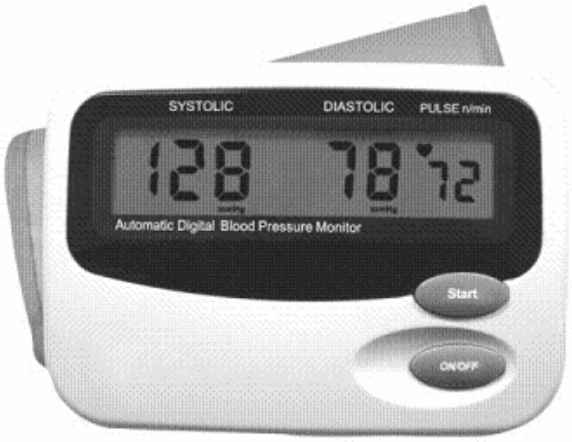
Version AM2

Anovamedical, LLC

MODEL AM-511



Fully Automatic Arm Cuff Blood Pressure Monitor

(ELECTRONIC SPHYGMOMANOMETER)

OPERATION GUIDE

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IMPORTANT INFORMATION

LEGAL DISCLAIMER NOTICE

Do not use this blood pressure monitor to self-diagnose, to self-medicate, to change medications or otherwise self-treat because diagnosis and treatment using only measured blood pressure and pulse rate may be dangerous. This product is not a substitute for the advice of, or visits to, a physician. Always consult with your physician or other health care professional for thorough and accurate medical assessment. Follow the instructions of your physician or other health care professional.

This blood pressure monitor is designed for use with adults and should never be used with infants or young children. Consult with your physician or other health care professional to determine on a case-by-case basis regarding the possible use with older children. Follow the instructions of your physician or other health care professional.

STANDARDS

Blood pressure measurements with this device are equivalent to those obtained by a observer using the cuff/stethoscope auscultation methods within the limits prescribed by the American National Standards Institute (ANSI/AAMI SP10) for electronic sphygmomanometers.

NORMAL BLOOD PRESSURE FLUCTUATION

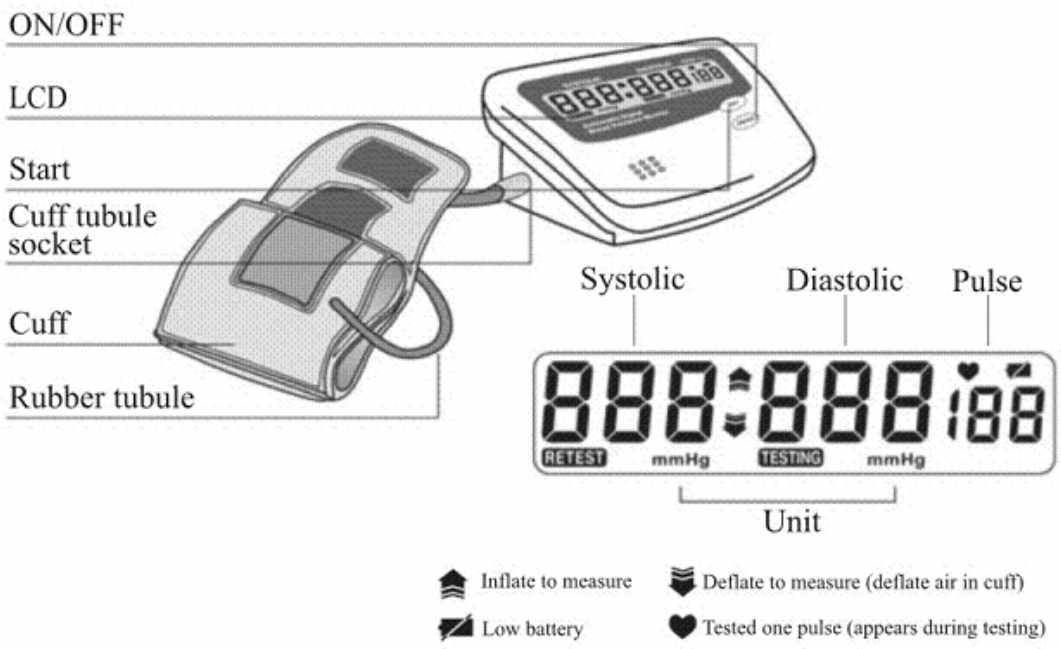
Physical activity, excitement, stress, eating, drinking, smoking and many other activities and factors (including taking a blood pressure measurement) all influence blood pressure value. Because of this, it is most unusual to obtain identical multiple blood pressure readings.

