

Device Quick Start Guide

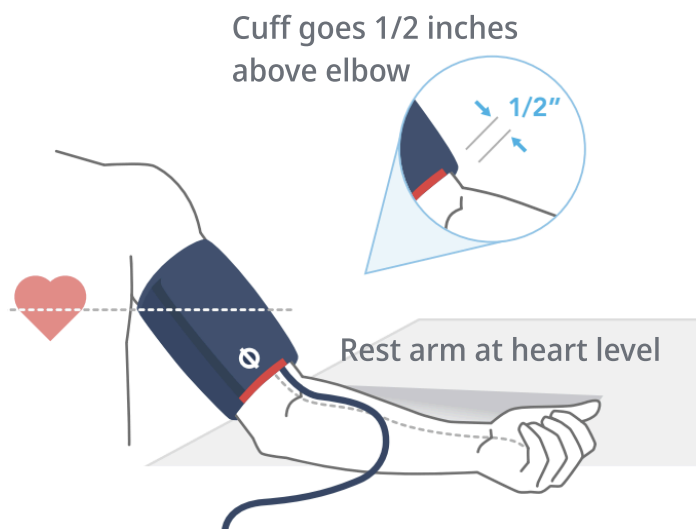
Blood Pressure Monitor (Ease)



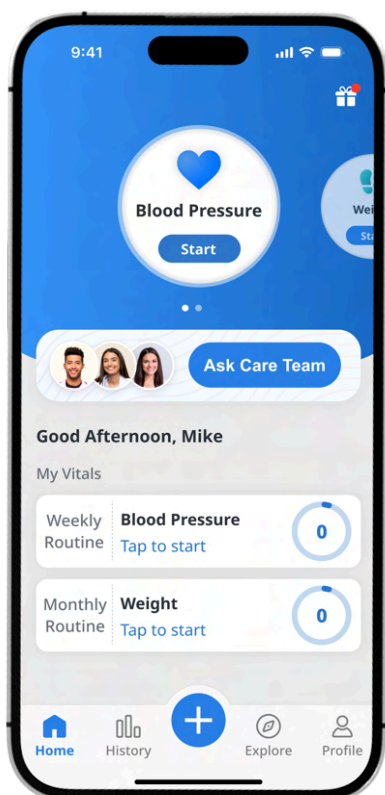
- 1 Insert the tube from the blood pressure cuff firmly into the side of the device.



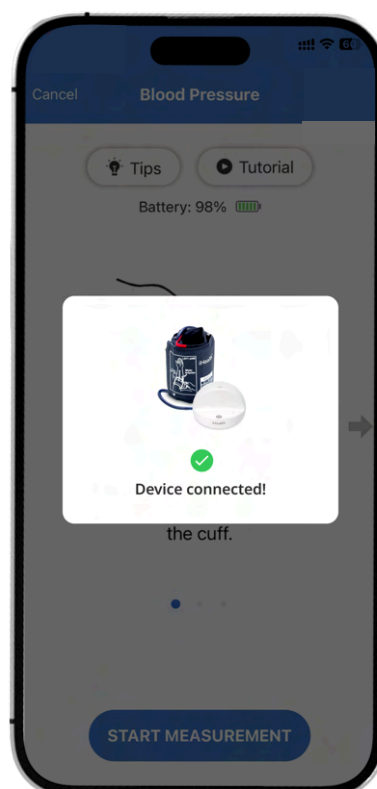
- 2 Place the cuff snugly on your left arm. It should be tight enough that only two fingertips can fit under the top edge.



- 3 Tap "Blood Pressure Start" to connect your blood pressure monitor.

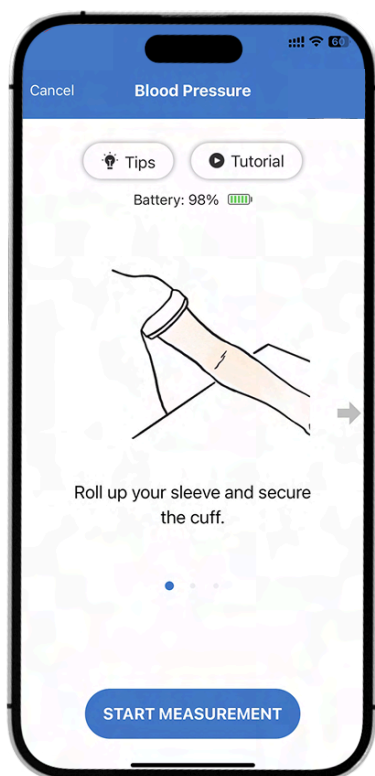


- 4 When you see "Device connected!" It means you're ready to start measuring.



