

Download App

1. Use key word “HealthMonitor” to search the App in APP Store. (Fig. A below)
2. Use key word “Health monitor” to search the App in Google Play. (Fig. B below)



Fig. A



Fig. B

Device Connect

4. Turn on Bluetooth icon of your smartphones. (Bluetooth 4.0)

5. Long press the “ Power Button” for 3s to turn on the device. The power LED indicator is flashing blue light. (Fig. C below)



Fig. C



Fig. D

6. Find “Tap here to connect” in the upper right corner at the home page in the application(Fig. D)

About App

7. Enter into the App, You will find the Home Page of the App (Fig. D below)

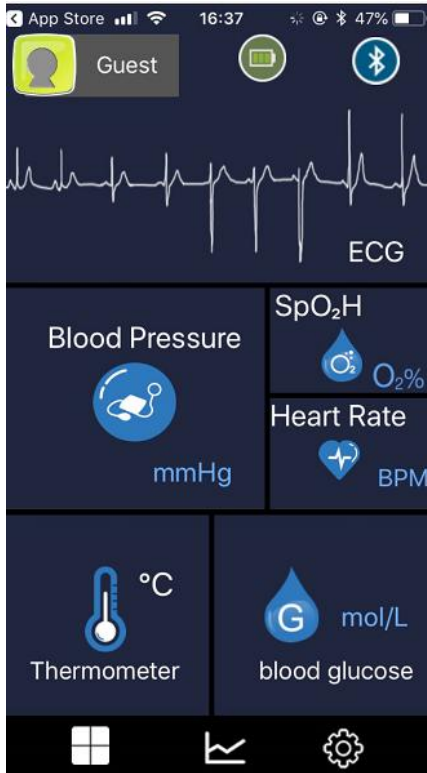


Fig. D



Fig. E

8. All in one Cuff connect with App successfully. (Fig. E above)

Note: Please pay attention to the upper right corner. If show like this, it means the device connect with app successfully. Also you can check the device battery status at the upper corner.

7. Click one of the features, you will enter into a measuring page, like we choose “Temperature” first. (Fig. F). Click “Start” to measure the temperature.

