

In association with

**St John**  
Ambulance



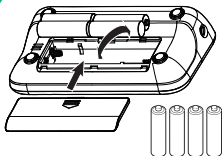
  
**kinetik**  
WELLBEING

# -Quick Start Guide-

## TMB-2088

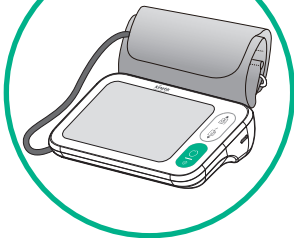
### Smart Blood Pressure Monitor

1



Unpack  
Blood Pressure  
Monitor and  
insert batteries.

2



Plug the connector  
from cuff into  
the monitor  
on the left side.



Remove any  
thick clothing  
from your arm.

4



Sit in a  
relaxed position  
for 5 minutes.



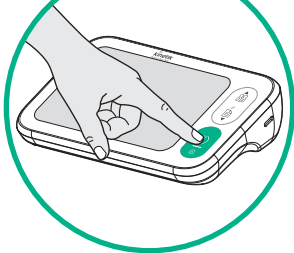
Place your arm  
resting on  
a firm surface.

6



Wrap the cuff  
on the left arm and  
keep level with  
your heart.

7



Press the  
START button  
to begin  
measurement.



## **For further help contact us at**

### **Email**

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