Go WISE USA®

Blood Pressure Monitor

Upper Arm Type

Instruction Manual

GW22052



Go WISE USA®
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- Thank you for purchasing this ***GoWISE USA*** Blood Pressure Monitor.
- To assure correct use of this monitor, read these instructions carefully and thoroughly.
- Please keep the manual for future reference.

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Thank you for selecting this ***GoWISE USA*** Blood Pressure Monitor. It features blood pressure measurement, pulse rate measurement, auto-save results, and a long life of reliable service.

Measurements taken by GW22052 are equivalent to those obtained by a trained observer using the cuff and stethoscope auscultation method.

This manual contains important safety and care information as well as step-by-step instructions for using the product. Read the manual carefully and thoroughly before using the product.

Features:

- Wide Cuff range of 9-13" (22-32 cm)
- Blood Pressure Classification
- 60 Memory Recall
- Irregular Heartbeat Detection and Hypertension Risk Indicator
- AC Adaptor
- Touch sensitive buttons
- Large digital LCD V.A. display 3.2" x 2.4" (80mm x 60mm)
- Measurement appears during inflation

CAUTION

This device is intended for adult use only.

This device is intended for non-invasive measuring of arterial blood pressure. It is not intended for use on extremities other than the arm or for fluctuations other than obtaining a blood pressure measurement.

Do not confuse self-monitoring with self-diagnosis—this unit allows you to monitor your blood pressure. Always consult a physician before beginning or ending a medical treatment.

If you are taking medication, consult your physician to determine the most appropriate time to measure your blood pressure. Never change a prescribed medication without consulting your physician.

This unit is not suitable for continuous monitoring during medical emergencies or operations.

The unit will automatically deflate, when the cuff pressure exceeds 40 kPa (300 mmHg). Should the cuff not deflate when pressure exceeds 40 KPa (300 mmHg), detach the cuff from arm and press the START/STOP button to stop inflation.

To avoid measurement errors, carefully read this manual before using the product.

The equipment is not AP/APG equipment and is not suitable for use in the presence of a flammable anesthetic mixture with air or with oxygen or nitrous oxide.

The operator shall not touch output of AC adaptor and the patient simultaneously.

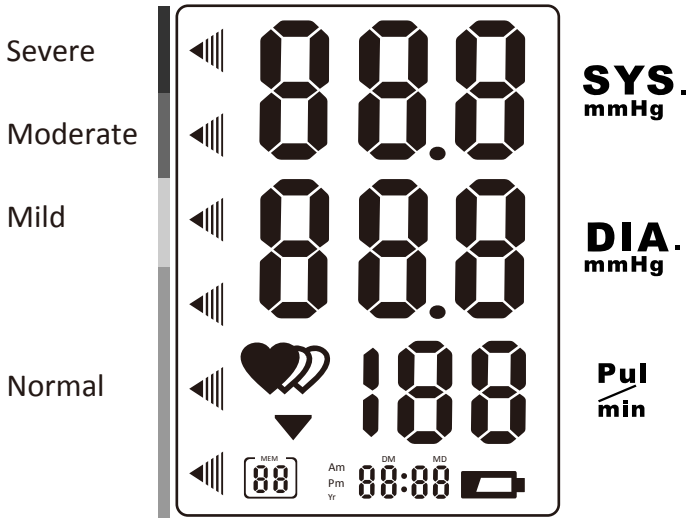
To avoid measurement errors, avoid the condition of strong electromagnetic field radiated interference signal or electrical fast transient/burst signal when using the AC adaptor.

Inspect the monitor and accessories for proper working condition before each use. Store them carefully to avoid damage. The AC adaptor cord, air hose, and arm cuff should not be kinked or folded tightly. While in storage, the AC adaptor should be placed underneath the main unit so it does not damage the display. (See more information in the Maintenance section of this manual.)

Please note that Luer lock connectors are not used on this product, and DO NOT change any provided connectors. Do not wind the air hose around your neck.

