

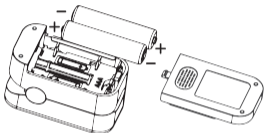
In association with

St John
Ambulance




kinetik
WELLBEING





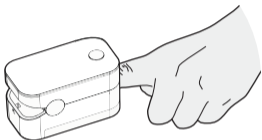
Open battery cover,
insert batteries
and replace cover.



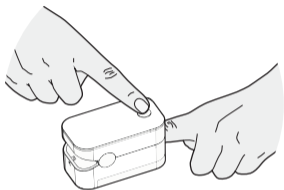
Warm your hands.
Remove nail polish
and false nails
if necessary.



Rest for 5 minutes
before taking
your measurement.



Insert finger
into device.



Press button to
take measurement.
Readings can take
up to 1 minute
to stabilise.



