



# QUICK START GUIDE

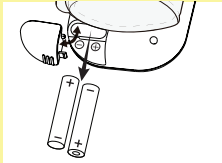
## AUTOMATIC DIGITAL WRIST BLOOD PRESSURE MONITOR

REF MDS4003

Please watch the following User Video on your computer by typing in the link <https://www.medline.com/sku/item/MDPMS4003>

### Step 1 – Install Batteries

- Slide battery cover off.
- Install two (2) "AAA" batteries.
- Slide battery cover back on.

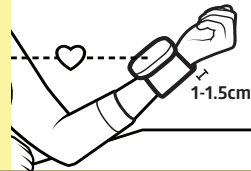


### Step 2 – Set Date and Time

- Hold down MEM until the year appears in the lower left corner. If the year is already flashing, proceed to step C.
- Release the MEM button.
- Press MEM repeatedly to change the year.
- Press once to change to month selection. Press MEM repeatedly to change the month.
- Repeat step D to set the day.
- Press to go to clock format. Press MEM to alternate 12 hour and 24 hour clocks.
- Press once to change to hour selection. Press MEM repeatedly to change the hour.
- Repeat step G to set the minute.
- Press twice to save and exit.

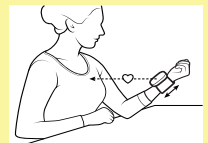
### Step 3 – Cuff Placement

- Position the edge of the cuff about 1-1.5 cm from wrist joints.
- Fasten the cuff around your wrist, with no room between the cuff and skin.
- The LCD cuff display should face you and be at the level of your heart.



### Step 4 – Body Placement

- Sit with feet flat on floor.
- Place elbow on a table, so that the cuff is at the same level as your heart.
- Turn your palm upwards.



### Step 5 – Begin Measurement

- Press to turn monitor on and automatically begin measurement.



## Troubleshooting Guide

### 1) Does Not Turn On

- Check that the batteries are inserted and battery cover is on.
- Check that the battery polarities (+ and -symbols) are positioned in the correct direction.
- Try inserting new batteries.

### 2) Inaccurate Reading

- Refrain from eating, smoking and drinking (especially alcoholic beverages) before a measurement.\*
- Check the cuff for a snug fit.
- Ensure that you are not moving, speaking or repositioning during reading.
- Wait at least 3 minutes between readings.

### 3) Inflation Problem

- Check that the cuff is wrapped snugly around your bare wrist.
- Confirm that you are remaining still during measurements.

\*Other things can affect blood pressure values besides those listed here.

**IMPORTANT!** You can STOP the inflation or deflation of the cuff at any time by pressing the button.

Please see User Manual for more details.

If you have any questions or are experiencing difficulties, please call the Medline Service Center at 1-800-MEDLINE (1-800-633-5463). V1 RJ20GTE

**READ BEFORE USING**