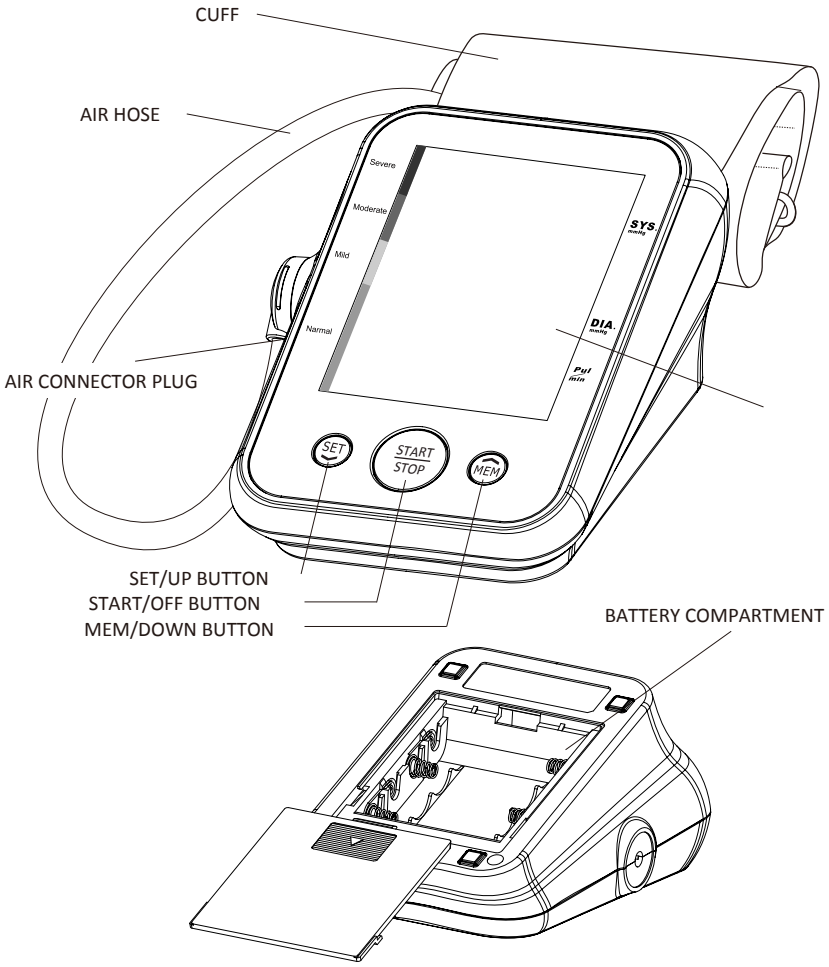
INTRODUCTION

♥ LCD display signal



SYMBOL	DESCRIPTION	EXPLANATION
SYS	Systolic blood pressure	High pressure result
DIA	Diastolic blood pressure	Low pressure result
Pul/min	Pulse	Pulse/minute
▼	Deflating	CUFF air is exhausting of deflating
Am 8:59	Time (hour:minute)	Currently time
MEM 28	Memory	If “M” shows, the displayed measurement values is from the memory.For instructions,refer to Page 10
mmHg	mmHg	Measurement Unit of the blood pressure
Lo +	Low battery	Batteries are low and need to be replaced
♥	Arrhythmia	Irregular heartbeat
	Grade	The grade of the blood pressure For instructions,refer to Page 14

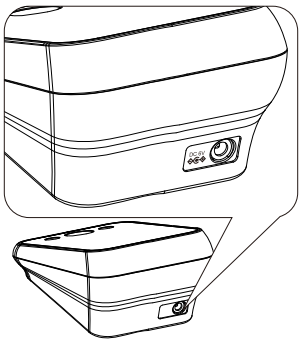
♥ Monitor components



BEFORE YOU START

Choice of power supply

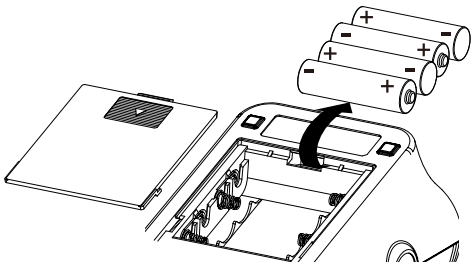
- Battery powered mode:
  6VDC 4 x AA batteries
- AC adaptor powered mode:
  100-240V, 50-60Hz, 1000mA



CAUTION
For the best effect and to protect your monitor, use the correct batteries and the special AC adaptor included with the monitor. Unplug the AC adaptor from power source when not in use.

