

iHealth® View

Smart Blood Pressure Wrist Monitor (BP7S) Quick Start Guide

Get ready to take charge of your health! Setting up your device has never been easier. Follow these quick steps to get you started with your monitor.

First Time Setup Instructions

Charge Battery Before First Use

- Connect the device to a USB port using the charging cable provided until charging symbol is green and battery symbol stop blinking.

Download the free iHealth app and set up your iHealth account

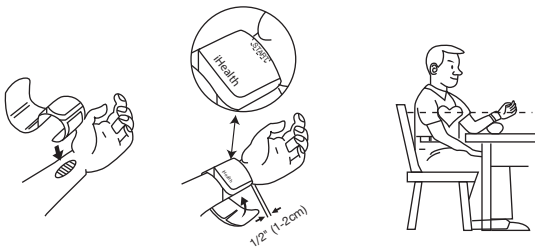
- Download the free iHealth MyVitals app from the App Store (iOS) or Google Play Store (Android).
- Launch the app and follow the on-screen instructions to sign up for an iHealth account.
- After your account has been created, you can access synced data from your smartphone or tablet, or view it from any computer by logging in at <http://cloud.ihealthlabs.eu>. Simply click “Sign In” at the top, right-hand side of the page.

Compatible with all iPhone 4s+, iPod touch 5, iPad 3+, iPad mini+, iPad Air+, and select Android devices. Requires iOS version 7.0+ and Android version 4.0+. For a complete list of compatible devices, visit our support page at www.ihealthlabs.eu/support

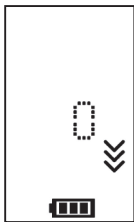
Measure Your Blood Pressure

Blood pressure can be affected by the position of the cuff and your physiologic condition. It is very important that the cuff is positioned at your heart level during blood pressure measurements. To ensure accuracy, follow the step-by-step instructions below.

1. Place your hand palm-side up in front of you on a flat surface such as a desk or a table.
2. Sit comfortably with your feet flat on the floor without crossing your legs, and remain still during measurement.



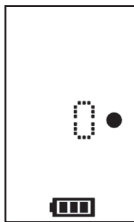
3. Applying the cuff or press the "START/STOP" button on your monitor.
4. Adjust the height of your wrist, the monitor will detect your wrist position and the measurement will start ONLY when the correct position is detected. When the position is correct, press "START/STOP" button again to start measurement.



Wrist position too low



Wrist position too high





Wrist position good

5. Results will be shown on the blood pressure monitor display.

Sync Results Via *Bluetooth*

Use *Bluetooth* to sync your readings to your iOS or Android device and save data to the secure iHealth cloud.

Connect to iOS via *Bluetooth*

1. Launch the iHealth MyVitals App from your iOS device.
2. Enable *Bluetooth* on your iOS device: Slide gently upward the iPhone screen from  to open the Control Center, and click on the .
3. Once the monitor is off, press "START/STOP" button for 2 seconds until *Bluetooth* indicator begins flashing -- when a successful connection has been established, the *Bluetooth* indicator light will stop flashing.
4. Use the app to sync the result, the sync indicator will flash during synchronization and stop flashing when synchronization has been achieved.
5. Results will now be viewable from your iOS device or from any computer by logging in at www.ihealthlabs.eu.



Note: If you can't sliding appear the Control Center, you can go to the Settings > *Bluetooth* > "On". Then return back to the iHealth MyVitals app, and do Step3 again.

Connect to Android via *Bluetooth*

- Press "START/STOP" button for 2 seconds until *Bluetooth* indicator begins flashing.
- Enable *Bluetooth* on your Android device: Settings > Wireless & Networks > *Bluetooth*.
- Check the *Bluetooth* menu for the model name of your monitor (BP7SXXX) to appear, and then select it to pair. This may take up to 30 seconds and your monitor's *Bluetooth* indicator will light up when a connection has been established.
- Launch the iHealth MyVitals app from your Android device to sync.
- The sync indicator will flash during synchronization and stop flashing when synchronization has been achieved.
- Results will now be viewable from your Android device or from any computer by logging in at www.ihealthlabs.eu.

Note: If you are experiencing problems with the *Bluetooth* connection between the iHealth View and your Android device, follow these steps:

- Go into your device's setting to pair it with your Android device. Check the *Bluetooth* menu for the model name of your monitor (BP7SXXX) to appear, and then select it to pair. This may take up to 30 seconds and your monitor's *Bluetooth* indicator will stop flashing and turn solid when a connection has been established.
- Repeat the steps above when using your iHealth View with another Android device.

Reminders and Best Practices:

1. Make sure that your wrist size falls within the range of cuff circumference 5.3"- 8.7" (13.5cm-22cm)
2. Always measure on the left wrist.
3. Remain still and calm for at least 1-1½ minutes before taking a reading.
4. Physical activity, eating, drinking, smoking, excitement, stress, and many other factors influence blood pressure results.
5. Prolonged over-inflation of the monitor may cause bruising to your wrist.
6. Keeps the cuff clean using a moistened cloth as needed.
7. DO NOT rinse the monitor or cuff under running water.

For additional product information, please visit www.ihealthlabs.eu

For customer service, please contact iHealth at:

support@ihealthlabs.eu