

① Plug Accutension Stetho into your phone jack.

For iPhone 7 and above, you need to use the lightning converter sold along with iPhone by Apple



② Place the stethoscope head over the brachial artery. Make sure that the stethoscope head is close to the cuff edge. Please don't put the stethoscope head too much inside the cuff. **The diaphragm of the stethoscope should face the arm.**

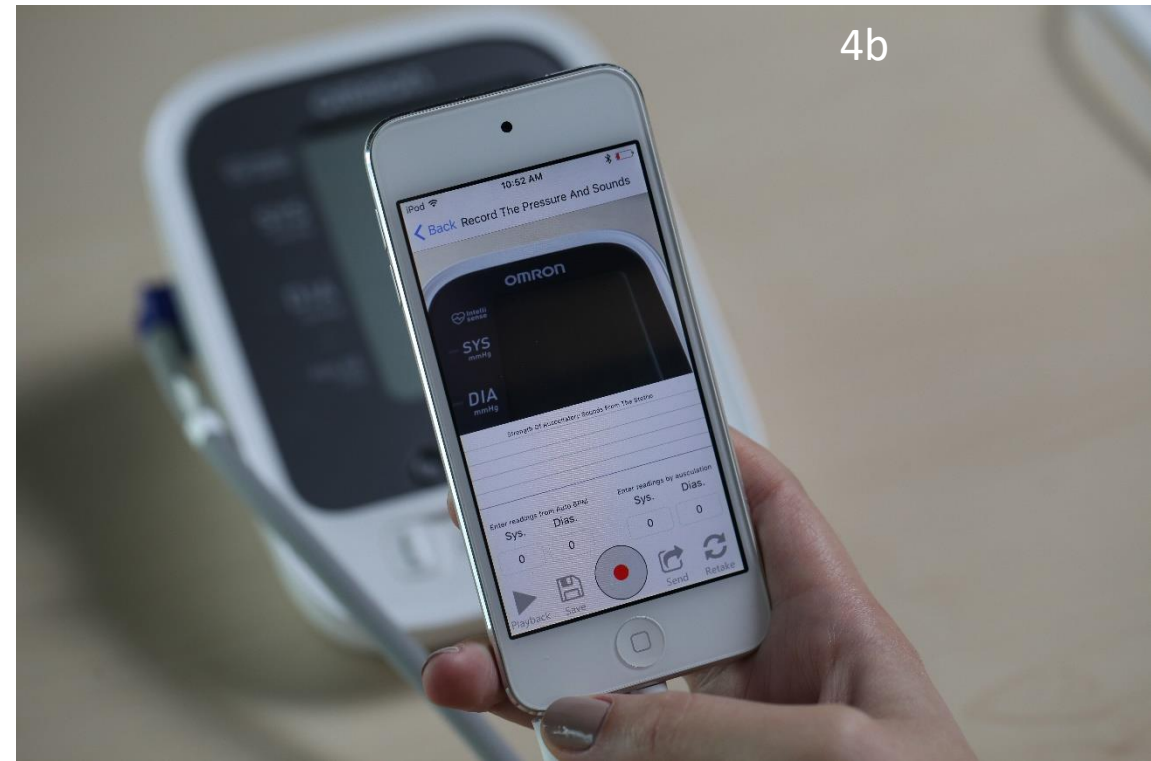
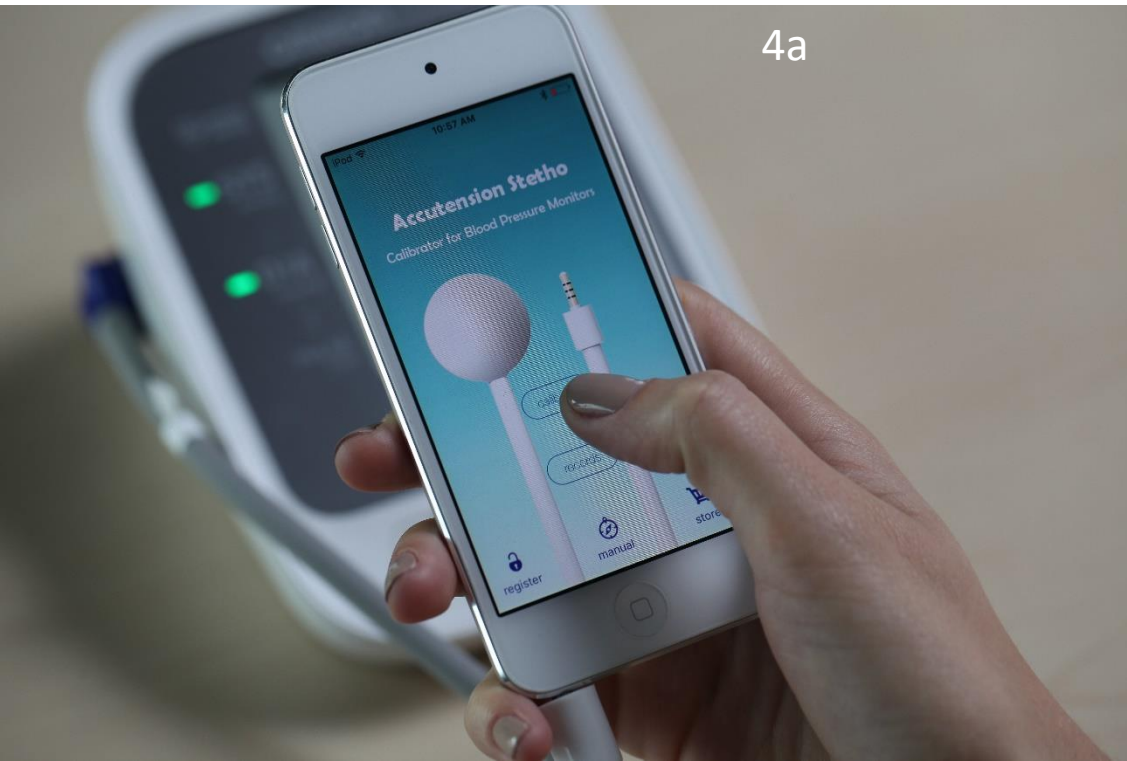