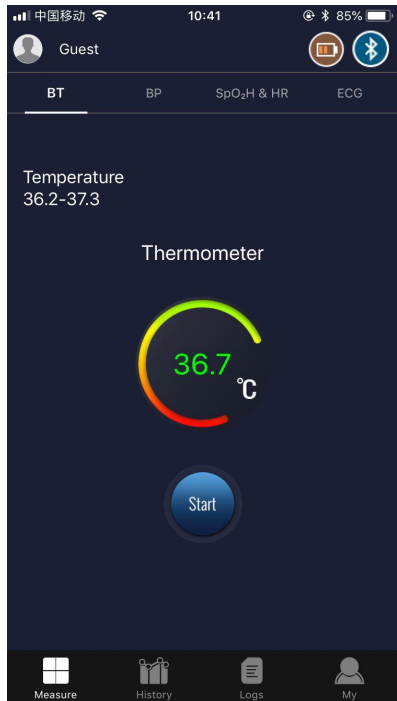


Fig. F



Fig. G

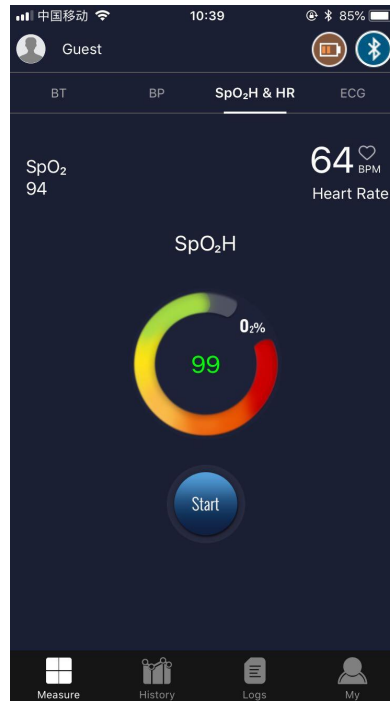


Fig. H

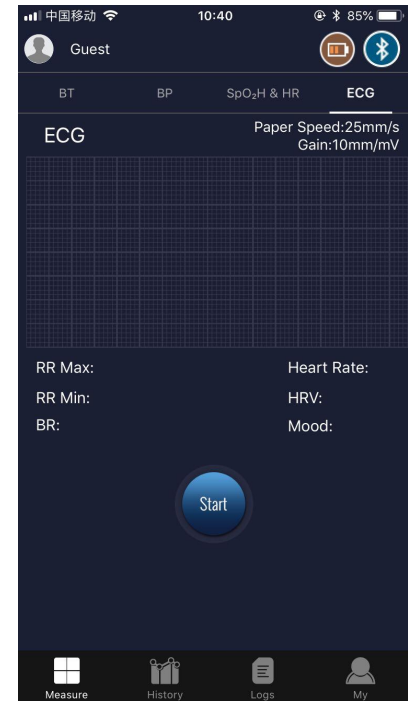


Fig. I

8. Click each function to start the measuring and you will get the result like (Fig. F ; Fig. G; Fig. H; Fig. I)

9. Click “ Blood Glucose” in Home Page (Fig. 1). Click “Start” to measure the blood glucose.



Fig. 1

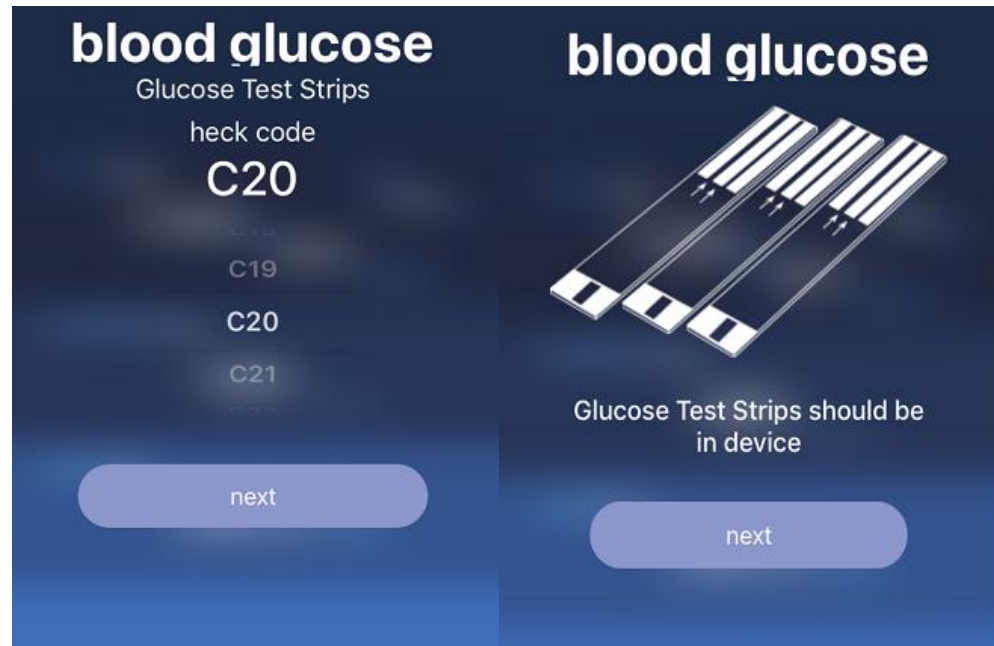


Fig. 2

Fig. 3

Fig. 4

10. Choose “Measuring Time” (Fig.2); Choose Heck Code “C20” (Fig.3); Drop the blood on the test strip and sert the strip to the device,then click “next” on Fig.4 to measure the blood glucose.