The installment and replacement of battery

1. Slide off the battery cover.
2. Install the batteries by matching the correct polarity, as shown.
3. Replace the cover.



Replace batteries when any of the following occur:

- The Lo+ shows on display
- The display dims
- The display does not light up

CAUTION
- Remove batteries from monitor if they will not be used for a long period of time.
- Do not dispose of batteries in fire. Batteries may explode or leak.
- Discard used batteries according to your local recycling guidelines.

Oscillometric Measuring method

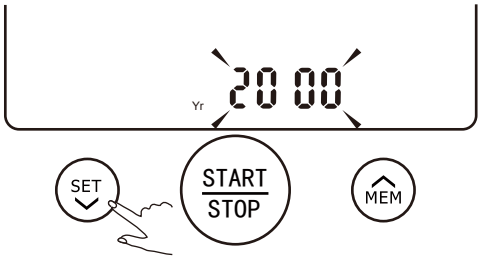
This product uses the Oscillometric Measuring method to detect blood pressure. Before every measurement, the unit establishes a “zero pressure” equivalent to the air pressure. Then it starts inflating the arm cuff, meanwhile, the unit detects pressure oscillations generated by beat- to- beat pulsatile, which is used to determine the systolic and diastolic pressure, and also pulse rate.

The device also compares the longest and the shortest time intervals of detected pulse waves to mean time interval, and then calculates standard deviation. The device displays a warning signal with the reading to indicate the detection of irregular heartbeat when the difference of the time intervals is over 25%.

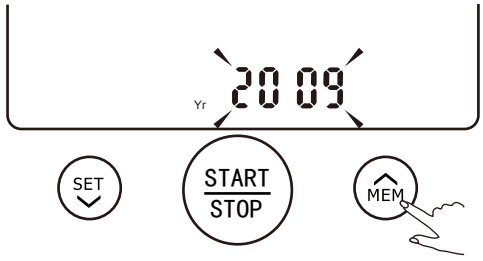
Setting date, time and measurement unit

It is important to set the clock before using your blood pressure monitor, so that a time stamp can be assigned to each record that is stored in the memory. (year: 2000-2050, time: 24H)

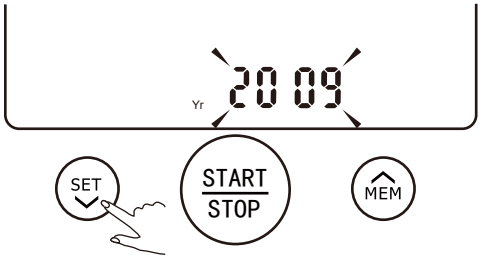
1. When the unit is off, press and hold “SET” for 3 seconds to enter the mode for YEAR setting.



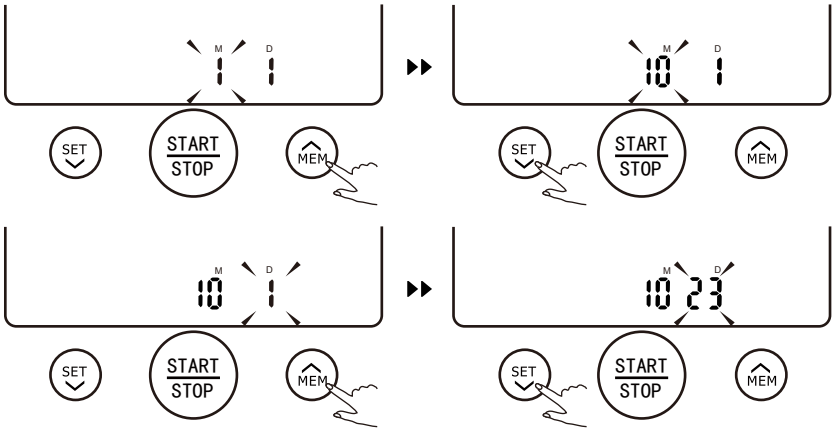
2. Press the “MEM” to change the YEAR.