③ Tap the App icon on your phone screen to start the app.



④

Start your own ABPM and when the cuff starts to deflate, tap the record button in the App. The App will start to record the screen of your ABPM that shows the cuff pressure via your phone camera and the auscultatory sounds via the Stetho. When the ABPM completes measurement and shows the final BP readings on the screen, stop the video recording by tapping the record button again.







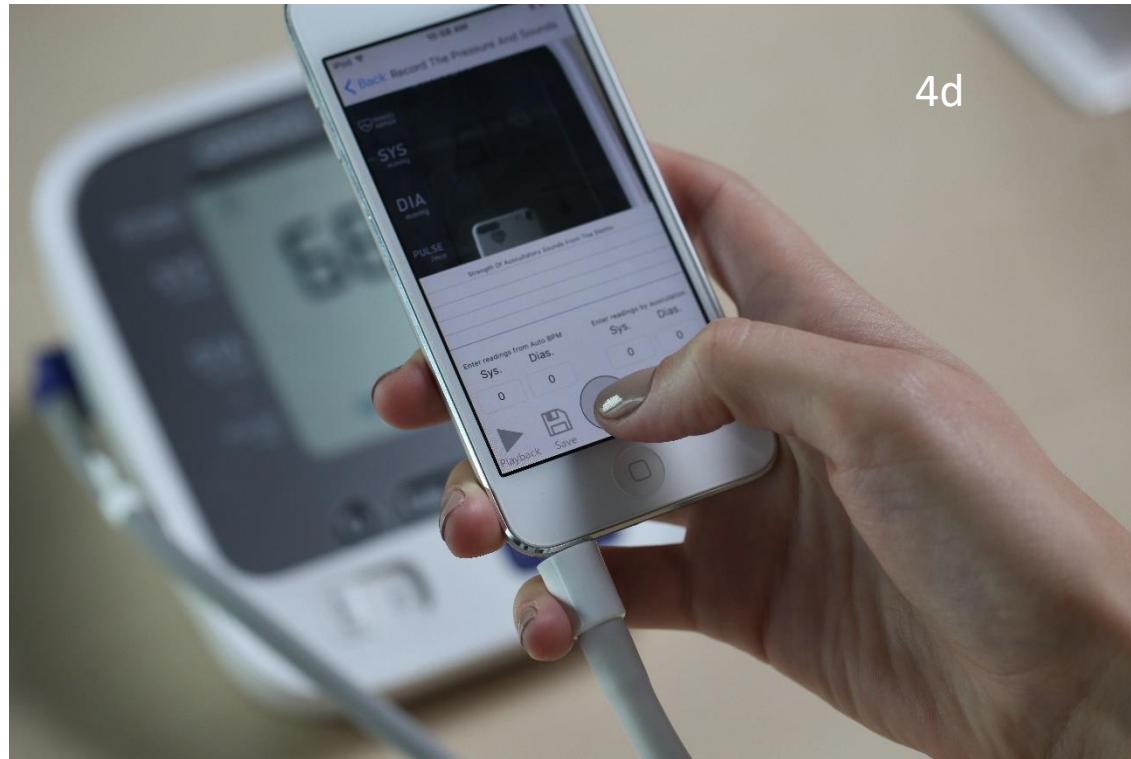
The number starts to increase when inflating. When it reached the maximum number, it starts to decrease.



