

VIVE Precision Blood Pressure Monitor DMD1001

Equipment Information and Instructions

VIVE Precision Blood Pressure Monitor DMD1001

VIVE Precision blood pressure monitor is a portable device that allows you to track your blood pressure from the comfort of your home.

Installing and Replacing Batteries

- This blood pressure monitor uses 4 AAA batteries. It will not work and may be damaged if you use a different type of battery.
- Replace the batteries when:
 - The display lights are dim.
 - The display does not light up.
- To put in or take out the batteries:
 - Open the battery cover.
 - Put the flat side of each battery on the side with the spring.
 - Put the cover back on.
- Take the batteries out if you are not using the monitor more than once a month.
- Do not put old batteries in the trash. Follow your local guidelines to recycle old batteries.
- Keep your batteries away from fire as they can leak or explode.



Using Your VIVE Blood Pressure Monitor

1. Setting the Date, Time and Unit

- It is important to set the clock before using your monitor. Each time you take your blood pressure, it is stored in the monitor's memory.

2. Setting the Year

- Step 1 – When the monitor is off, press and hold the “S” button for 3 seconds.
- Step 2 – Press the “M” button to change the year. Keep pressing the “M” button until you come to the current year.
- Step 3 – Press the “S” button to set the year.

3. Setting the Month and Day

- Repeat steps 2 and 3 from “Setting the Year” until you get the current month and day.

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4. Setting the Time

- Repeat steps 2 and 3 from “Setting the Year” until you get the time between 12 hour time and 24 hour time.

5. Setting the Hour and Minute

- Repeat steps 2 and 3 from “Setting the Year” until you get the current hour and minute.

When you have done all the steps, the monitor will display “done” and will show all the settings. Then it will turn off.

How to Use:

- Attach the tube from the blood pressure monitor into the input slot on the cuff.
- Slide the cuff on to your upper arm. The tube needs to be on the inside of your arm with the tube lined up with your little finger.



- The cuff should be snug but not too tight. You should be able to get one finger between the cuff and your arm.
- Before you take your blood pressure:
 - Sit in a place where you are comfortable, with your back supported.
 - Put your arm on a flat surface.
 - Place your feet flat on the floor.
 - Rest for 5 minutes.

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- While you take your blood pressure:
 - Pick User A or User B with the User button on the monitor.
 - Press the Start/Stop button to turn the monitor on.
 - The unit will start taking your blood pressure.
 - Your results will show on the monitor screen and be saved.
 - Wait for 3 minutes if you want to take your blood pressure again.
- It is best to take your blood pressure around the same time each day. Always place the cuff in the same place on your arm each time.
- If you have questions about taking your blood pressure, take your monitor to your next visit with your Primary Care Provider.

Things to Keep In Mind:

When to avoid taking your blood pressure:

- Less than 1 hour after eating or drinking
- Less than 20 minutes after taking a shower/bath
- In a very cold place
- After smoking or drinking tea or coffee
- When talking or moving your fingers
- When you need to use the bathroom

For additional questions, please contact your Primary Care Physician (PCP).