Blood pressure fluctuates continually during the day and night with the highest values usually in the daytime and lowest values usually in the evening. The lowest blood pressure value usually occurs at approximately midnight. Typically, the value begins to increase at approximately 3:00AM, reaching its highest level during the daytime when most people are awake and active.

Considering the above information, the way to collect day-to-day blood pressure measurements that can be meaningfully compared is to measure your blood pressure at approximately the same time or times each day.

When re-measuring blood pressure, always wait a minimum of 3 to 5 minutes between measurements to allow the blood circulation in your arm to recover. Remember, it is normal and it is expected that you will not obtain identical multiple blood pressure readings.

PARTS AND DISPLAY INDICATORS



PRODUCT DESCRIPTION

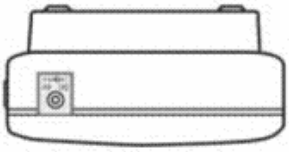
Using Oscillometric methodology and silicon integrated pressure sensor technology; blood pressure and heart rate are measured automatically and non-invasively. The LCD display visually shows blood pressure and heart pulse rate measurements.

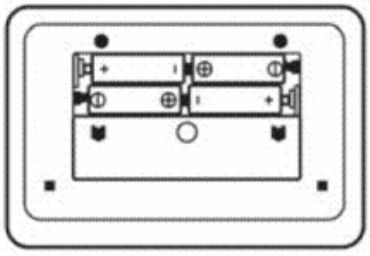
SPECIFICATIONS

(1) Model: AM-511
(2) Digital display system/LCD 8.5 digits
(3) Measuring method: Oscillometric method
(4) Measuring accuracy: Within ± 3mmHg
(5) Blood pressure measuring range: 0mmHg~300mmHg
(6) Pulse rate range: 30~180/min
(7) Pulse rate accuracy: Within ± 5%
(8) Power source: DC 6V type 4 x AA size batteries.
(9) Classification: Internal powered equipment type B
(10) Pressurization: Automatic air inflation by an air pump
(11) Deflation: Automatic exhaust
(12) Automatic power off: To be automatically cut off after 3 minutes of nonuse to save energy.
(13) Battery life: Approx. 2 months with 3-min. usage per day
(14) Environmental temperature for using: 41~104ºF.
(15) Environmental temperature for storage: -4~131ºF
(16) Environmental humidity for using: <85%
(17) Environmental humidity for storage: <90%
(18) Transport condition:
Atmospheric pressure range: 700hpa~1060hpa
Humidity range: less than 95%
Ambient temperature range: 23~104ºF

