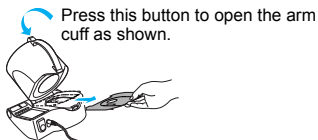# QUICK GUIDE

Thank you for purchasing the OMRON i-Q132 SpotArm™ Type Blood Pressure Monitor.
This sheet simply explains how to measure your blood pressure.
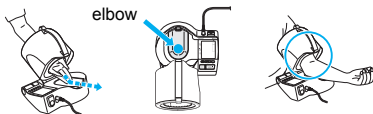However, **please read the instruction manual thoroughly before using the unit**.

For the First Time You Use the Unit

Press this button to open the arm cuff as shown.

▶ **Remove the cushion sheet from the elbow rest.**

▶ **Set the date and time** (Refer to chapter 2.3 in Instruction Manual)

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1. **Place your arm through the arm cuff.**
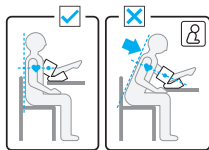(Refer to chapter 3.2)

elbow

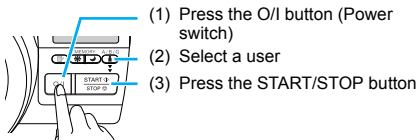**2.** **Check your sitting position.**
(Refer to chapter 3.1)
Correct posture during measurement is necessary to get accurate results.

* If you are not sitting correctly, the ☝ symbol appears on the display.

3. **Start measurement.**
Follow the steps (1) to (3)
(Refer to chapter 3.3)

(1) Press the O/I button (Power switch)
(2) Select a user
(3) Press the START/STOP button

Important:
If inflation does not stop when the O/I, START/STOP or any other button is pressed,
Press the emergency deflation switch on the back of the unit.

Emergency deflation switch

Note: The clock will also stop if you press the emergency deflation switch. Reset the date and time.