SPHYGMOMANOMETER
THIS IS A TRADITIONAL PAPER MANUAL

FOR A BETTER INTRODUCTION, VISIT OUR ONLINE GUIDE

GREATERGOODS.COM/**0608**

We keep our digital guides up to date with helpful videos and FAQ's based on questions from our users. Follow the link to view setup information, activate your warranty, and contact customer support.

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Table of Contents

p. 2 IMPORTANT SAFETY INFORMATION
p. 3 INTRODUCTION
p. 4 DEVICE
p. 5 TAKING MEASUREMENTS
p. 7 ABOUT BLOOD PRESSURE
p. 10 TIPS/MAINTENANCE
p. 11 TROUBLESHOOTING
p. 12 DEVICE SPECIFICATIONS
p. 13 WARRANTY
p. 14 CONTACT INFORMATION

	Symbol for CAUTION. These notes must be observed to prevent any damage to the device.
	Symbol for MANUFACTURER.
	Symbol for MANUFACTURE DATE.
SN	Symbol for SERIAL NUMBER.
	Symbol for ENVIRONMENT PROTECTION. Please recycle where facilities exist. Check with your local authority or retailer for recycling advice.
	Symbol for THE OPERATION GUIDE MUST BE READ.

WARNING: No modification of this equipment is allowed.

Safety/Caution Information

⚠ CAUTION

- Consult your physician before measuring blood pressure, especially if you have any of the following conditions: hypertension, diabetes, arteriosclerosis, kidney or vascular disease, or any conditions affecting circulation.
- Do not change medication use or dosage based on measurement from this device. Take medication as prescribed by your physician. Only a physician is qualified to diagnose and treat high blood pressure.
- This device is not intended to be a diagnostic device.
- This device is intended for adult use only. Keep the unit out of reach of infants, children, or pets.
- This device is not intended for use on extremities other than the arm or for functions other than obtaining a blood pressure measurement. Do not use this device for any other purpose.
- Do not confuse self-monitoring with self-diagnosis. If you are taking medication, consult your physician to determine the most appropriate time to measure your blood pressure.
- Do not pump the sphygmomanometer past 300 mmHg.
- Deflate cuff immediately after use.
- Do not pierce the air tube.
- Store this device in the appropriate conditions. Use of the included carrying case is highly recommended. Keep away from hair and dust to avoid blockage.
- This device is contraindicated for any female who may be suspected of being, or is pregnant. Besides providing inaccurate readings, the effects of this device on the fetus are unknown.
- This unit is not suitable for continuous monitoring during medical emergencies or operations.
- Do not disassemble or attempt to repair this device or any of its components. Doing so will void the warranty.
- Calibration in a licensed laboratory is recommended every two years.
- Use only Balance™ authorized parts and accessories. Parts and accessories not approved for use with this device may damage the unit.

Introduction

Welcome to your new Balance Sphygmomanometer.
We have designed this monitor to be as user-friendly as possible to ensure that you can use it with ease.

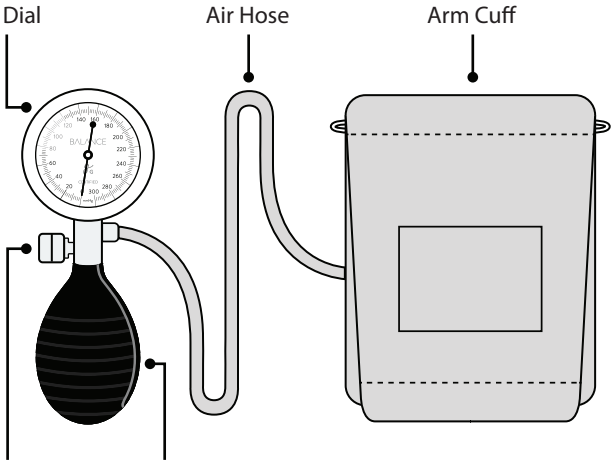
This model detects your blood pressure measurement.
Stethoscope is NOT included within the packaging.

