For the Patient
To make a measurement:
1. Press once quickly, to switch on the meter
2. Wait for the two beeps and "Off" to appear
3. Keeping hand close to test location, brush test strip into test area and as tight as you can to make your FHR and PFP measurement
4. Press and release the button again to make a long FHR measurement setting (OR to start each test)
5. Wait until your test results are on your test sheet
6. To switch OFF, press and hold for 3 seconds
7. Should you forget, the meter will switch off automatically
8. To find your "heart" sounds
9. Whistled reading is being displayed, unless duration exceeds
10. You will see your "heart" readings appearing at the left of your FHR and PFP measurement
11. To switch OFF, press and hold for 3 seconds

For the Physician
Setting FHR and PFP (personal best number used for monitoring)
1. With meter off, press the "on" button, then press the button for 3 seconds for 2 seconds
2. Hold and press button to set your PFP
3. If you release button 2 seconds you will hear a beep and the meter will then go into the memory
4. Please release button to set your PFP

Please Note:
1. When entering your FHR and PFP, if you press the "on" button your meter will stop rapidly through the values
2. If you release button for 3 seconds you will hear a beep and the meter will then go into the memory
3. You will know the best instant was a "beep", along with the memory to:

Erasing the Memory
1. While the "memory review" menu, press and hold the button until the device switches off with a "beep". But keeps the PFP readings.
2. You will see a count down from 10 to 0, together with some "beeps"
3. Keep the button pressed until the end of the count down
4. At 10 of the count down, you will hear a "beep" sound indicating the memory has been erased.

Phone Note:
If you release the button before the count-down the memory will be erased.