9. Come to “History” page on the App (Fig. J below)

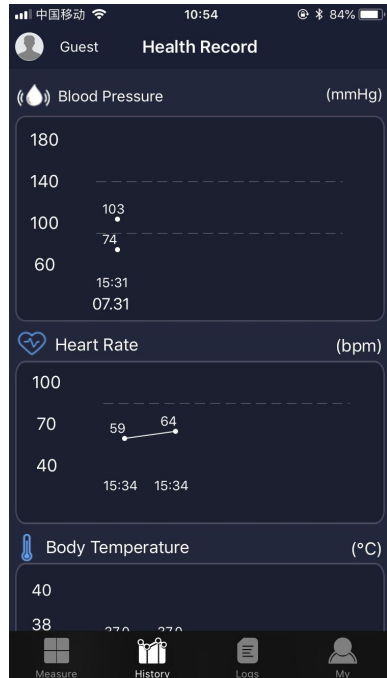


Fig. J

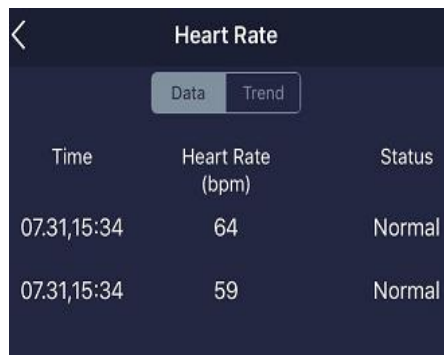


Fig. L & M

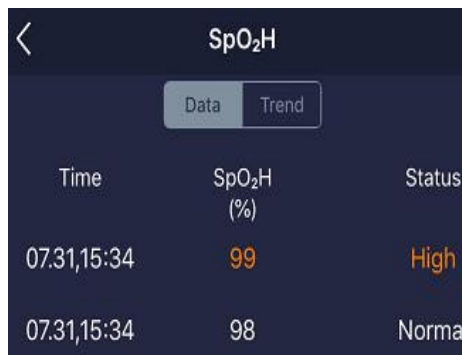


Fig. N & O

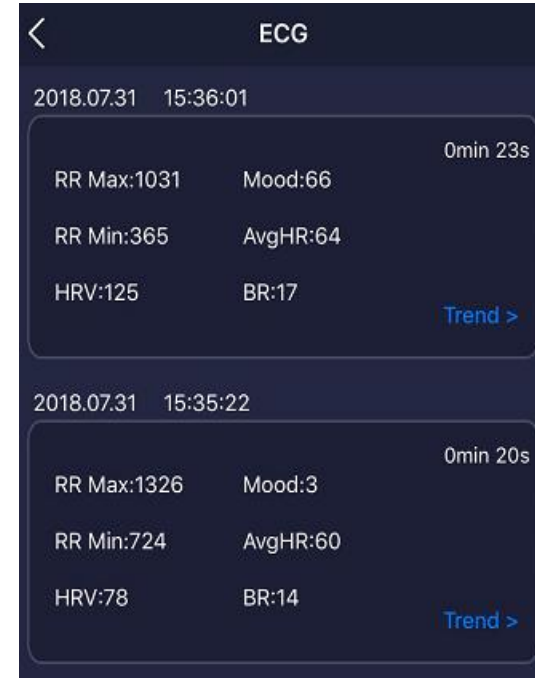


Fig. P

10. You can get detailed each features Data or Trend (Like Fig. L&M; Fig. N&O; Fig.P) once you click the each feature on the page in Fig.J

Note: The history data storage times depend on your smartphone memory card.