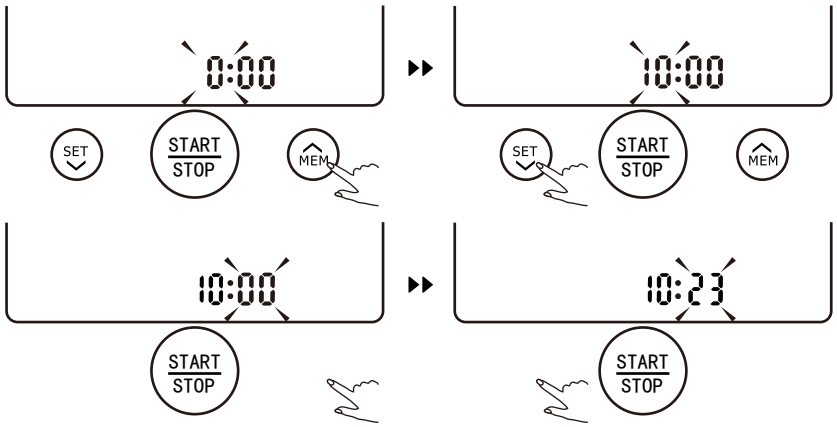
3. When you get the right year, press “SET” to set the year.



4. Repeat step 2 and 3 to set the [MONTH] and [DAY].



5. Repeat step 2 and 3 to set the [HOUR] and [SECOND].



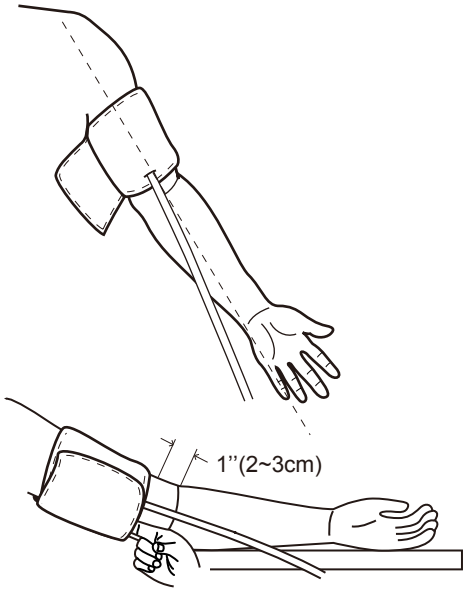
6. After the UNIT is set, “done” will appear on the display and then it will turn off automatically.



MEASUREMENT

Tie the cuff

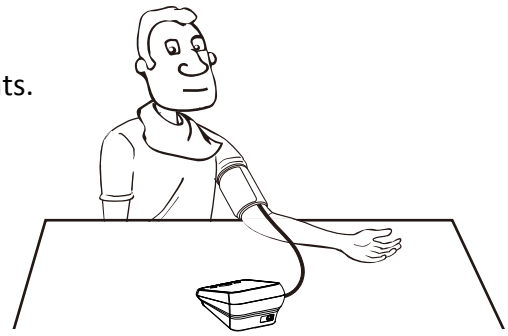
1. Tie the cuff on your upper arm, then position the air hose off-center toward the inner side of arm in line with the little finger.



2. The cuff should be snug but not too tight. You should be able to insert one finger between the cuff and your arm.

3. Sit comfortably with your left arm resting on a flat surface.

- Rest for 5 minutes before measuring blood pressure.
- Wait at least 3 minutes between measurements. This allows your blood circulation to recover.
- For a meaningful comparison, try to measure under similar conditions. For example, take daily measurements at approximately the same time and same position of upper arm, or as directed by a physician.

