

iHealth[®] Ease

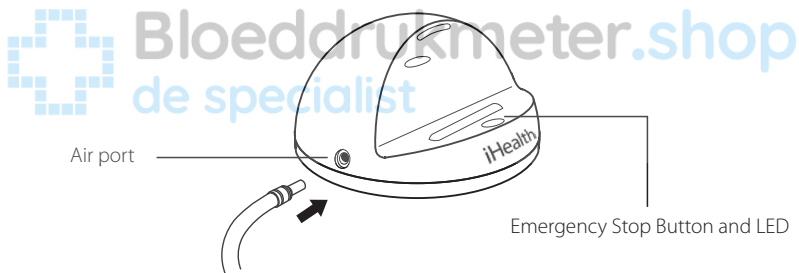
Get ready to take charge of your health! Setting up your device has never been easier. Follow these quick steps to get you started with your monitor.



First Time Setup Instructions

● Connect the cuff to your iHealth Ease by inserting the cuff tubing connector into the air port on the left side of the monitor. Make sure that the connector is completely inserted to avoid air leakage during blood pressure measurements.

⚠️ Avoid compression or restriction of the connection tubing during measurement, as it may cause inflation error, or harmful injury due to continuous cuff pressure.



● Charge battery before first use. Connect the monitor to a USB port using the charging cable provided until the green indicator light stabilizes.

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 (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 www.ihealthlabs.com.

Compatible with

iPhone 4s+

iPod Touch 5

iPad 3+

iPad Mini+

iPad Air+

Select Android phones.

Requires iOS version 7.0+ and Android version 4.0+.

For a complete list of compatible devices, visit our support page at www.ihealthlabs.com/support.



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Connect iOS device via Bluetooth

1. Launch the iHealth MyVitals app from your iOS device to initiate connection
2. Enable Bluetooth on your iOS device: Slide upward from the bottom of the screen to open the Control Center, and tap on the  icon.

3. Place your iOS device on the dock (optional).
4. Wait 3~6 seconds until the monitor connects with your iOS device and the green light on the dock is lit.
5. Tap "Start" in the blood pressure section of the MyVitals app to start measurement.
6. Results will now be viewable from your iOS device or from any computer by logging in at www.ihealthlabs.com.

Note: If you can not access the sliding iOS Control Center, you can turn on Bluetooth by going to iOS Settings > **Bluetooth** > "On". Then return back to the iHealth MyVitals app and repeat step 4.

Connect to Android via **Bluetooth**

1. Launch the iHealth MyVitals app from your Android device to initiate connection
2. Enable **Bluetooth** on your Android device: Slide downward from the top of the Android phone screen, and tap on the  icon.
3. Place your Android device on the dock (optional).
4. Wait 3~6 seconds until the monitor connects with your Android device and the green light on the dock is lit.
5. Tap "Start" in the blood pressure section of the MyVitals app to start measurement.
6. Results will now be viewable from your Android device or from any computer by logging in at www.ihealthlabs.com.



Note: If you can not access the slide down Android quick settings menu, you can turn on Bluetooth by going to Android Settings > Wireless & Networks > **Bluetooth**. Then return back to the iHealth MyVitals app and repeat step 4.

Monitor Status	Bluetooth Indicator
Waiting to connect	No light
Connected and/or measuring	Steady green light
Charging	Flashing green light
Fully charged	Steady green light
Low battery	Steady red light

MEASUREMENT PROCEDURE

Blood pressure can be affected by the position of the cuff and your physiologic condition. It is very important that the cuff should be placed at the same level as your heart.

Body Posture

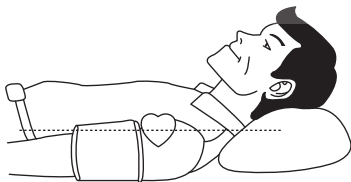
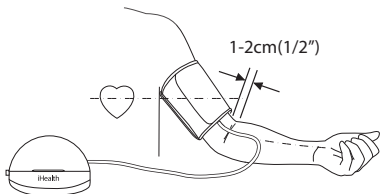
Sitting Comfortably During Measurement

- Sit with your feet flat on the floor without crossing your legs. Stay still during measurement. Do not move your arm, body, or the monitor.
- Place your hand palm-side up in front of you on a flat surface such as a desk or a table
- The center of the cuff should be at your heart level.

Lying Down During Measurement

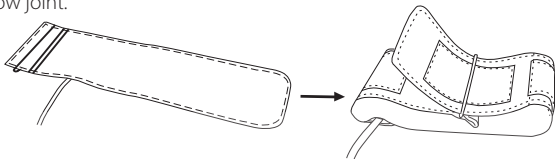
- Lie on your back.
- Place your left arm straight along your side with your hand palm-side up.
- The cuff should be level with your heart.

Note: Blood pressure can be affected by the position of the cuff and your physiologic condition, so it is important that you always measure your blood pressure in the same position.

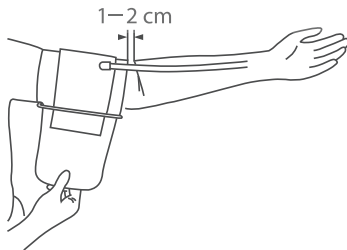


Apply the Cuff

- Pull the cuff end through the metal loop, positioning it outward (away from your body).
- Place your bare left arm through the cuff with the red arrow facing up and position the cuff 1/2"(1-2cm) above the elbow joint.



- Tighten the cuff by pulling it towards your body, securing it closed with the Velcro fastener.
- While seated, place your hand, palm-side up, in front of you on a flat surface such as a desk or table. Position the monitor in the middle of your arm so that it is aligned with your middle finger.
- The cuff should fit comfortably, yet snugly around your left arm. You should be able to insert one finger between your arm and the cuff.



Remember to:

1. Make sure that the appropriate cuff size is used; refer to the cuff circumference range in the Specifications section of this manual.
2. Stay still during measurement. Do not move your arm, body or the monitor.
3. Stay still and calm for one to one and half minutes before taking a blood pressure measurement. Prolonged over-inflation of the cuff may cause bruises of your arm.
4. Keep the cuff clean. Cleaning the cuff after every 200 measurements is recommended. If the cuff becomes dirty, remove it from the monitor and clean it with a moistened cloth. Do not rinse the monitor or cuff with running water.

Press the "  " button at any time to interrupt a measurement.

Note: Physical activity, eating, drinking, smoking, excitement, stress, and many other factors influence blood pressure results.

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

For customer service, please contact iHealth at:

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