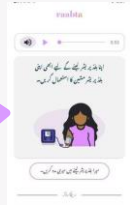


## HOW TO USE RAABTA PROGRAM

### OPEN RAABTA APP

1



### TAKE YOUR BLOOD PRESSURE

2

1. Rest for 5 minutes
2. Be in a sitting position
3. Use your bare arm
4. Tighten the blood pressure cuff above your elbow
5. Turn on your blood pressure monitor device



### BLOOD PRESSURE READING ON RAABTA APP

3



### TOUCH ON THE 'NEXT' BUTTON TO PROCEED

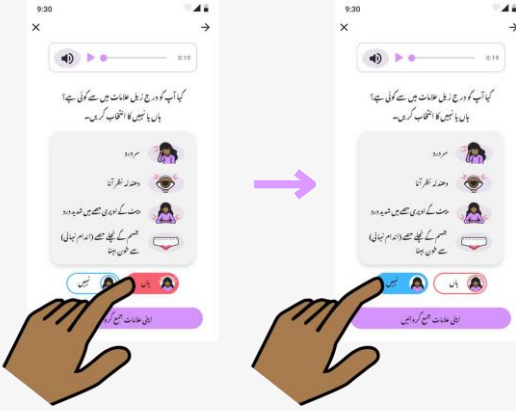
4



5

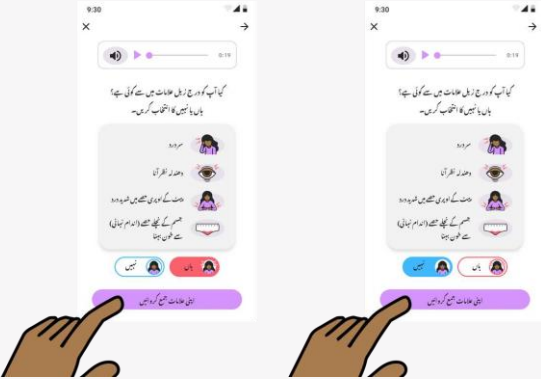
### ANSWER THE SYMPTOM QUESTION

Touch on the 'yes' button if you are experiencing any of the symptoms.  
Otherwise, touch 'no' button



6

### TOUCH THE PURPLE 'SUBMIT' BUTTON



7

### RECEIVE ALERTS

Based on the BP readings and symptoms, you will receive either a green alert, yellow alert or red alert.

