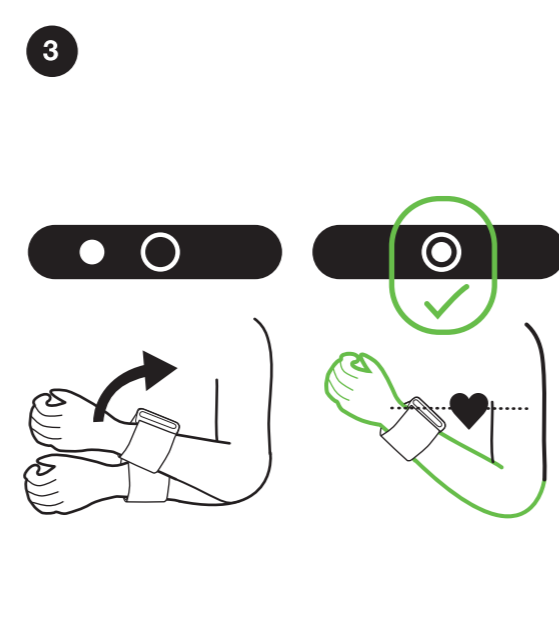


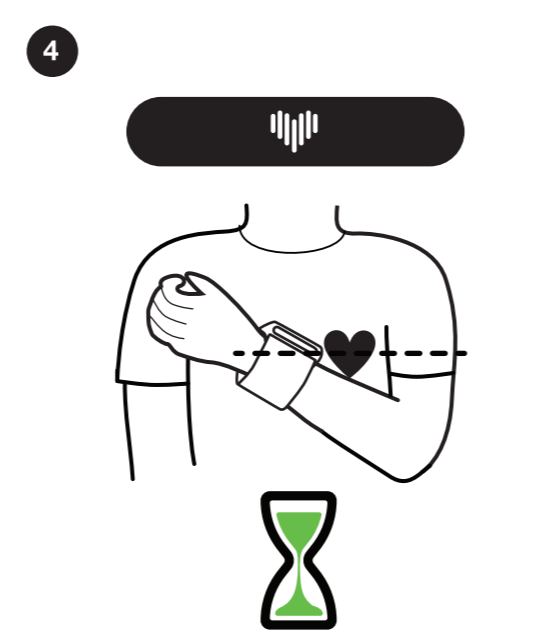
**1** Wrap cuff tightly / Luk manchetten stramt / Kääri hihansuu tiukasti / Legg mansjetten stramt / zafóz mankiet ciasno / Наденьте и затяните плотно манжету / لف العصابة بإحكام / Stäng manschetten så den sitter åt / Manşeti sıkıca sarın



**2** Raise wrist to move dot into circle / Hæv håndleddet for att flytte prikken ind i cirklen / Kohota rannetta ja liikuta täplä umyräään / Hev håndleddet slik at prikken kommer inn i sirkelen / Unieś nadgarstek tak żeby kropka znalazła się w okręgu / Поднимите запястье для перемещения точки внутрь круга / Hev håndleddet slik at prikken kommer inn i sirkelen / Unieś nadgarstek tak żeby kropka znalazła się w okręgu / Поднимите запястье для перемещения точки внутрь круга / Luft upp handleden för att flytta punkten till cirkeln / Bileğinizi nokta daire içine girene dek kaldırın



