

Hingmed  
Upper Arm Blood Pressure Monitor  
**User Manual**  
(Apply to: Q06 & Q06B)

Edit: 2021-10-11

Version: A/1

## **About This Manual**

The manual mainly introduces the installation and application method of upper arm blood pressure monitors. Users should read carefully before the application of Q06 & Q06B (including warnings, contraindications, and notes).

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## **Version Information**

This manual may be upgraded due to software upgrading. User will not be notified further.

■ Version: A/1

■ Issue date: Oct 2021

Software version: V1

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## Q06, Q06B User Manual

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# **I Introduction**

## **1.1 Product Feature**

Thank you for purchasing the HINGMED upper arm blood pressure monitor. The monitor can be used by multiple users, The blood pressure monitor uses the oscillometric method for blood pressure measurement. It has functions to measure the blood pressure and display the result. When measuring the blood pressure, user needs to wear the cuff on the upper arm.

## **1.2 Safety Instructions**

This instruction manual provides you with important information about the HINGMED upper arm blood pressure monitor. To ensure the safety and proper use of this monitor, read and understand all the instructions carefully. If you do not understand these instructions or have any questions, contact +86 755 23730600 before attempting to use this monitor. For specific information about your own blood pressure, consult with your physician.

## **1.3 Intended Use**

The device is a digital BP monitor intended for using in measuring blood pressure (SYS & DIA) and pulse rate.

Environments of use: Home healthcare environment.

Patient Type: Adults.

## **1.4 Important Information**

Read the important safety Information in this instruction manual before using the monitor. Follow the instructions in the manual thoroughly for your own safety. Keep it for future reference. For specific information about your own blood pressure, consult with your physician.

## **1.5 Consist of Blood Pressure Monitor**

The upper arm blood pressure monitor consists of a BP monitor, cuff, USB wire, App (apply to Q06B).

Note: The cuff is not replaceable.

### **1.5.1 Difference of Model**

| <b>Model</b> | <b>Bluetooth</b> |
|--------------|------------------|
| Q06          | ×                |
| Q06B         | √                |

## 1.5.2 Performance

| Item                             | Type                                                                                                                                  |
|----------------------------------|---------------------------------------------------------------------------------------------------------------------------------------|
| Model                            | Q06B /Q06                                                                                                                             |
| Measuring method                 | Oscillometric                                                                                                                         |
| Range                            | From 0 mmHg to 289 mmHg                                                                                                               |
| Pulse range                      | 40 bpm - 200 bpm                                                                                                                      |
| Resolution ratio                 | 1 mmHg                                                                                                                                |
| Accuracy                         | ±3mmHg (pulse rate ±3 bpm or ±3%, whichever is greater)                                                                               |
| Power                            | DC 3.7V Li-ion                                                                                                                        |
| Cuff size                        | 22 cm – 41 cm                                                                                                                         |
| Size                             | L:116 * W:58 * H:17.8                                                                                                                 |
| Operating conditions             | T: 5 °C - 40 °C; RH: 10% - 95%; non-condensing, atmospheric pressure (70 kPa - 106 kPa)                                               |
| Transport and storage conditions | under the condition of temperature (-20 °C - 55 °C), RH (no more than 90%) non-condensing and atmospheric pressure (70 kPa - 106 kPa) |
| Expected service life            | Five years                                                                                                                            |

## II Important Safety Information

### 2.1 Warning

2.1.1 Do not service and maintenance while the equipment is in use.

2.1.2 Do not modify this equipment without authorization of the manufacturer.

Always consult with your doctor. Self-diagnosis of measurement results and self-treatment are dangerous.

People with severe blood flow problems or blood disorders should consult a doctor before using the device as cuff inflation can cause internal bleeding.

Do not disassemble the device and arm cuff.

\*\*\*\*\*

\* Please do not measure on the arm that is being injected with an intravenous drip or a blood transfusion, otherwise it could cause an accident.

## 2.2 Caution

- 2.2.1 The patient is the intended operator.  
\* All functions of the medical device can safely be used.
- 2.2.2 Do not use a mobile phone or other devices that emit electromagnetic fields near the medical device. This may result in an incorrect operation of the medical device.
- 2.2.3 If the device was not in service for three months, please recharge the battery after every three months.  
\* If the device was not in service for six months or more, please replace the battery.
- 2.2.4 Please use the adapter which outputs DC 5V 2A to recharge the battery.  
When the cuff starts inflating it might be a little uncomfortable.  
Do not leave the device unattended with infants or persons who can't express their consent.  
Do not apply strong shocks and vibrations or drop the device and arm cuff.  
Do not take measurements after bathing, drinking alcohol, smoking, exercising or eating.  
Do not wash the arm cuff or immerse it in water.  
Do not connect the device with other device, it maybe cause potential damage.  
\*After Three hundred discharge cycles, the battery needs to be replaced.

