

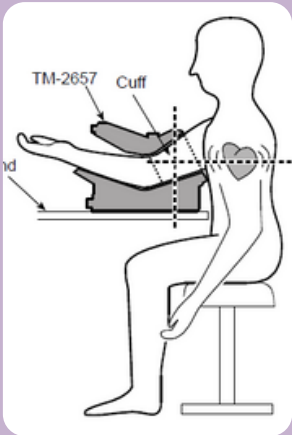
How to use the BLOOD PRESSURE MACHINE

STEP 1

Log-in to the self-screening kiosk with your name and date of birth



STEP 2



- Sit on the chair provided and adjust the height until your heart is level with BP monitor.
- Use either arm for measurement
- Ensure your arm is bare or only a thin layer of clothing is worn
- Sit upright with your back supported
- Do not cross your legs

STEP 3

- Insert your arm all the way to the top of your shoulder
- Place your elbow in the elbow rest
- Relax and do not talk



STEP 4

- Press START/STOP button
- Remain still, relax and do not talk

DO NOT PRESS THE "SKIP" BUTTON AS YOUR BLOOD PRESSURE READING WILL NOT BE RECORDED

STEP 5

If an "Inconclusive" message appears on the screen please retake your blood pressure. This may happen up to 3 times.

STEP 6

When the measurement is complete, a message will appear on the kiosk screen

In the event of an emergency, press the **FAST STOP** button