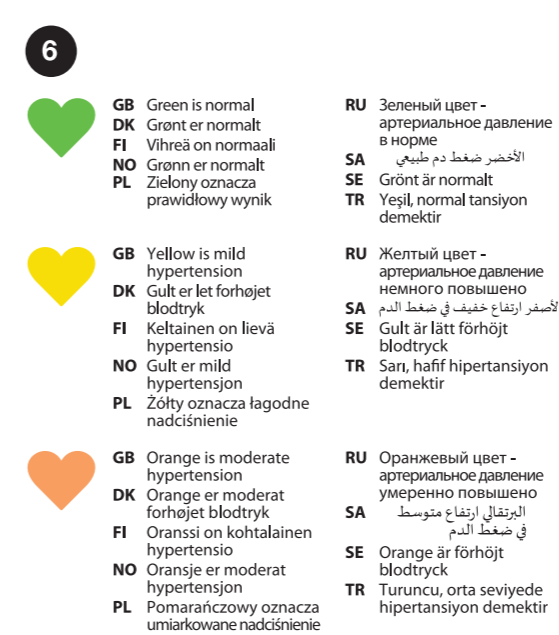
**3** Stay still / Sid stille / Pysy paikallasi / Hold deg i ro / pozostań nieruchomo / Сохраняйте спокойствие / ابقَ ثابتًا / Sitt stil / Hareket etmeyin



**4** Incorrect position / Forkert placering / Virheellinen asento / Feil posisjon / Nieprawidłowa pozycja / Неправильная позиция / وضع غير صحيح / Felplacerad / Yanlış pozisyon



**5** ERROR 4

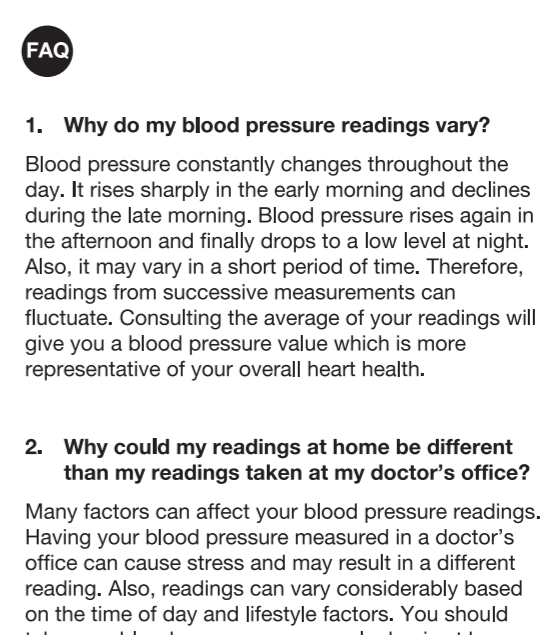


**6** GB Green is normal  
DK Grønt er normalt  
FI Vihreä on normaali  
NO Grønt er normalt  
PL Zielony oznacza prawidłowy wynik

GB Yellow is mild hypertension  
DK Gult er let forhøjet blodtryk  
FI Keltainen on lievää hypertensio  
NO Gult er mild hypertensjon  
PL Żółty oznacza łagodne nadciśnienie

GB Orange is moderate hypertension  
DK Orange er moderat forhøjet blodtryk  
FI Oranssi on kohtalainen hypertensio  
NO Oransje er moderat hypertensjon  
PL Pomarańczowy oznacza umiarkowane nadciśnienie

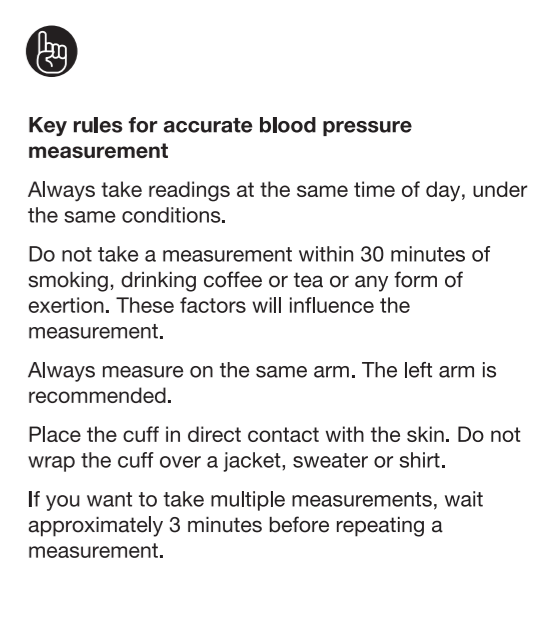
GB Red is severe hypertension  
DK Rødt er svært forhøjet blodtryk  
FI Punainen on vaikea hypertensio  
NO Rød er alvorlig hypertensjon  
PL Czerwony oznacza poważne nadciśnienie



**FAQ**

**1. Why do my blood pressure readings vary?**  
Blood pressure constantly changes throughout the day. It rises sharply in the early morning and declines during the late morning. Blood pressure rises again in the afternoon and finally drops to a low level at night. Also, it may vary in a short period of time. Therefore, readings from successive measurements can fluctuate. Consulting the average of your readings will give you a blood pressure value which is more representative of your overall heart health.

