

BLACKBOX Cellular Blood Pressure Monitor

Quick Start Guide — BPM-103C

1. Prepare the monitor

Before using the monitor for the first time, pull out the plastic battery-insulation strip. The batteries are preinstalled.

2. Apply the cuff

Expose your left upper arm or wear a thin garment. Wrap the cuff around your upper arm. Position the lower edge of the cuff 2–3 cm (0.8–1.2 in) above the elbow. The cuff should be snug, with enough room to slide one finger underneath.

3. Sit correctly

Sit quietly for 5 minutes before measuring. Rest your left arm on a table with your palm facing up. Keep both feet flat on the floor and do not cross your legs.

4. Get ready

Remain quiet and relaxed. Keep the cuff at the same height as your heart.

5. Take a measurement

Press the START/STOP button. The cuff will inflate, and the pressure reading will appear on the screen. Do not talk or move while the measurement is in progress.

6. Confirm data upload

When the monitor is connected to the cellular network, the data-upload icon appears on the LCD and the result is transmitted after the measurement. When transmission is complete, the LCD displays the confirmation indicator.

Translated Production Notes

Product name	BLACKBOX Blood Pressure Monitor
Document type	Quick Start Guide
Source model reference	TMB-2092-G
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Flat size	420 × 145 mm
Color mode	CMYK
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Scale / units	1:1 / mm
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Editorial note: Internal Chinese manufacturing annotations were translated and summarized separately from the consumer instructions. Ambiguous icon artwork should be checked against the device LCD before printing.