

How to set up your device to the **HealthCoach App**:

BM76 / BM67 Device Setup:

Step 1: While the device is still in OFF setting press and hold the **SET** button for 10 seconds

Step 2: The **year, month, day, hour, and minute** format will flash, select a format with the **+/-** buttons and press the **SET** button to confirm. (The hour has to be selected as 12H format)

Step 3: The Bluetooth sign will begin to flash (), as it displays as **"ON"**

HealthCoach App Setup:

Step 1: Download our free **HealthCoach App** from the App or Google Play Store

Step 2: Sign up, add device and select a user

Step 3: Access the menu and select settings.

Step 4: Select your device, scroll down select **NEXT**.

Step 5: Please ensure that a user is checked off, then press **SAVE**

Step 6: With the app opened, keep the monitor near, and in the OFF setting, press the **M button**.

BM67 / BM76: a 6-digit PIN (broken into 3 rows) number should display

Step 7: Enter the pin shown on the device to begin transferring data

Keep in mind:

- **Remember:** As you take your measurement, make sure the app is open and near the device.
- Each person needs to download the app on their own phone and select the appropriate user
- To change the user on the monitor, keep the device OFF, press **SET**, and then the **+/-** button to switch users.
- Allow the monitor to **shut off** before the new user takes a new reading. Keep the app open throughout the process.

Scan the QR code with your camera to access the **video** tutorial



How to set up your device to the **HealthCoach App**:

BC57 Device Setup:

Step 1: Once batteries are in, the device will flash 12H / 24H select your preference by pressing the **M** button and then the power button () to confirm.

Step 2: The **year, month, day, hour, and minute** format will flash. Use the **M button** to change and the power button () to confirm.

Step 3: The Bluetooth sign will begin to flash () on the top right corner and display as **"bt"**. Press the power button () to confirm.

You are now ready to use your device. Press the **M button** and begin placing the device on your left wrist. The device will begin taking readings and automatically syncing them to the device. If the device fails to sync make sure to refresh by pressing the power button ()

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