Please read the manual thoroughly before using this product.

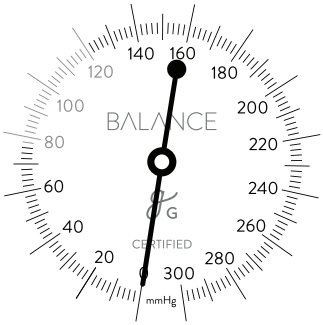
OUR PROMISE

We're committed to creating 5-star products.
If we haven't delivered on our promise, please contact us.
For the best possible experience with your product,
please visit greatergoods.com/**0608**

Device



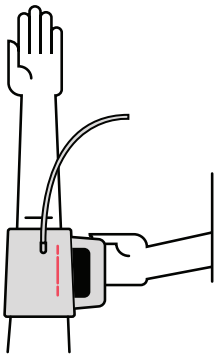
Dial Close-Up



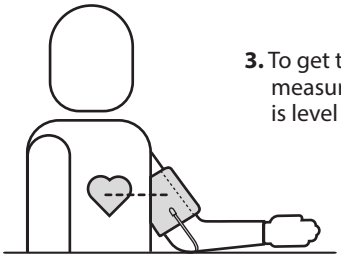
Taking a Measurement

1. Sit comfortably in a chair with your feet flat on the floor. Lay your left forearm on the table in front of you with the palm facing up.

2. Slide the unfastened cuff onto your upper arm, fastening it about 2-3 cm above the elbow. Make sure to align the indicator on the cuff with the main artery of your arm.

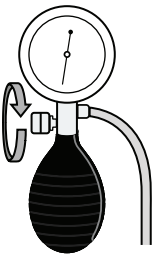


NOTE:
Make sure the cuff isn't too tight. You need to be able to slide the stethoscope in between your arm and the cuff.



3. To get the most accurate measurements, make sure the cuff is level with your heart.

4. Before starting your measurement, make sure the valve is closed.



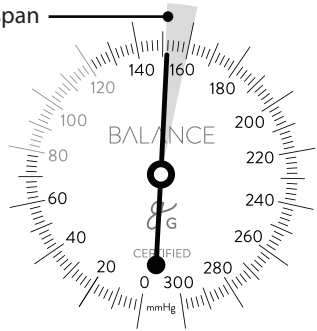
Taking a Measurement (cont.)

5. Squeeze the bulb to inflate the cuff until the needle on the dial is 30-40 mmHg above your normal blood pressure. If you can still hear the sound of your blood flow through the stethoscope, pump up the cuff to 200 mmHg.

6. Slightly turn the valve counter-clockwise to slowly deflate the cuff. Aim for a deflation rate of 2-3 mmHg per second.

Deflation over a 3 second span

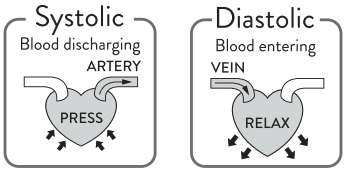
NOTE:
We've colored a portion of the dial to mark the healthy range, so you can quickly interpret your results.



7. While the cuff is deflating, carefully listen with your stethoscope. When you hear the first "thump" of blood flow resuming, write down the number indicated on the dial as your systolic number. These sounds will become more muted as the cuff pressure drops—when you hear the last "thump", mark down the number on the dial as the diastolic pressure. The needle on the dial will "jump" whenever you hear blood flow.

What is the difference between systolic pressure and diastolic pressure?

When ventricles contract and pump blood out of the heart, the blood pressure reaches its maximum value in the cycle, which is called systolic pressure. When the ventricles relax, the blood pressure reaches its minimum value in the cycle, which is called diastolic pressure.



The chart below is the standard blood pressure classification by the American Heart Association (AHA).

This chart reflects blood pressure categories defined by the American Heart Association.