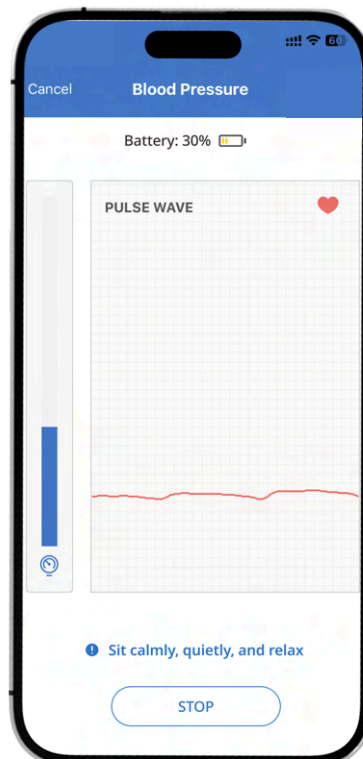
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Tap "Start Measurement" to inflate the blood pressure cuff.



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Relax while your blood pressure is being taken. If the cuff ever feels too tight, tap "Stop" to end inflation.



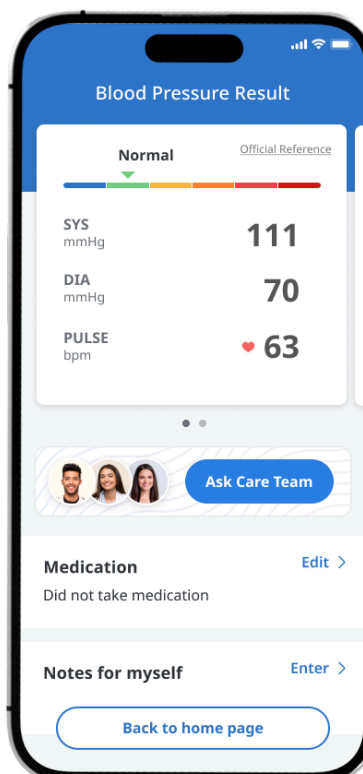
7

Indicate whether you took medication earlier.



8

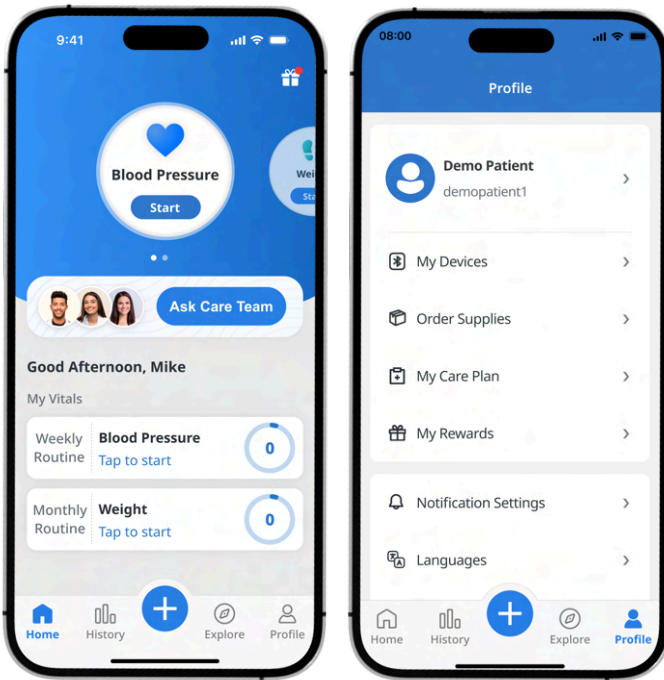
Your blood pressure results will be saved in your account and sent automatically to your Care Team.



