

# How to easily apply a PMC-BRENMOOR WRISTBAND

We're not trying to insult your intelligence here, but – we've had a few problems with how the wristband has been applied.

The Wristband is printed on self-adhesive material and some users have removed the entire backing, making it extremely uncomfortable to wear as it sticks to their skin!

Only the carrier tab needs to be removed.

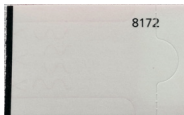


step 1



on the front face of the wristband locate the end with the carrier tab

step 2



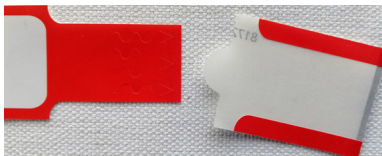
turn the wristband over to locate the removable carrier tab

step 3



peel the tab away from the main part of the wristband

step 4



front of wristband with carrier tab removed

step 5



the wristband takes about 15 minutes to warm on the wrist and take up the shape of the wearer's wrist