Blood Pressure Category	**Systolic mmHg (upper#)**		**Diastolic mmHg (lower#)**
Normal	less than 120	and	less than 80
Prehypertension	120 – 139	or	80 – 89
High Blood Pressure (Hypertension) Stage 1	140 – 159	or	90 – 99
High Blood Pressure (Hypertension) Stage 2	160 or higher	or	100 or higher
Hypertensive Crisis (Emergency care needed)	Higher than 180	or	110 or higher

Why does my blood pressure fluctuate throughout the day?

1. Individual blood pressure varies throughout the day. It is also affected by the way you fasten your cuff and your measurement position. Please make sure you measure your blood pressure under the same conditions each time you take a measurement.

2. Variations in the pressure can occur, due to certain medicines being taken.

3. Waiting at least 3 minutes between measurements is recommended.

Does it matter which arm I use when measuring?

It is acceptable to use either arm when measuring. However, to obtain the most consistent readings possible, it is suggested that you use the same arm each time you measure your blood pressure.

Why is the blood pressure I get at the hospital different from the one I get at home?

Your blood pressure can vary throughout the day due to many factors such as weather, your emotions, exercise, etc.

When measuring your blood pressure at home, please check the following situations that could be causing a false measurement:

- The cuff is too loose or too tight
- The cuff is not secured properly
- Not placing the cuff correctly around the arm
- If you feel anxious, nervous, or are not relaxed
- Not resting your arm correctly
- Measuring too quickly after a previous reading

Tips for Measurement

It can cause inaccuracy if the measurement is taken under the following circumstances:

- Measuring within 1 hour of eating or drinking
- Measuring after tea, coffee, or smoking
- Measuring within 20 minutes after taking a bath
- Measuring when talking or moving your fingers
- Measuring in a very cold environment
- Measuring when needing to use the restroom

Maintenance

In order to get the best performance out of your monitor, please follow the below instructions:

- Store monitor in the included carrying case
- Avoid contact with water; clean it with a dry cloth if needed
- Do not attempt to clean the resizable cuff with water
- Never submerge monitor or cuff in water

Troubleshooting

PROBLEM	REASON	SOLUTION
The sound transmission is poor.	**1.** The stethoscope head is not placed over the artery. **2.** The ear pieces are blocked by debris.	**1.** Place the head directly over the artery. **2.** Replace carefully and/or wipe with a clean cloth or cotton.
The dial needle does not increase while pumping the air bulb.	**1.** The valve is not completely closed. **2.** The arm cuff is not properly connected to the device.	**1.** Close the valve by turning the knob clockwise. **2.** Secure the air hose around the metal connector of the air bulb.
The diastolic and systolic readings cannot be found on the dial.	Air in the cuff is being released too quickly.	Slightly turn the valve counter-clockwise to slowly deflate the arm cuff. Target deflation rate is 2~3 mmHg per second.

Device Specifications

Measuring Range: Pressure: 20-280 mmHg

Precision: Pressure: ±3 mmHg

Inflation: Pump

Deflation: Valve

Storage Conditions:
Temperature: -10°C to 60°C
Humidity: 30%RH to 85%RH

Arm Cuff Circumference: About 22~42cm

Weight: 310 grams

Warranty

Your product is guaranteed by the manufacturer against defects in materials and workmanship for five years from your original date of purchase. Proof of purchase is required.

Mechanical damage or mistreatment of your product, such as immersion, will void your warranty. This coverage is in lieu of all other warranties, and limits the liability of the manufacturer. Depending on the state in which you purchased this product, you may have additional rights not covered herein.

Contact Information

If your scale is defective, please contact Greater Goods, LLC.

Distributed by:
Greater Goods, LLC
125 N. Main St.
Suite 202
St. Louis, MO 63301

info@greatergoods.com

(toll free) 800.481.0233

greatergoods.com/**0608**

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CONTACT US

800.481.0233 | M-F 9-5 CST

greatergoods.com/0608 | online guide

info@greatergoods.com | any time

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