SETUP AND OPERATING PROCEDURES

1. BATTERY LOADING



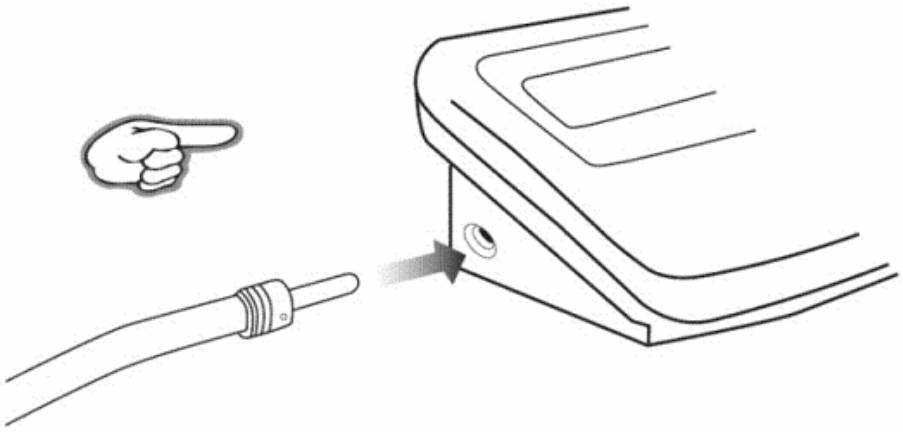


a. Open the battery cover on the back of the monitor.
b. Insert four "AA" batteries taking care that the "+" and "-" ends of the batteries are inserted correctly.
c. Close the battery cover.
d. When the LCD display shows a battery signal, the batteries must be replaced for accurate readings.
e. Do not use rechargeable batteries with a voltage of 1.2 V (the typical voltage for rechargeable batteries), because they are not suitable for this product and will cause inaccurate readings. Batteries with a voltage of 1.5 V, (disposable or rechargeable "AA") must be used.
f. Remove the batteries if the monitor will not be used for a month or more. This will avoid damage from the possibility of leaking batteries.

The equipment, the batteries and cuff, at the end of their usage must be disposed according to local regulations.

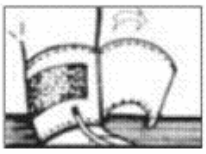
2. CUFF CONNECTION TO THE MONITOR

Connect the cuff to the monitor by placing the rubber tube plug into the cuff socket on the monitor. Make certain that the plug is completely inserted so that there will be no air leakage during blood pressure measurements.



3. CUFF WRAPPING ON YOUR ARM

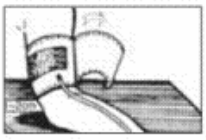
a. Place the cuff around a bare arm ½ to ¾ of an inch above the elbow joint.



b. While seated, place the hand of the cuffed arm, palm up, in front of you on a flat surface such as a desk or table with the rubber tube running down the center of your arm toward your hand.

c. The cuff must be neither too tight nor too loose. Using a little force, you should be able to place one finger between the cuff and your arm.

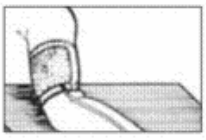
d. Measure using the same arm each time.



e. Do not move your arms, body, or the monitor during blood pressure measurements.

f. Stay quiet, calm and at rest for 5 minutes before and during blood pressure measurement.

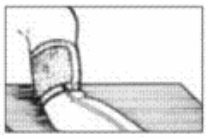
g. If the cuff becomes dirty, remove it from the monitor and wash it by hand in a mild detergent, then rinse it thoroughly in cold water. Allow the cuff to dry before using for a blood pressure measurement. Never dry the cuff in a clothes dryer and never iron the cuff.



4. BODY POSTURE DURING MEASUREMENT

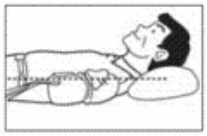
Sitting Measurement

a. Sit upright.
b. Place the arm with the cuff in front of you on a desk or table with the palm up.
c. The cuff should be at the same level as your heart.



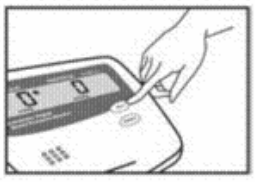
Lying Down Measurement

a. Lie on your back.
b. Place your arm straight along your side with your palm up.
c. The cuff should be at the same level as your heart.



5. TAKING A MEASUREMENT

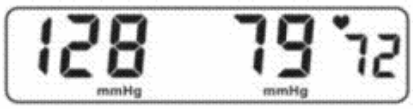
a. With the cuff wrapped around your arm and your body in a comfortable position, press and hold the button "ON/OFF" until the LCD display is activated. The display will first verify itself, then it will set itself to read all zeros.



b. Once the LCD display reads all zeros, press and release the button "START". The monitor will then pump up the cuff, then release the air pressure from the cuff and then display the blood pressure and pulse rate measurements on the LCD display.