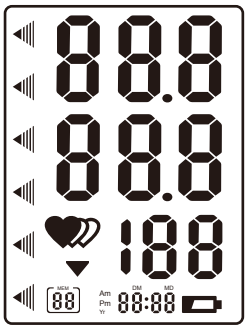


Start a measurement

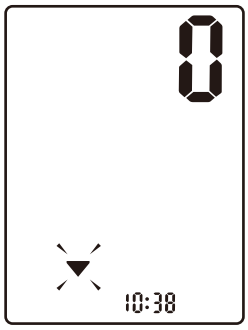
1.Press START/STOP" to turn on the monitor, and it will finish the whole measurement automatically.



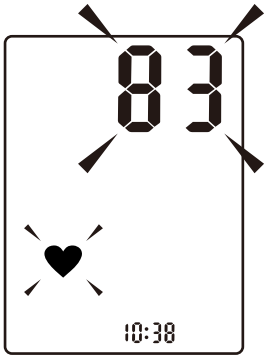
LCD display



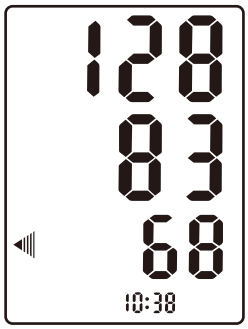
Adjust the zero automatically.



Inflating and measuring automatically.



Display and save the results automatically.



2. Press "START/STOP" to power off, otherwise it will turn off automatically within 1 minute.



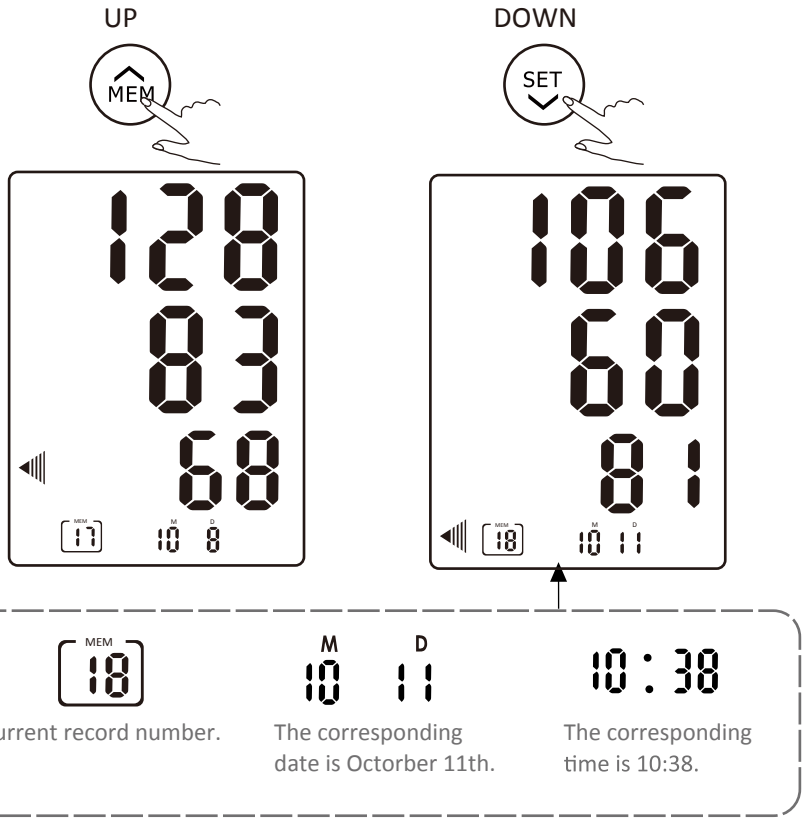
OPERATION OF RECORDS

Recalling records

1. Press the “MEM” to show the most recent record.



2. Press the “MEM” or “SET” to get the record you want.



(The number of the record, date and time will be shown accordingly.)