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Tap the red button at the very time when the number starts to decrease



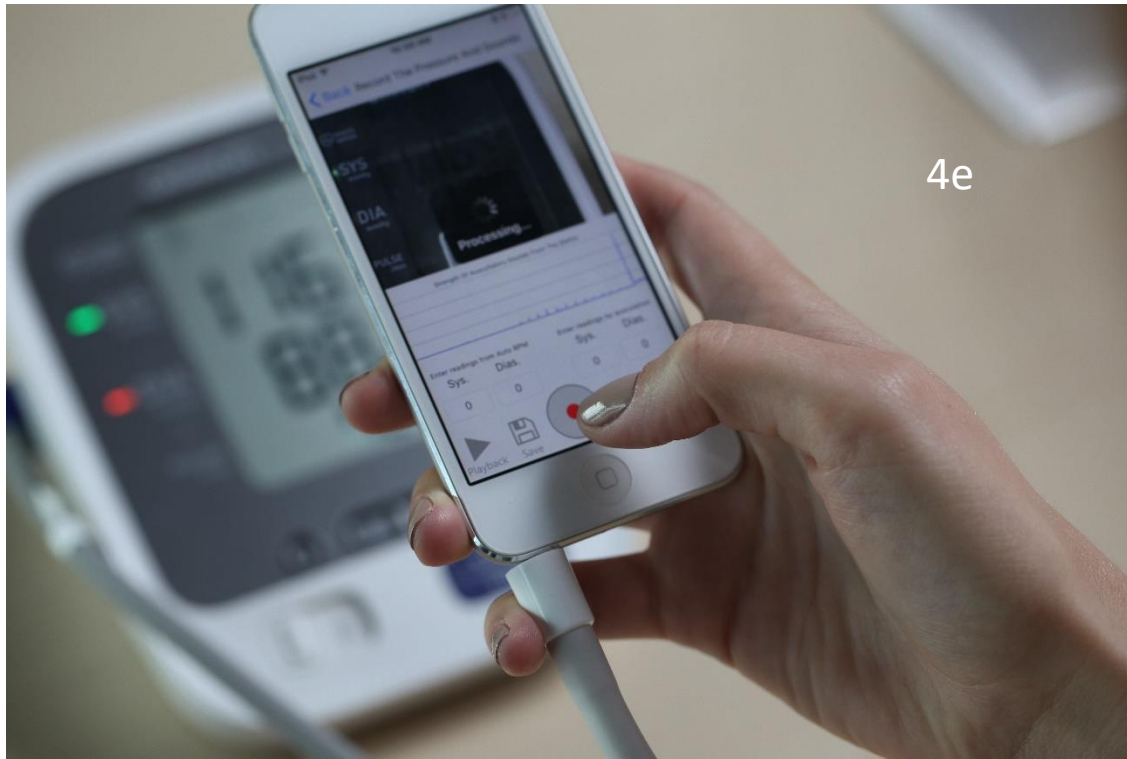
You will start to see sound signals



Then you will start to see beat pulse signals



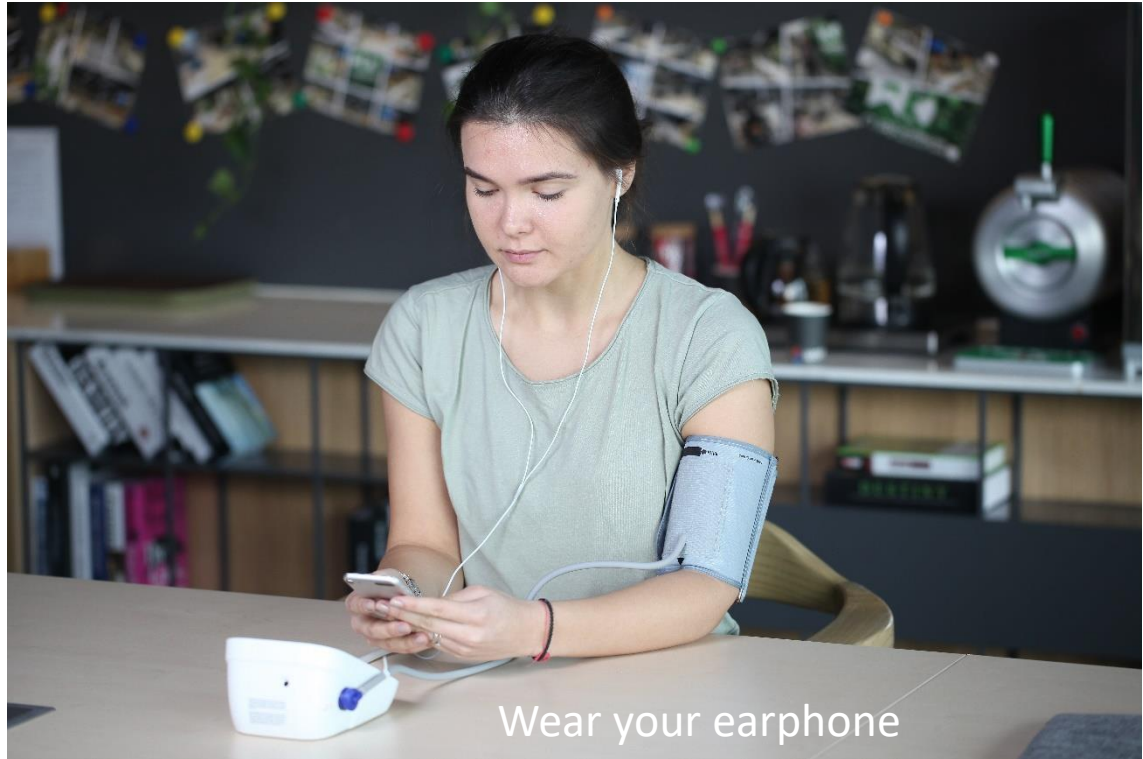
When your blood pressure monitor complete the measurement, tap the red button again in the app and you complete a recording.

