

1100 HR/A:**How to use it:**

- 1) To turn it on, press and hold the power button.
- 2) Lightly put your finger on the sensor.
- 3) Stay still – wait for your heart rate to appear.
- 4) Turn it off- press the power button again.

Safety Tips:

- 1) Use it while sitting peacefully.
- 2) Wipe your hands dry before using.
- 3) Wipe with soft cloth.
- 4) If the reading is high, low, or unusual, contact your doctor.

Useful Information:

- 1) Use it at the same time every day.
- 2) Write down what you find.
- 3) Store in a cool, dry place.
- 4) Take it to the doctor's visits.

Need Assistance:

Call: 1-800-XXX-XXX