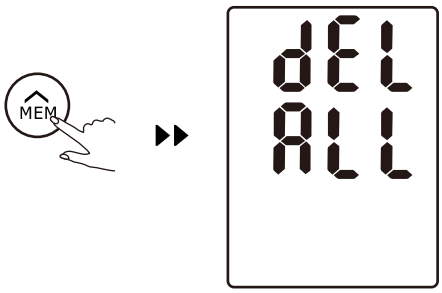
CAUTION

The most recent record (1) is shown first. Each new measurement becomes the (1) record. All other records are pushed back one digit (e.g., 2 becomes 3, and so on), and the lest record (60) is dropped from the list.

Deleting a record from memory

If you did not get the measurement, you can delete all results by following these steps:

1. Press and hold “MEM” for 3 seconds; the display will flash “dEL ALL”.



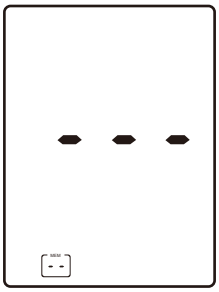
2. Press “SET” to confirm the deletion, and the monitor will turn off automatically.



3. If you don’t want to delete the records, press “START/STOP” to escape.



4. If there is no record, the display will show hyphens.



INFORMATION FOR USER

Tips for measurement

For accurate readings, consider these tips.



Wait at least 1 hour
after dinner or drinking.



Do not measure immediately
after tea, coffee, smoking.



Wait at least 20 minutes
after taking a bath.



Do not measure when
talking or moving fingers.



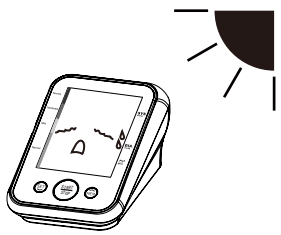
Do not measure in
very cold environment



Do not measure when you
need to discharge urine.

Maintenance

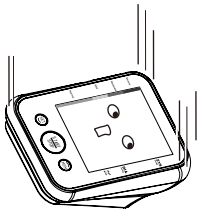
In order to get the best performance from your monitor, follow these instructions:



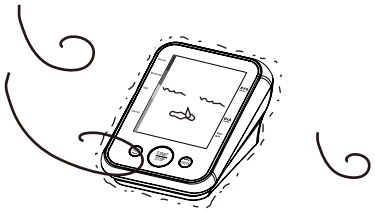
Keep in a dry place and avoid sunshine



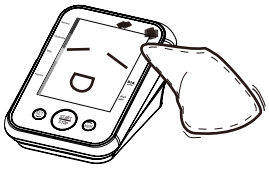
Do not immerse in water



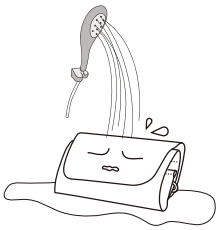
Do not shake intensely or drop



Avoid dusty environment
and unstable temperature.



Remove dirt with dry or damp cloth



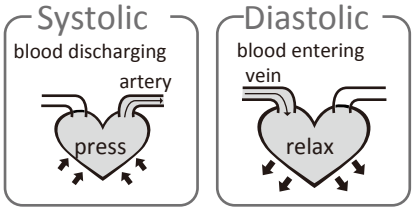
Avoid washing the cuff

Store the monitor and accessories carefully to avoid damage. The AC adaptor cord, air hose, and arm cuff should not be kinked or folded tightly. While in storage, the AC adaptor should be placed underneath the main unit so it does not damage the display.

