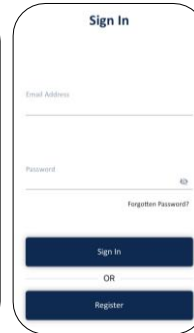
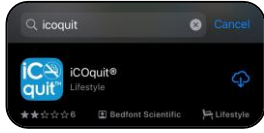


# The Quit Kit's Guide to Your CO Monitor



Check out the iCOquit® user manual to learn more about the monitor and app!

1. If it is not already on your device, get the **iCOquit** app from the App Store (Apple) or from Google Play (Android).

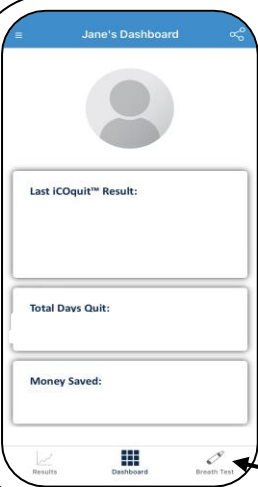


2. Open the app and wait for the **Sign In** screen to appear. If you get pop-ups about Bluetooth or notifications, press **OK**.

3. Sign in with your unique log-in credentials below.

**Email Address:**

**Password:**



4. From the home screen, press the **Breath Test** button on the bottom right.



5. You will see a “Hygiene Warning” reminding you not to share your CO monitor with anyone. Press **Continue**.

6. Press and hold the Power Button on the iCOquit Smokerlyzer. It will light up blue, and you should see a screen with a checkmark, as shown below. However, if you see a screen that says, “Try again”, press **Retry**.



**iCOquit™ Smokerlyzer®**  
 successfully connected.



7. Once it appears, press **New Breath Test** at the bottom of the screen. Then, take a deep breath in through your nose.



8. Hold your breath for 15 seconds. If you can't hold your breath that long, hold for as long as comfortable – then go to Step 9.



9. Slowly breath out into the device. Do NOT cover the vent hole while exhaling.

## **WARNINGS**

- **Do NOT** use alcohol or other organic solvents on the monitor, including certain cleaning agents or hand sanitizer, because they can damage the CO sensors.
- **Do NOT** use accessories or otherwise modify the CO monitor.