11. Logs: It will record your the latest measure date. (Fig. Q below)

12. My: You can manage some settings here. (Fig. R below)



Fig. Q

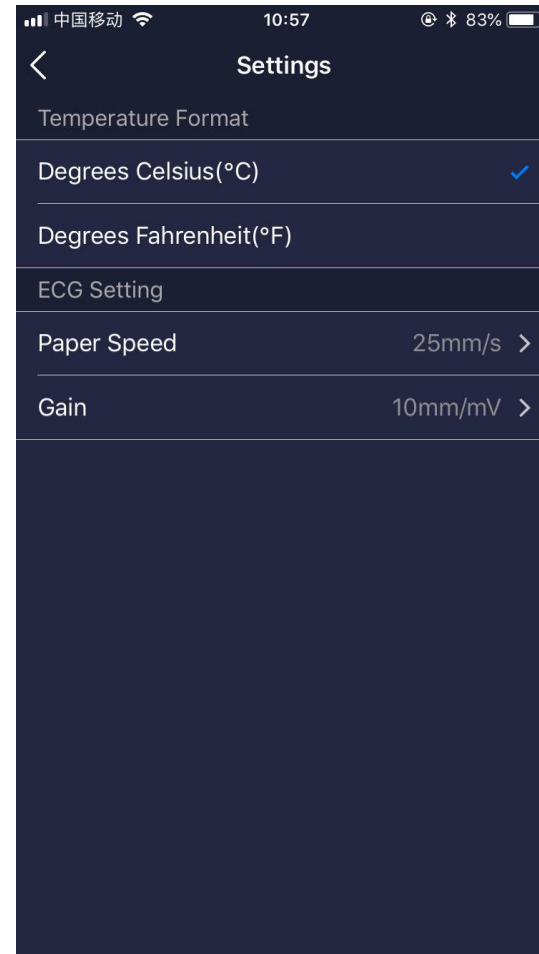


Fig. R

ECG Measuring



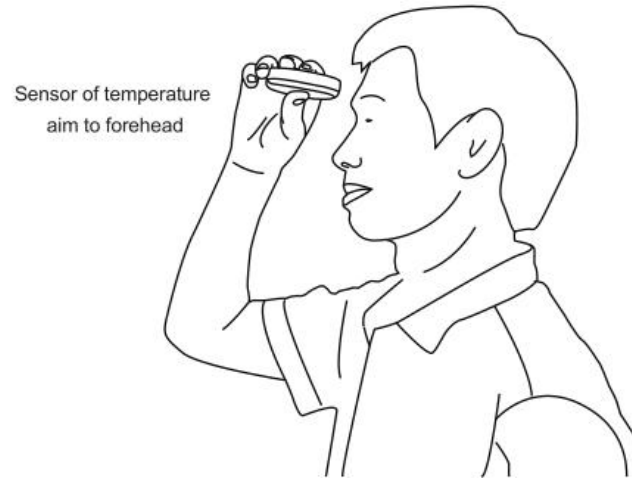
A) Hold the device by left hand, and the thumb touches the metal part on the top of blood oxygen sensor, other fingers touch the metal label at the back of device. The power button aims to palm.

B) Right hand touches the body temperature sensor. Two hands do not touch each other.

C) Press the “start” button on the APP to start measurement. The results will contain ECG diagram, heart rate, HRV and Breathing rate.

Note: DO NOT do the measurement with wet hands; ECG signal is extremely weak, so please sit still during the measurement; In the process of measuring, keep steady DO NOT shake.

Temperature Measuring



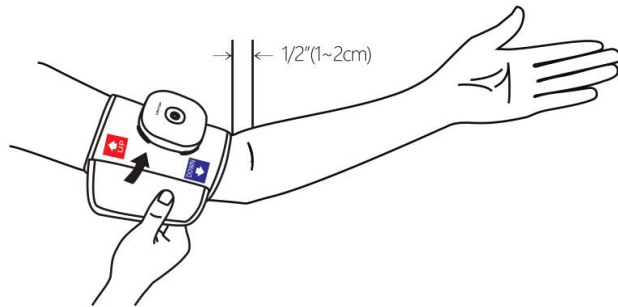
A) Align the monitor probe on the middle of forehead and above eyebrows with the monitor in the hand, the interval between monitor probe and forehead should be 1 to 2 cm.

B) Select “TEMPERATURE” on the APP then click “START” to measure.