ABOUT BLOOD PRESSURE

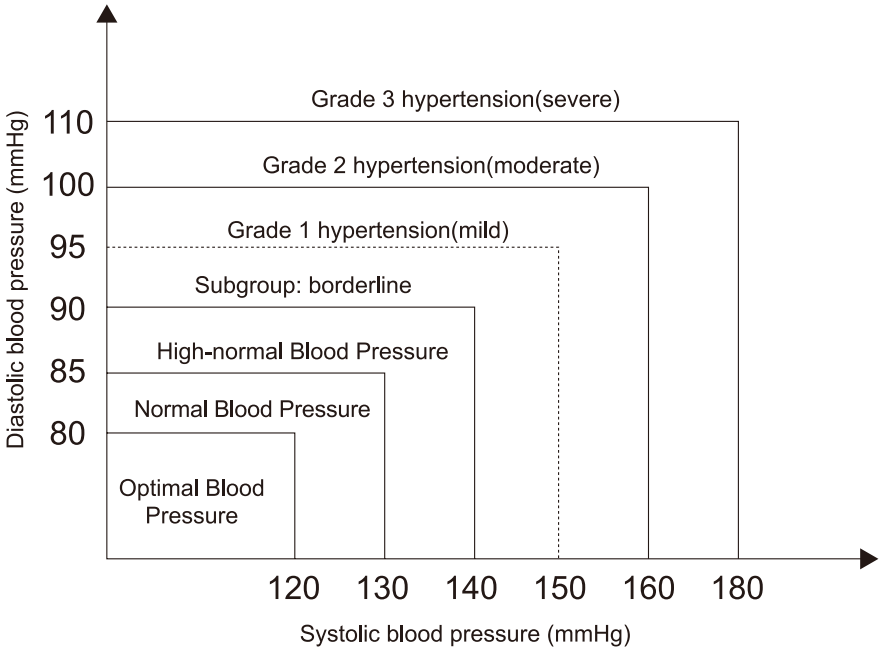
What are systolic pressure and diastolic pressure?

When ventricles contract and pump blood out of the heart, blood pressure reaches its maximum value, the highest pressure in the cycle is known as systolic pressure. When the heart relaxes between heartbeats, the lowest blood pressure is diastolic pressure.



What is the standard blood pressure classification?

The following charts illustrate the blood pressure classification set forth by the World Health Organization (WHO) and the International Society of Hypertension (ISH) in 1999.



Level / Blood Pressure(mmHg)	Normal			Mild	Moderate	Severe
SYS	＜120	121~130	131~140	141~160	161~180	≥180
DIA	＜80	81~85	86~90	91~100	101~110	≥110

CAUTION

The standard blood pressure classification provided above is for GENERAL INFORMATION ONLY. YOU MUST CONSULT YOUR PHYSICIAN or a licensed healthcare provider to determine YOUR NORMAL blood pressure range and the point at which you are at risk. Please do not wait until the measurements taken with this product fall outside the optimal and standard ranges shown above to consult with your physician or licensed healthcare provider.

Why does my blood pressure fluctuate throughout the day?

- Individual blood pressure varies every day. It can also be affected by the way you tie the cuff and your position during the measurement. For the best results, measure your blood pressure under the same conditions every time.
- The variations can also be affected by the type of medication you are taking.
- Always wait at least 4-5 minutes before taking another measurement.



Why is the blood pressure reading I got at the hospital different from home?

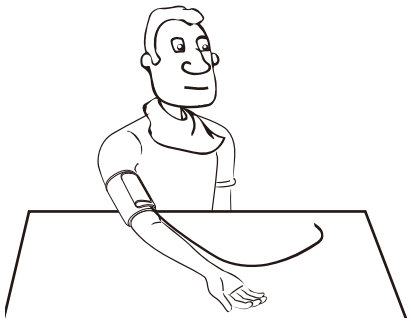
- Using different blood pressure monitors will result in different readings because the settings and properties are not all the same.
- In addition, blood pressure changes throughout the day due to circumstances, such as stress or weather.

<u>When taking your blood pressure at home, pay attention to the following</u>:

- Make sure the cuff is tied properly.
- Make sure the cuff is not too tight or too loose.
- Make sure the cuff is applied to the upper arm.
- Wait until you feel relaxed and emotionally ready.
- Movement can affect the measurement; relax and measure again if necessary.
- Suggestion: Take 2-3 deep breaths before beginning. If you can, wait 4-5 minutes noticing when you feel calm.

