Life365® health
Quick Start Guide

◆ Stel
Vitals Hub
Simplifying Vitals Device Connectivity

▶ Indie Health Blood Bluetooth Pressure Monitor (51-1490)

In the box you will find:
- Indie Health Blood Pressure Monitor
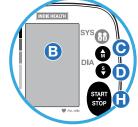- Blood Pressure Cuff
- 4 – AAA Batteries
- Storage Case

Getting Started

1) Remove the blood pressure monitor, cuff, batteries and case from packaging.

2) On the back side of the device, depress the clip on the battery compartment cover and remove the cover **(A)**. Insert the batteries and replace the cove.

3) When batteries are first installed, the device will prompt you to set the date and time. Use the **M** (Memory) and **S** (Set) buttons to program the settings.

4) First, the year will flash on the display screen **(B)**. Press **M** button **(C)** to advance to the correct year, then press **S** button **(D)** to confirm. The screen will advance to the month, date, hours, and minutes. Repeat the same sequence to program all settings. When complete, the screen will display "done".

3) Attach cuff to the monitor, by inserting the plastic tip of the air hose into the socket (small hole) on the left side of the monitor **(E)**. Push the tip firmly inward until it is fully inserted and you cannot push it any further.

Pairing the Device and Using with the Hub

1) Make sure the **Vitals Hub is ON –** connected to power, displays a **SOLID RED** light **(F)**, and located near the Bluetooth device while taking a reading.

2) Place the cuff above your elbow with the "artery symbol" facing your fingers. Wrap the cuff around your arm, pull the velcro so the cuff fits snugly around the upper arm **(G)**. Relax your arm, resting your elbow on a solid surface with your palm facing upward.

4) Press the START / STOP button **(H)** on the monitor **2 times**, the cuff will inflate and tighten around the arm.

5) When complete, the screen will display your reading and the cuff will deflate.

6) The Hub's **BLUE** light **(I)** will begin BLINKING, indicating the reading is transmitting to electronic records. Once the **BLUE** light turns off, the transmission is complete.

Note: If you have any questions – or if you don't see a blinking blue light after taking a measurement, please contact your care team for assistance.

📖 Read the device manufacturer instructions for operation and safety before use.