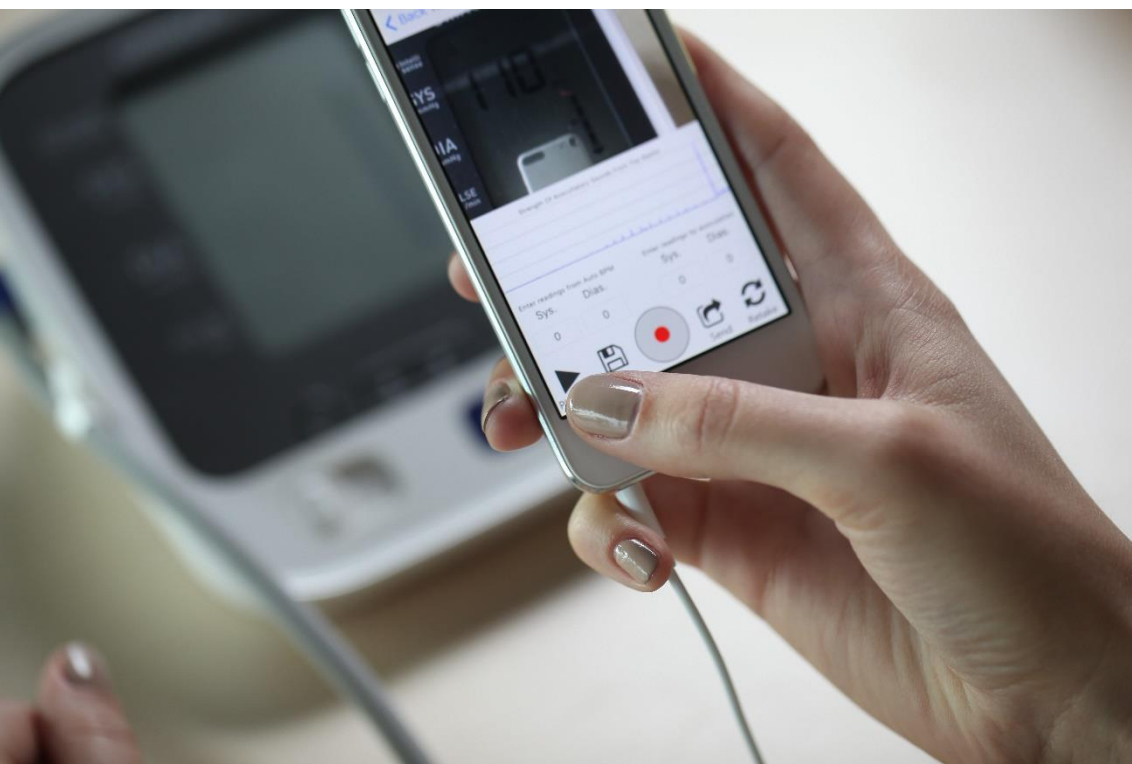




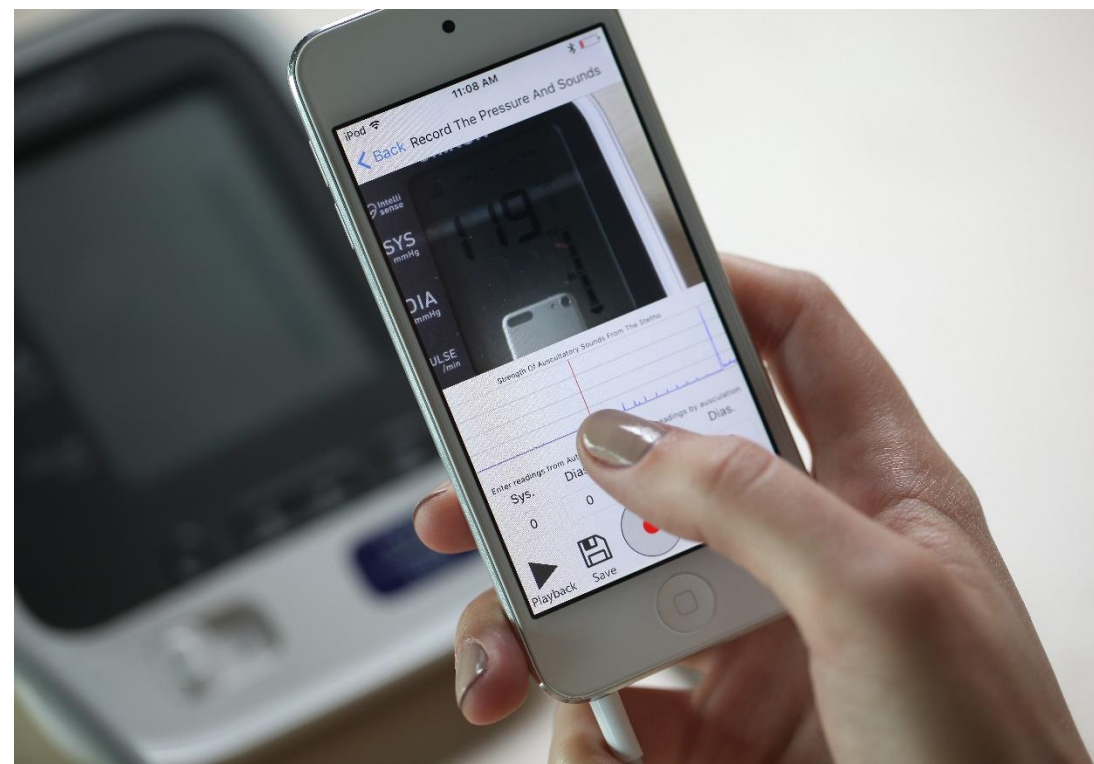
⑤

Remove Accutension Stetho and plug your earphone into the phone jack, you can playback the video with auscultatory sounds (Korotkoff sounds). You can determine blood pressure readings based on Korotkoff sounds. The first Korotkoff sound indicates Systolic BP – the cuff pressure on the first Korotkoff sound, and the last Korotkoff sound indicates Diastolic BP – the cuff pressure on the last Korotkoff sound. You can slide your finger on the curve to change the marking line and its corresponding cuff pressure displayed on the screen of ABPM in the video. Watch the instruction video in the App to learn more. Please refer to the Section **Accuracy of displayed cuff pressure on the ABPM screen** for the closest cuff pressure number.





Playback the sounds to find the beat pulse



Slide your fingers on the curve chart to find out the first and last sounds of beat pulses

⑥ Fill the numbers based on the sounds of beat pulses