\*\*\*\*\*

Please use the machine in the following environment and storage place, if it is stored or used outside the specified temperature and humidity range (storage conditions: temperature -20 °C ~ +55 °C, relative humidity no more than 90%; Operating conditions: Temperature +5 °C ~ +40 °C, relative humidity 10% - 95%), the system may not achieve the claimed performance in the specification.

- \* Keep it in places where water doesn't splash.
- \* Do not keep it in hot, humid, direct sunlight places, places with dust, and places containing salt and sulfur, etc.
- \* Keep it in a stable place with no tilt, vibration, impact (including handling), etc.
- \* Patients with anticoagulants or blood clotting disorders may get their blood clotted underneath the cuff even if it is worn in the correct position during blood pressure measurements.
- \* If the cuff fails to inflate within two and a half minutes, instruct the patient to remove the cuff manually. Prolonged excessive inflation may lead to blood obstruction and make the patient feel uncomfortable.
- \* If there is a common arrhythmia, the device fails to meet the claimed performance.
- \* Any blood pressure measurement can be influenced by the subject's posture and his/her physical condition.

- \* Moving or speaking during the measurement, inaccurate arm position, machine is not on the level of heart, or the machine shaking causing inaccurate results.
- \* For accurate measurements, keep your back straight and sit correctly.
- \* Please relax and keep quiet during the measurement.
- \* In case of equipment failure, the error code will be displayed in the format of "EC XX", see the section on Common Failures for details.
- \* Make sure that the blood pressure measured should be explained by a professional.
- \* The product is not intended to be used for newborns.
- \* The specifications and labels of this product meet the requirements of EN1060-1 and EN1060-3.
- \* Frequent inflating can lead to blood clots and discomfort.
- \* Too Frequent measurements may result in poor circulation or bruising.
- \* Do not put the cuff over a wound, and it will cause further injury.
- \* If there are arterial or venous shunt tubes on the arm, please follow the doctor's instructions before use, otherwise it may cause physical discomfort.
- \* People who have had mastectomies may be unwell or have mis-measured results.
- \* Do not use other medical and electrical equipment on the blood pressure measuring arm.
- \* Please confirm (for example, by observation of the relevant limb) whether the product is available without lasting damage to the patient's blood circulation, suffering from blood circulation disorder. For patients with blood diseases, please use under the guidance of a doctor. Acute internal bleeding may result from compression of the arm during measurement.
- \* While in use with a patient, do not service and maintain the device.
- \* The device compliance with IEC 60601-1-2, keep it away other HF devices.
- \* Please ensure that connect the part's voltage of input or output compliant with IEC60601-1 the requirement of safe extra low voltage, and the part of input or output forbids connecting another device.
- \* The manufacturer is responsible for after-sale service, Unauthorized person is not allowed to repair or calibrate the device.
- \* The time from switching "ON" until the device is ready for NORMAL USE is less than 10s.

- \* When the ambient temperature is 20°C, the time that the device takes to warm up from the minimum storage temperature between uses until the device is ready for its intended use needs one hour.
- \* When the ambient temperature is 20°C, the time that the device is to cool from the maximum storage temperature between uses until the device is ready for its intended use needs one hour.
- \* After Three hundred discharge cycles, the battery needs to be replaced.
- \* Please keep the device away from the children and pets.
- \* The list of devices that can potentially cause interference e.g., Microwave oven.
- \* Do not use the device to measure Blood Pressure in patients younger than 3 years old.

