch to **OFF**.
- ✔ Please don't move or talk when measurements are being taken. Sit down if possible and rest your arm on a table or lap. If standing, let your arm rest at your side. Try not to tense your arm or flex your muscles.
- ✔ Do not remove the batteries for any reason.

Troubleshooting The Monitor

Our Receiving Center is open 24-hours a day, 365 days a year. For assistance, please call: 800-274-5399.

Alert	Possible Cause	Solution
EC01 or EC02	Cuff may be applied incorrectly or movement artifact.	Adjust cuff so that white arrow is pointing down towards the hand. Refrain from moving during readings.
EC08	Monitor is unable to take accurate reading.	<ul style="list-style-type: none"> • Turn monitor off and remove cuff. • Detach cuff from monitor. • Push out any residual air in cuff. • Reapply and turn monitor back on.
LBB	The back up battery is low or dislodged.	Please call First-Call Medical.
EC25 or EC75	The back up battery is low or dislodged.	Please call First-Call Medical.
--	Successful reading was taken!	

Blood Pressure Diary / Log

For help with your blood pressure monitor, please call
First Call Medical at **1-800-274-5399**

WHAT TO RECORD

- Sleep (including naps)
- Medications (including dosage)
- Exercise
- Caffeine
- Alcohol
- Smoking
- Stress
- Symptoms (i.e., pain, dizziness, lightheadedness)

When you finish using the Blood Pressure Monitor,
it must be returned to First-Call Medical.



Blood Pressure Monitor Return Instructions

- ✓ The monitor must be returned in the protective case using the enclosed U.S. Postal Service supplies.
- ✓ The U.S. Postal Service bill has been pre-paid and pre-printed with First-Call Medical's address.
- ✓ Seal the package and drop it in a mailbox or give it to a postal worker, place it in a blue USPS dropbox, drop it off at the post office, or schedule a pickup.

Fees For Unreturned Equipment

ABPM Monitor: \$1,500

Cuff: \$200

Pouch: \$100

Privacy Practices

Please visit My First Call Medical (www.myfirstcallmedical.com) or scan this QR code.



For additional information call 800-274-5399 or email info@fcminc.com