OMRON.

$HeartGuide_{\tt m}$

HeartGuide Sizing Tool

Print this page at 100% (do not scale to fit).



1

Print this page at 100% (do not scale to fit). Place a quarter on the circle to check the print scale is 100%. Cut out the size tool.

2

Wrap the size tool around your wrist about two fingers (1" - 1.5") from the base of the hand with the arrow pointing up.

3

Ensure that the band is wrapped snuggly against the wrist. The arrow will point to the correct size for your wrist.

4

If you fall into the gray area, it is recommended you order a Large HeartGuide.



If the circle is not the same size as a real quarter, check your print settings and reprint.





ONLY use this monitor on persons whose wrist circumference is within the specified range of the cuff. If you need additional help please contact OmronHealthcare.com.