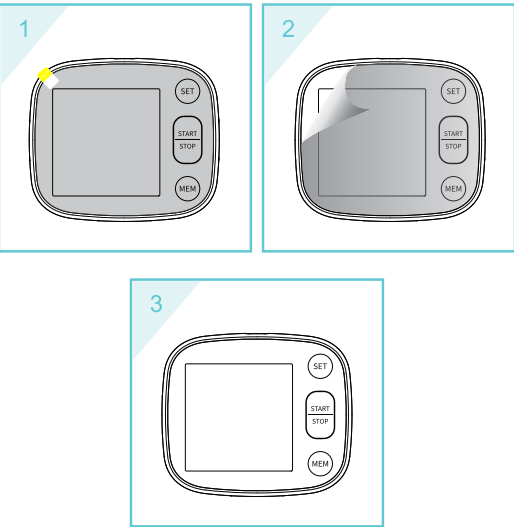


Wrist Type Blood Pressure Monitor W1101L

QUICK START GUIDE



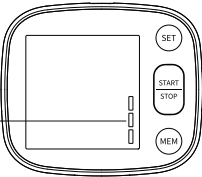
Remove The Protective Screen Protector



Battery Power Checking

1. Before the first use, please charge the device by using the included USB cable to connect the device and power source.
2. It takes 2-3 hours to fully charge. When the battery is fully charged, you can start taking measurements.
3. If the symbol (🔋) is blinking and the device speaks "battery low power, please recharge it."

Charging Indicator



WARNING:
Don't use the device while charging!

Set User

Note: Ensure the device is in sleep mode (screen off but powered) before configuring any settings.

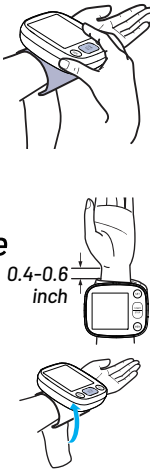
1. Long press the SET button for more than 3s to enter set mode
2. When the user ID is flashing, press MEM button to switch user 1/2
3. Press the SET button to confirm

Set Voice

1. Volume Control after user set
 - ① Short press SET to enter SP mode
 - ② Press MEM to switch volume 1/2/3/OFF
 - ③ Short press SET to confirm
2. Voice On/Off
When the device is in sleep mode: Short press SET button twice to switch voice On/Off

Apply The Wrist Cuff

- 1 Put your wrist through the cuff loop
Your palm and the display should face upward
- 2 Position the cuff leaving 0.4-0.6 inch between the cuff and the bottom of your palm
- 3 Firmly wrap the cuff

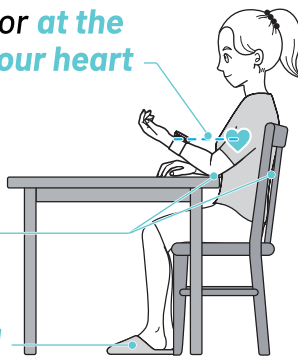


Sit Correctly

Place the monitor at the same level as your heart

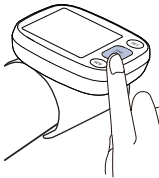
Your back and arm should have support

Keep feet flat legs uncrossed



Take A Reading

- 1 Press the [START/STOP] button
- 2 Remain still until the wrist cuff deflates
- 3 Your reading is displayed
Press the [START/STOP] button to turn the monitor off.



FAQ 1 Why are my blood pressure readings sometimes different?

Your blood pressure changes constantly based on your daily activities and time of day. Because of this, some fluctuations can be expected. That's why it is important to use averages over time to compare readings. Because each person is different, it is important to consult with your physician about what your numbers mean to you.

FAQ 2 Why are readings different when measuring on the wrist and arm?

The principle of operation of a blood pressure monitor is to measure the arterial pressure caused by the flow of blood. Because the arteries on the wrist are relatively narrower compared to the arm, the readings may be slightly different from those of an arm blood pressure monitor.

FAQ 3 Why could my physician's reading be different than my readings taken at home?

Having your blood pressure measured by a healthcare professional in a physician's office can cause nervousness and may result in an elevated reading. Because these readings can vary considerably, you should take your blood pressure on a regular basis at home and share your results with your healthcare provider.

TIP For accurate readings:
- Avoid bathing, drinking alcohol or caffeine, smoking, exercising and eating for 30 minutes before taking a measurement.
- Rest for at least 5 minutes before taking a measurement.
- Sit quietly with your legs uncrossed and your feet flat on the floor.

Shenzhen Jamr Technology Co., Ltd.
A101-301, D101-201, Jamr Science & Technology Park, No. 2
Guiyuan Road, Guixiang Community, Guanlan Street, Longhua
District, Shenzhen 518100, PEOPLE'S REPUBLIC OF CHINA

For details, refer to the instruction manual.

For details, refer to the instruction manual.

For details, refer to the instruction manual.