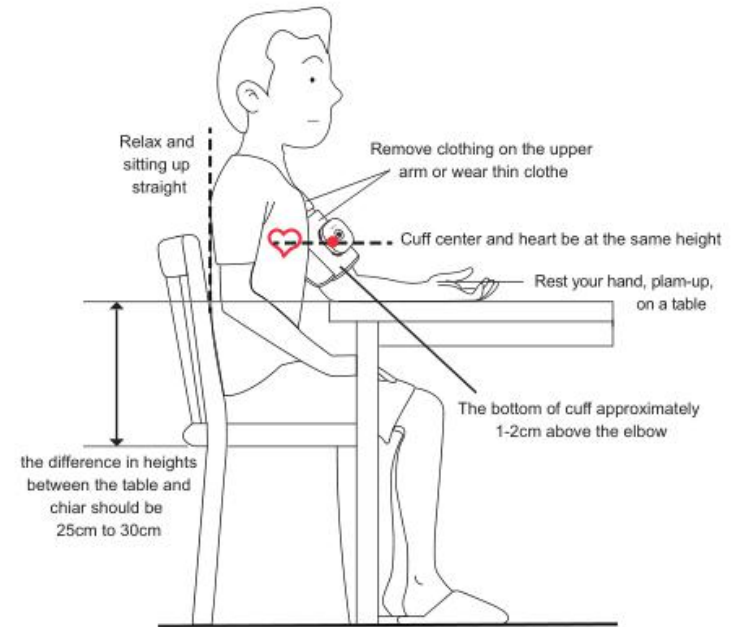
C) Read the measuring value when the measurement is complete.

Note: The measuring environment temperature should be $> 16^{\circ}\text{C}$ (60.8°F); Maintain the forehead dry and clean.

Blood Pressure & Heart Rate Measuring

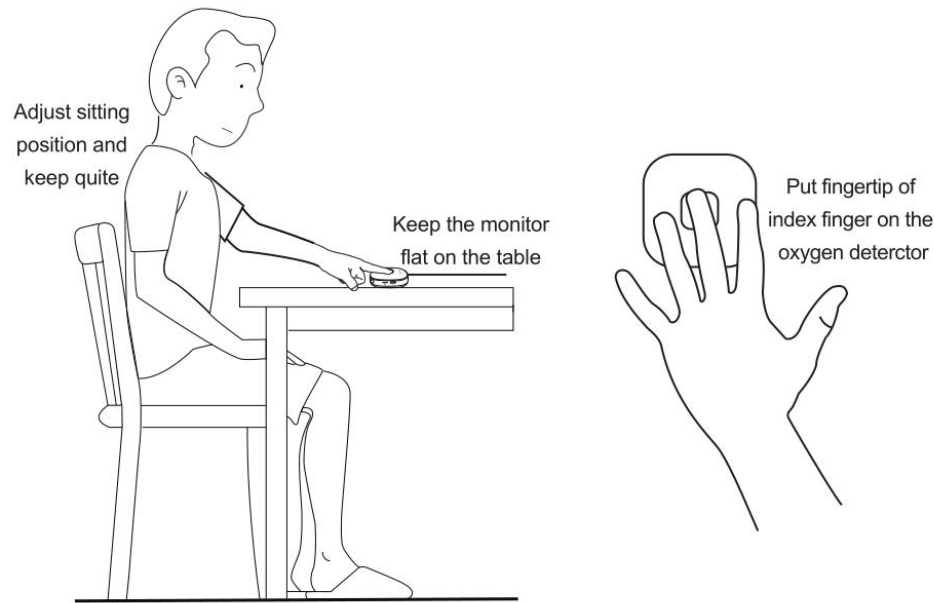


Please do not judge the measurement result by your personal experience, you're advised to consult the professional doctor.



- Stay calm and rest for at least 5 minutes before blood pressure measurement. Remove cloth from your arm or wear thin cloth to test.
- Put the multifunctional health monitor to the cuff in a correct position, making sure that the bottom edge of the cuff is approximately 1 to 2 cm above the elbow, loose or tighten it as long as it's comfortable.
- Stay still and place the measuring arm on a table, palm-side up and relax so that the middle of the cuff is at the same level as your heart.
- Select blood measurement on the APP and you can enter the page of blood measurement, press "Start" to start measure; please keep calm when taking measurement.
- Take off the cuff when completing the measurement.

Blood Oxygen Measuring



A) Place the multifunctional health monitor on the desk, stay still and calm, put the middle finger above the blood oxygen probe and use the finger pulp to touch the probe.

B) Select “Oximetry” on the APP and click “Start” to measure.

Note: The measured blood-oxygen value may be incorrect if the tester's finger skin is too thick or has pigment deposition.