## HeartGuide.

HeartGuide Sizing Tool
Print this page at $100 \%$ (do not scale to fit). THIS PAGE NEEDS TO BE PRINTED ON A4 SIZE.


Wrap the size tool around your wrist about two fingers ( $2.54 \mathrm{~cm}-3.81 \mathrm{~cm}$ ) from the base of the hand with the arrow pointing up.


## 2

Ensure that the band is wrapped snuggly against the wrist. If the side of the band with the arrow falls within the blue area then HeartGuide is the right size for you.