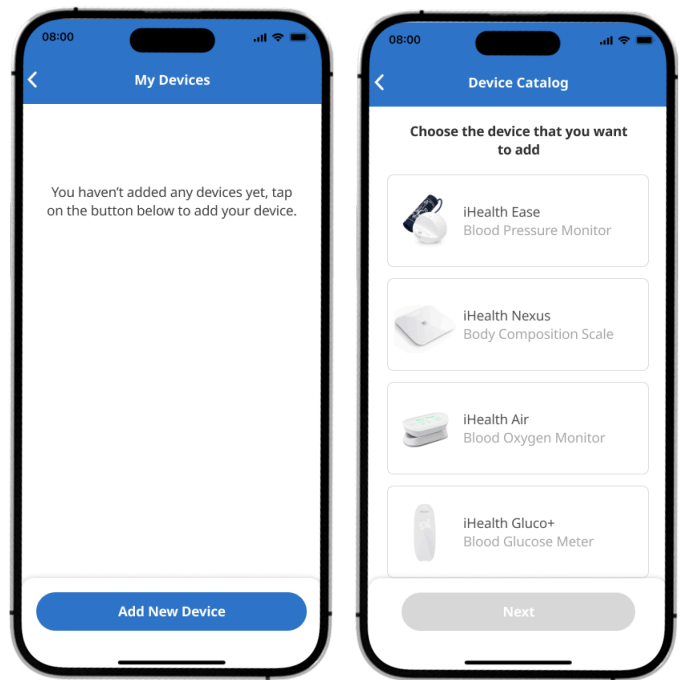
Optional: Scan Device into Your Account

Your Care Team may have already helped you add your device. But if you ever need to add one yourself, here's how to do it.

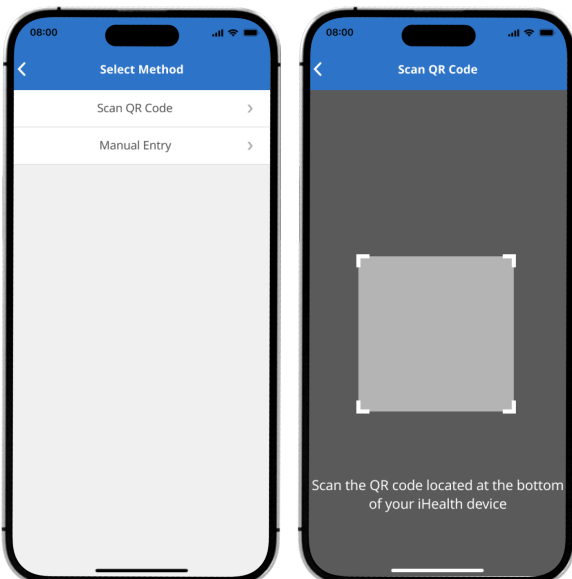
- 1 Go to your list of devices by tapping "Profile," then "My Devices."



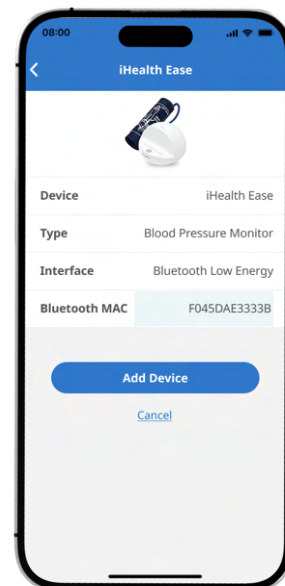
- 2 Tap "Add New Device," then select "iHealth Ease."



- 3 Tap "Scan QR Code" and hold your phone over the QR code on the bottom of the device.



- 4 Once the QR code is recognized, tap "Add Device" to complete the pairing.



Common Q & As

Q: Does the blood pressure device need to be charged?

A: Yes. The battery level appears once the device is connected. Be sure to charge your device before the battery drops below 10%. While charging, a blinking green light means it's still charging, and a solid green light means it's fully charged.

Q: Why isn't my device connecting?

A: First, check that your device is charged. A low battery can prevent it from working properly. Next, make sure it's linked to your account. To double-check, go to "Profile" > "My Devices" and confirm that the digits on your device match what's shown in the app.

Q: What should I do if the device isn't turning on or won't charge?

A: Your device likely entered sleep mode and needs to be reactivated. Charge the device for at least 4 hours until the light is not blinking red. Once charged, press and hold the main button for 3 seconds a few times. If the device still does not respond, try pressing the button quickly for 15 consecutive times to wake it up.

Q: Does the device need to stay connected to a charger while in use?

A: No. The device connects via Bluetooth, so it doesn't need to stay plugged in during use.

Q: What does the error message "Pneumatic system leakage" mean?

This usually means that the cuff is either too loose or too tight. Try to wrap it so it feels snug but comfortable. A good rule of thumb: it should be tight enough that only two fingertips can fit under the top edge.

Q: What's in "Tips" and "Tutorial" on the start measurement screen?

"Tips" offers guidelines to help you take more accurate blood pressure readings. "Tutorial" provides step-by-step instructions, from connecting the cuff to wrapping it properly on your arm.

Q: I have more questions. What should I do?

A: Tap "Ask Care Team" in the app to message one of our dedicated Care Team members. We'd love to help!

iHealth[®]



Scan QR code to
log in to the app

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