

Need help?  
**We're here for you.**



**Call Us:**  
1-888-822-8469



**Email Us:**  
help@caresimple.com



**Learn More:**  
www.caresimple.com

**CareSimple™**

Manufactured for:  
BodyTrace, Inc.  
3505 El Camino Real  
Palo Alto, CA 94306  
USA

In case of a medical emergency, call 911.

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## Unexpected message?

Note: This is a subset of the total set of error codes. Please refer to the user manual for more information.

*Er 1* Your device's batteries are low. Please replace them with 4 AA batteries.

*Er 2* Your reading was interrupted due to movement. Please avoid moving or talking while taking a measurement.

*Er 4* Your device cannot connect to the cellular network. Try moving to a new location, upstairs or near a window.

*Er 20* Plug the cuff tube all the way into the device and make sure that there is no air gap. You can also remove and re-insert it to fix the problem.

- For individual use only. Sharing the device will report erroneous values to your doctor.
- This device is pre-configured to transmit your data via a cellular connection to the CareSimple secured cloud that will be accessed by your doctor.
- Please refer to the user manual for further detailed instructions for use, indications for use, contraindications & precautions, detailed error codes & troubleshooting information, detailed specifications, storage & maintenance information, and manufacturer & regulatory information.

**CareSimple™**

**Hello,**  
let's get you started  
with your new **blood pressure monitor.**



**Stay connected with your doctor, from the comfort of your home.**

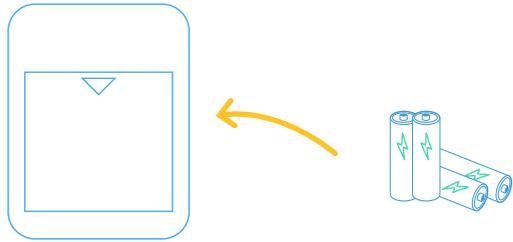
This device was sent to you by your doctor. Take your pressure daily or more, as recommended.

Note that by using the blood pressure monitor you consent to share your data with your doctor.

# Ready?

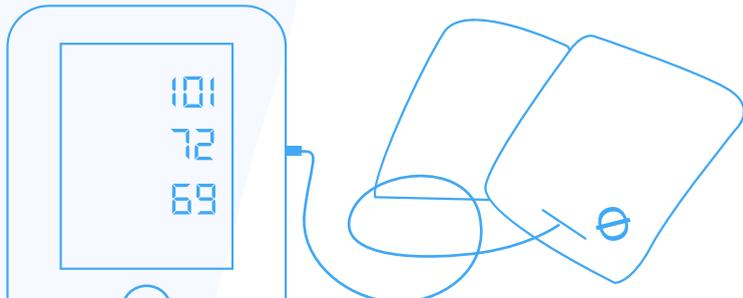
## 1. Batteries

Slide open the battery compartment on the back of the device. Insert the 4 AA batteries provided.



## 2. Connect the cuff

Plug the cuff tube all the way into the device and make sure that there is no air gap.

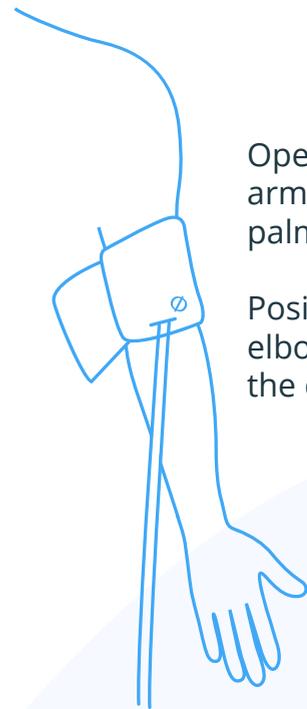


# Set...

## 3. Sit down

Sit comfortably in an upright position with your feet flat on the ground. Expose your arm by removing any clothing.

## 4. Secure the cuff



Open the cuff fully and place your arm through the cuff loop with your palm facing up.

Position the cuff an inch above the elbow and align the  $\Phi$  marker with the center of your arm.

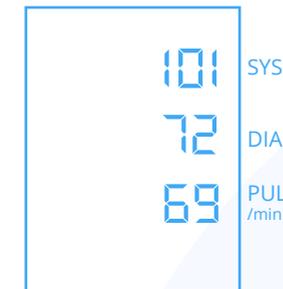
# Go!

## 5. Relax and measure

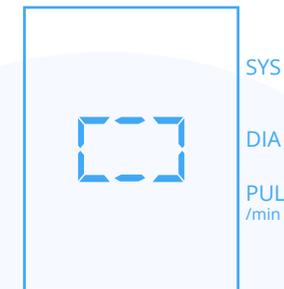
It's recommended that you rest for 15 minutes prior to taking a reading. Lay your arm on a table with your palm facing up. Once you're ready, press the START/STOP button.

When the results are displayed, the cuff will automatically deflate. A hatched box will form indicating the progress of your measurement being sent to your doctor.

### Results displayed



### Results sent



Want to do more?

**Download our free app.**



Search for "CareSimple" on the App Store or the Google Play store.



App Store



Play Store

The app is optional, but allows you to:

- Communicate with your doctor
- Monitor your progress
- View your care plan