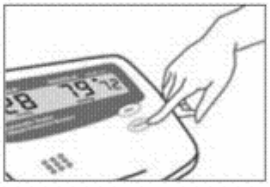
6. READING MEASUREMENT RESULTS

The LCD display will automatically show the systolic and diastolic blood pressure reading in mmHg units after each measurement. The heart rate is also displayed in pulse per minute next to the "♥" symbol.



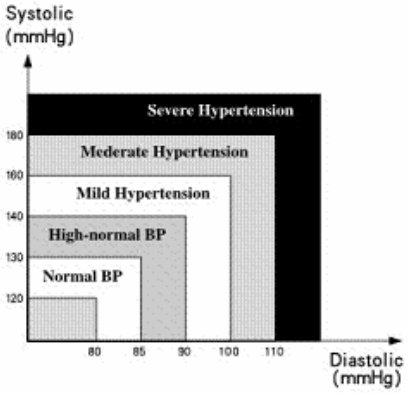
7. TURNING THE MONITOR POWER OFF

The monitor power will turn-off automatically after 3 minutes of non-use after measurement displaying. Alternatively, you can press and release the button "ON/OFF" to manually turn off the monitor.



8. ASSESSING HIGH BLOOD PRESSURE FOR ADULTS

The following standards for assessing high blood pressure (without regard to age or gender) have been established as a guide by the World Health Organization (WHO). Please note that other risk factors (e.g. diabetes, obesity, smoking, etc.) need to be taken into consideration and may affect these figures. Consult with your physician for accurate assessment.



TROUBLESHOOTING

PROBLEM	POSSIBLE CAUSE	SOLUTION
LCD display shows battery symbol	Batteries are low.	Install new batteries.
LCD display shows RETEST symbol	Arm or blood pressure monitor was moved during testing	Re-test taking care to not move your arm or the blood pressure monitor.
	The cuff does not inflate properly or pressure falls quickly during testing	Make certain the cuff is fully inserted into the blood pressure monitor.
	Irregular heartbeat (arrhythmia)	People with light arrhythmia may re-test. It is inappropriate for people with serious arrhythmia to use this blood pressure monitor

PROBLEM	POSSIBLE CAUSE	SOLUTION
LCD display shows "EE"	The blood pressure monitor did not inflate sufficiently. The cuff was not properly wrapped.	Review the cuff wrapping and testing sections of the instructions and re-test.
LCD display shows abnormal result	The cuff position was not correct or it was not properly tightened.	Review the cuff wrapping and testing sections of the instructions and re-test.
	Body posture was not correct during testing.	Review the body posture and testing sections of the instructions and re-test.
	Speaking, arm or body movement, angry, excited or nervous during testing.	Re-test when calm and without speaking or moving during the test.

WARRANTY INFORMATION

Your Fully Automatic Blood Pressure Monitor, including the cuff, is warranted to be free of defects in materials and workmanship appearing within one (1) year from the date of purchase, when used in accordance with the instructions provided with the monitor.

We will, at our option, repair or replace without charge any monitor or cuff covered by the above warranty. Repair or replacement is our only responsibility and your only remedy under the above warranty.

To obtain warranty service information including the address of a repair location and handling fees, if any, visit our Internet Site, www.AnovaMedical.com.

When returning product for service, you must include a store receipt as proof-of-purchase. Include a letter with your name, address, phone number, and email address (optional if you wish to communicate by email), and a brief description of the specific problem. Pack the product properly to prevent damage in transit. We recommend that you insure the product and request a delivery receipt.

ANOVA SHALL NOT BE LIABLE FOR LOSS OF USE OR ANY OTHER INCIDENTAL, CONSEQUENTIAL OR INDIRECT COSTS, EXPENSES OR DAMAGES. Some states do not allow the exclusion or limitation of incidental or consequential damages, so the above exclusions may not apply to you.

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