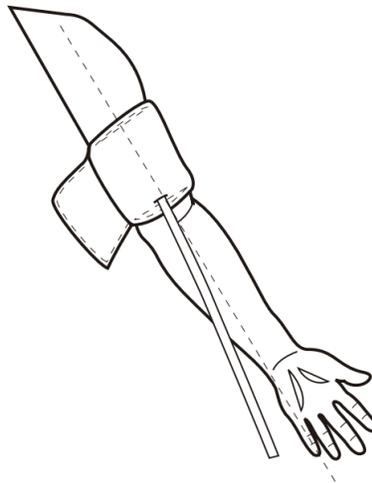


Blood Pressure Monitor Instructions

This blood pressure monitor lets you track and measure your blood pressure at home.

Using your blood pressure monitor:

1. Sit in a place where you are comfortable, with your back supported.
2. Put your arm on a flat surface.
3. Place your feet flat on the floor.
4. Wrap the arm cuff around your upper arm, about 1 inch from the bend in your elbow. Make sure the cuff is on your bare skin.
5. Tighten the cuff so it is snug, but not too tight. One (1) finger should fit between the cuff and your arm.
6. Keep the tube lined up with the inner side of your arm, with your palm up (see picture below).
7. Press “Start” on your monitor to begin the measurement. Your results will show on the monitor screen.
8. Write down your results.



Having trouble?

See the manufacturer’s instructions for more tips on using your blood pressure monitor.

If you have questions about how or when to use your blood pressure monitor, please call your primary care provider.

Humidifier Instructions

This humidifier makes mist to help you feel better when you have a cough or congestion. It can help you and your family feel better when you are sick, when you have allergies, or when the air is dry. It can also help you and your family get a good night's sleep.

Using your humidifier:

1. Put your humidifier on a flat and hard surface. Make sure it is 6 inches away from other objects and the wall.
2. Open the humidifier's water tank.
3. Fill the water tank with cold and clean water.
4. Close the water tank.
5. Plug your humidifier into a wall outlet.
6. Turn on your humidifier. The manufacturer's instructions may have more information on changing the settings.

Cleaning:

See the manufacturer's instructions for cleaning tips.

Having trouble?

See the manufacturer's instructions for more tips on using your humidifier.

*If you have questions about how or when to use your humidifier,
please call your primary care provider.*

Nebulizer Instructions

This nebulizer is used to treat asthma, allergies, and other breathing problems. It sends medicine quickly and easily into your lungs.

Using your nebulizer:

1. Make sure your hands are clean before using your nebulizer.
2. Place the medication prescribed by your primary care provider inside the nebulizer.
3. Connect one end of the tube to the nebulizer. Connect the other end of the tube to the air compressor.
4. Attach the mouth piece (or face mask) to the nebulizer.
5. Turn compressor on. Check to make sure the nebulizer is misting.
6. Hold nebulizer in upright position.
7. Put the mouth piece in your mouth. If using a face mask, secure that around your head.
8. Breathe in and out as the medication mists.
9. When your treatment is done, turn off the nebulizer.

Cleaning:

It is important to clean and dry the nebulizer. See the manufacturer's instructions for cleaning tips.

Having trouble?

See the manufacturer's instructions for more tips on using your nebulizer.

*If you have questions about how or when to use your nebulizer,
please call your primary care provider.*

Pulse Oximeter Instructions

This pulse oximeter measures how well oxygen is sent to parts of your body, like your arms and legs.

Using your pulse oximeter:

1. Put one finger inside the pulse oximeter. Your fingernail should be on the same side as the screen.
2. Turn the pulse oximeter on to start the measurement.
3. Keep your body still while the using the pulse oximeter.
4. Write down the measurement shown on the screen.
5. Turn off the pulse oximeter.

Cleaning:

See the manufacturer's instructions for cleaning tips.

Having trouble?

See the manufacturer's instructions for more tips on using your pulse oximeter.

*If you have questions about how or when to use your pulse oximeter,
please call your primary care provider.*

Scale Instructions

This scale gives you a quick and exact reading of your body weight.

Using your scale:

1. Place the scale on a flat, hard surface.
2. Stand still on the scale with bare feet.
3. Your results will show on the display screen.
4. Write down your results.

Cleaning:

See the manufacturer's instructions for tips on cleaning your scale.

Having trouble?

See the manufacturer's instructions for more tips on using your scale.

*If you have questions about how or when to use your scale,
please call your primary care provider.*

Thermometer Instructions

This thermometer gives a quick and exact reading of your body temperature.

Using your thermometer:

1. Turn on the thermometer.
2. Place the thermometer under your tongue.
3. Close your mouth around the thermometer.
4. Leave the thermometer in place until there is a reading.
5. Write down the temperature shown on the thermometer screen.
6. Read the manufacturer's instructions for other ways to use your thermometer.

Cleaning:

See the manufacturer's instructions for cleaning tips.

Having trouble?

See the manufacturer's instructions for more tips on using your thermometer.

*If you have questions about how or when to use your thermometer,
please call your primary care provider.*

Vaporizer Instructions

This vaporizer makes warm steam to help you feel better when you have a cough or congestion. It can help you and your family feel better when you are sick, when you have allergies, or when the air is dry. It can also help you and your family get a good night's sleep.

Using your vaporizer:

1. Put your vaporizer on a flat and hard surface. Make sure it is 6 inches away from other objects and the wall.
2. Open the water tank.
3. Fill the water tank with cold and clean water.
4. Close the water tank.
5. Plug your vaporizer into a wall outlet.
6. Turn on your vaporizer. The manufacturer's instructions may have more information on changing the settings.

Cleaning:

It is important to clean and dry your vaporizer. See the manufacturer's instructions for cleaning tips.

Having trouble?

See the manufacturer's instructions for more tips on using your vaporizer.

*If you have questions about how or when to use your vaporizer,
please call your primary care provider.*

Safer Lock Box – Medication Box Safe with Lock

Quick Start Guide

The Safer Lock Box safely stores your prescription medicines and other medications. This will help prevent other people from using your medicines.

How to Use:

1. Reset the 4-digit lock code

- Set the code to 0000 to unlock the cap
- Find the reset hole on the side of the cap. There is a blue arrow that points to the reset hole.
- Put the long end of the pin that came with your lock box to the reset hole. If you cannot find the pin, you can use a paperclip.
- Press and hold the pin firmly into the hole.
- While holding the pin in the hole, set the cap to the code that you want to use.
- Be sure to set the code to a 4-digit code that is easy for you to remember.
- Once you set the code, remove the pin from the cap.
- You will use this new code to lock and unlock the cap.

2. Unlock your Safer Lock Box

- Use the 4-digit code you chose to unlock the cap.
- Twist the cap to open it.

3. Lock your Safer Lock Box

- Put the cap on the lock box and make sure it is set with the 4-digit code you made.
- When you set the code on the cap, twist the lock cap on tightly.
- Once the cap is closed tightly, mix up the numbers to lock the cap.
- When the cap is locked, you can spin the cap and it will not open.



If you have questions, please call your primary care provider (PCP).

Safer Lock Box – Medication Box Safe with Lock

More Information

Things to Keep In Mind:

- Do not use your lock box for medicine that you might need in an emergency.
- Do not use your lock box if you are forgetful or have memory loss.
- The lock box helps keep your medicine away from other people.
- The lock box is safe around children and easy for older people to use.
- The lock box is sealed to keep moisture away from your medicines.
- The lock box can also be used to store vitamins or other items.
- Register your 4-digit code at www.SaferLockRX.com/register to help you in case you forget the code. You can also write it on a piece of paper and keep it in a safe place.

