

Frequently Asked Questions

What is systolic and diastolic blood pressure? Why do I need to measure both?

When the heart contracts to release blood, the blood pressure reaches its highest point called systolic pressure. When the heart relaxes between heartbeats, the lowest blood pressure is called diastolic pressure. Both readings are important to determine heart health. A diastolic reading of 80-85 (or less) and a systolic reading of 120-130 (or less) are considered normal.

How do I use SenseLife to measure blood pressure?

Measurement is a simple three-step process.

- **Step 1:** Roll up your sleeves and remove any wrist accessories
- **Step 2:** Fasten the cuff to your wrist with your palm facing upwards. The cuff should be as close to the skin as comfortable.
- **Step 3:** Press the Start/Stop button to turn on the monitor.

That's it! Your result will be displayed within 1 minute! Please read the user manual carefully before first use.

When should I measure my blood pressure?

You can measure your readings at any time except:

- Within 1 hour after eating or drinking tea, coffee or alcoholic beverages.
- Within 1 hour after smoking.
- Within 20 minutes after taking a bath.
- While talking or moving your fingers.
- While using the toilet or if you have a full bladder.

Measure using the same wrist and at approximately the same time of the day to get best results for charting over a given period.

Where should I measure my blood pressure?

You can measure your blood pressure in any place where you can sit comfortably and place your wrist on a hard surface (like a table) while measuring. Make sure the room is not too cold or too hot. Keep all electronic devices like laptops, tablets, mobile phones, smart phones and smart watches away from your monitor. The electromagnetic radiations emitted by these devices can affect readings, giving inaccurate results.

Can I view my previous measurement readings?

Yes. Pressing the "Mem" button displays past measurement (up to 60 recordings) with the corresponding data and time of measurement. You can also delete individual records (if there were any errors in measurement) and view the average result of the past 3 readings.

Can I take medicines or treat myself based on my readings?

No! Do not confuse self-monitoring with self-diagnosis. Self diagnosis based on any measurement taken at home (from SenseLife or any other measurement device) is always dangerous. **Do not start or stop any medical treatment based on self-assessment of the readings from the SenseLife Blood Pressure Monitor.** Always consult a doctor before making any assumptions about your health.

I am pregnant. Can I use the SenseLife Blood Pressure Monitor?

The monitor is safe to use in all conditions. However, it is recommended that you consult your doctor before first use.

I have poor heart health. Can I use the SenseLife Blood Pressure Monitor?

We recommend you consult your doctor before first use if diagnosed with arrhythmia or arteriosclerosis. For all other heart conditions, the device is safe to use.

Can I use the SenseLife Blood Pressure Monitor on my child?

The device is designed to be used on wrist circumference measuring 13.5 to 21.5 cm (approximately 5.5" to 8.5"). If your child's wrist is smaller, results will be inaccurate. In any case, the device must be used by adults only and kept out of reach of infants, children and pets due to small parts creating a choking hazard.

I am getting different results from those measured by a doctor. Why?

Blood pressure fluctuates throughout the day due to changes in weather, emotional state, exercise, food etc. Also, there is the "white coat effect" – blood pressure increases slightly in clinical settings. Try to recreate conditions as much as possible and relax. Minor changes are normal and do not indicate any abnormalities in health. If differences are large, and you are worried, consult your physician.

I am getting different results when I used the monitor a second time. Why?

We recommend that you wait at least 3 minutes between measurements. As mentioned above, blood pressure varies slightly throughout the day and is affected by environmental conditions. If you are taking medications, the results may be higher too. Recreate conditions and make sure the cuff is tied properly (not too tight or too loose) between measurements.