**2. Why could my readings at home be different than my readings taken at my doctor's office?**  
Many factors can affect your blood pressure readings. Having your blood pressure measured in a doctor's office can cause stress and may result in a different reading. Also, readings can vary considerably based on the time of day and lifestyle factors. You should take your blood pressure on a regular basis at home and share this information with your doctor.



**Key rules for accurate blood pressure measurement**

Always take readings at the same time of day, under the same conditions.

Do not take a measurement within 30 minutes of smoking, drinking coffee or tea or any form of exertion. These factors will influence the measurement.

Always measure on the same arm. The left arm is recommended.

Place the cuff in direct contact with the skin. Do not wrap the cuff over a jacket, sweater or shirt.

If you want to take multiple measurements, wait approximately 3 minutes before repeating a measurement.



1

2

3

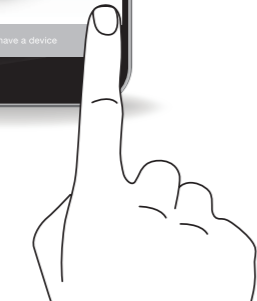
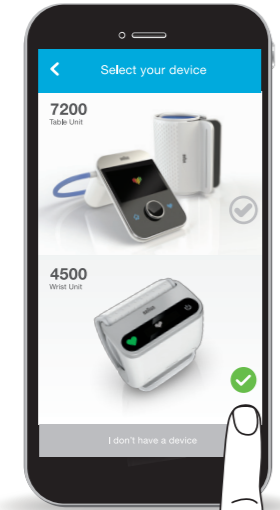
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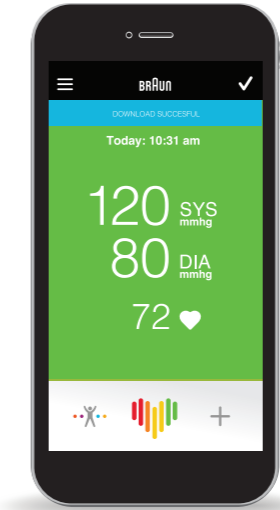
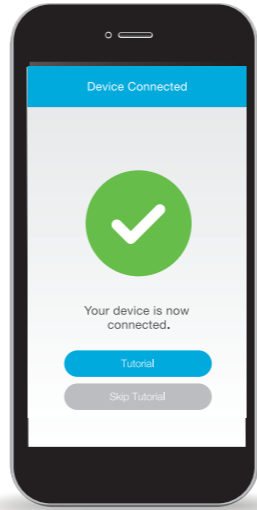


Healthy Heart



4

5s



**GB** Refer to owner's manual for more details. **DK** Se detaljerede oplysninger i brugervejledningen. **FI** Katso lisätietoja käyttöoppaasta. **NO** Gå til brukerhåndboken for flere opplysninger. **PL** Więcej informacji w podręczniku użytkownika. **RU** Более подробную информацию смотрите в руководстве для пользователя. **SA** راجع دليل المالك لمزيد من التفاصيل. **SE** Mer information finns i bruksanvisningen. **TR** Daha fazla bilgi için kullanıcı kılavuzuna başvurun.

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**BRAUN**

iCheck® 7

# Quick-start guide

Startvejledning

Pikaopas

Hurtigstartvejledning

Skrócona instrukcja obsługi

Краткое руководство

دليل التشغيل السريع

Snabbstartsguide

Hızlı başlangıç kılavuzu