Does it matter which arm is used to take my blood pressure?

You can choose to measure either arm, but the results will be different. For monitoring purposes, you should measure the same arm every time.



TROUBLESHOOTING

This section has a list of error messages that provide answers to questions you may have about your blood pressure monitor. If the monitor is not working as you think it should, please check here before calling for service.

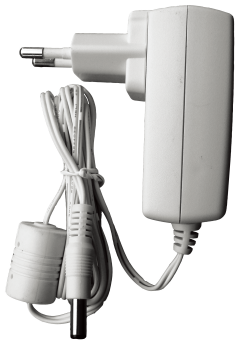
PROBLEM	SYMPTOM	CHECK THIS	REMEDY
No power	Display is dim or will not light up.	Batteries are exhausted.	Replace with new batteries
		Batteries are inserted incorrectly.	Insert the batteries correctly
Low batteries	 Show on the display	Batteries are low.	Replace with new batteries
Error massage	E 1 shows	The cuff is not secure.	Refasten the cuff and then measure again.
	E 2 shows	The cuff is very tight	Refasten the cuff and then measure again.
	E 3 shows	The pressure of the cuff is excess.	Relax for a moment and then measure again.
	E 4 shows	The monitor detected motion while measuring.	movement can affect the measurement.Relax for a moment and then measure again.
	Eexx shows	Measure incorrectly.	Relax for a moment and then measure again.
	Eexx,shows on the display.	A calibration error occurred.	Retake the measurement.If the problem persists,contact the retailer or our customer service department for further assistance. Refer to the warranty for contact information and return instructions.

SPECIFICATIONS

POWER SUPPLY	Battery powered mode: 6VDC, 4 x AA batteries AC Adaptor mode: 100-240V, 50-60Hz, 1000mA (Use only the AC Adaptor provided with this product.)
Display model	Digital LDC V.A. – 3.2” x 2.4” (80mm x 60mm)
Measurement mode	Oscillographic testing mode
Measurement range	Pressure: 0-40kpa (0-300mmHg) Pulse value: (40-199) times/minute
Accuracy	Pressure: 59°F-77°F (15°C-25°C) within ± 0.4 kPa (3mmHg) 50°F-104°F (10°C-40°C) – out of 59°F-77°F (15°C-25°C) within ± 0.8 kPa (6mmHg) Pulse value: ± 5%
Normal working condition	Temperature: 41°F-104°F (5°C-40°C) Relative humidity: ≤ 80%
Storage & transportation condition	Temperature: -4F to 140°F (-20°C to 60°C) Relative humidity 10-93%
Measurement perimeter of the upper arm	Approx. 9”-13” (22-32cm)
Weight	Approx. 0.7 lb (300g), excluding dry cells
External dimensions	Approx. 7.1” x 3.9” x 1.5” (180x 100x 39mm)
Mode of operation	Continuous operation
Degree of protection	Type B applied part
Protection against ingress of water	IPXO

WARNING: No modification of this equipment is allowed.

AUTHORIZED COMPONENT



AC Adaptor
Input: 100-240V, 50-60Hz, 1000mA
Output: 6V===A1
NOTE: Use only the AC Adaptor provided with this product.

WARRANTY & CONTACT INFORMATION

This product is warrantied against defects in materials and workmanship for one year from the date of purchase, when used in accordance with the instructions provided. This warranty does not cover damages or wear resulting from accident, misuse, abuse, commercial use, or unauthorized adjustment and/or repair.

Ming's Mark Inc. dba ***GoWISE USA®*** shall not be liable for loss of use or any other incidental, consequential or indirect costs, expenses or damages. There are no express warranties except as listed above. This warranty gives you specific legal rights, and you may have other rights which vary from state to state.

Should this product require service (or replacement at our option) while under warranty, CALL 1-855-233-9199 for RETURN INSTRUCTIONS. Be sure to keep your receipt showing the date of purchase.

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