### III Product Structure & Operation Principle

#### 3.1 The Component of Product

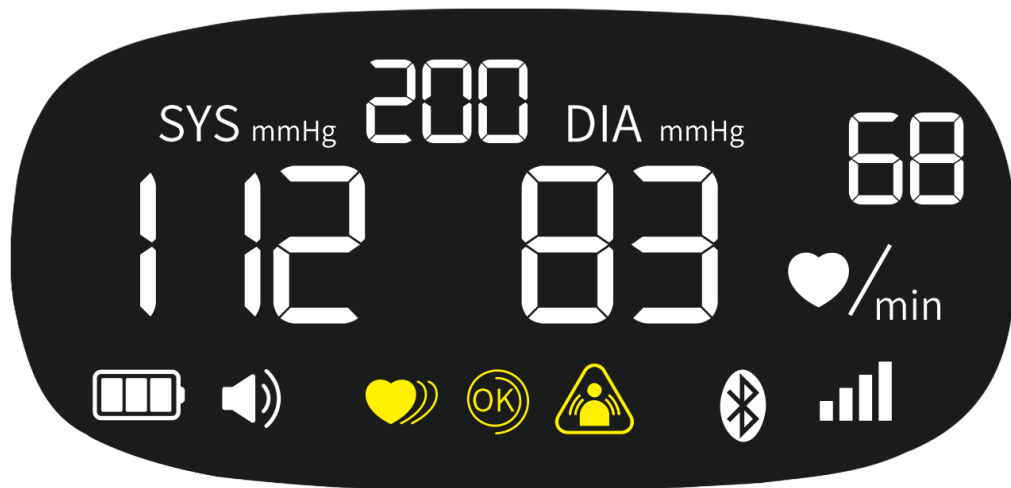
| No. | Component    | Count | size          |
|-----|--------------|-------|---------------|
| 1   | Monitor      | 1pcs  |               |
| 2   | USB wire     | 1pcs  | 1 m           |
| 3   | Cuff         | 1pcs  | 22 cm – 41 cm |
| 4   | User Manual  | 1pcs  |               |
| 5   | APP software | 1pcs  |               |



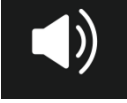
### 3.2 Name & Description of Each Part



### 3.3 Display

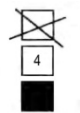
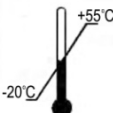


| Symbol | Description                                                                                                                                                            |
|--------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|        | The measurement record shows the number of measurements performed<br>*Only successful measurements will be accumulated and saved on the device as a historical record. |
|        | Measurement result icon<br>* Display systolic BP data.                                                                                                                 |

|                                                                                     |                                                                                                                                                                           |
|-------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|    | Measurement result icon<br>*Display diastolic BP data.                                                                                                                    |
|    | Heart rate unit icon<br>*Displayed along with heart rate reading.                                                                                                         |
|    | Measurement result icon<br>* Display heart rate data.                                                                                                                     |
|    | Bluetooth icon<br>*The icon will always turn on when the Bluetooth connection is successful with the device, and the icon flashes when it is not connected to the device. |
|    | NB signal icon<br>* Indicates the strength of NB signal (applicable only to Q06N and Q07N).                                                                               |
|    | Volume icon<br>*When the volume is not zero & at the time when the measurement result is broadcast the icon will be displayed.                                            |
|    | Battery icon<br>* Display the current power quantity of the device, when the icon symbol flows, it means that the charging connection is normal.                          |
|   | Irregular pulse prompt icon<br>*The symbol indicates that the measurement data maybe abnormal, please re-measure.                                                         |
|  | Cuff-wearing reminder icon<br>*The symbol indicates that the measurement data maybe abnormal, please wear and measure again.                                              |
|  | Measurement exception prompt icon<br>*The symbol indicates excessive operation during the measurement process, please re-measure.                                         |

### 3.4 Mark Content & Meaning

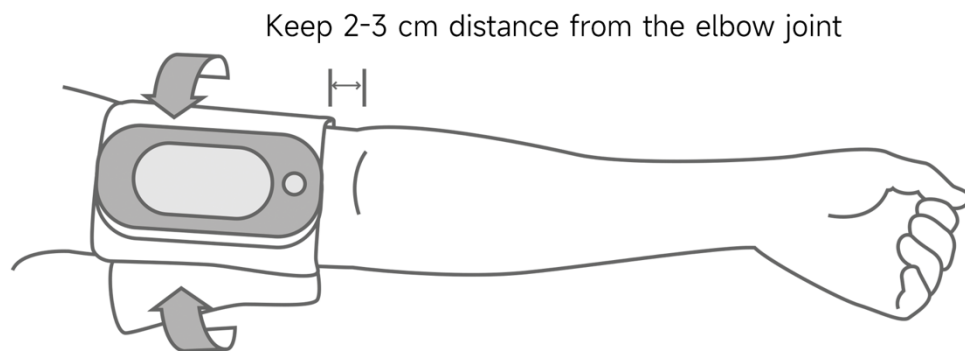
| Symbol                                                                              | Description           | Symbol                                                                              | Description                   |
|-------------------------------------------------------------------------------------|-----------------------|-------------------------------------------------------------------------------------|-------------------------------|
|  | CF type applied part. | SN                                                                                  | Series number.                |
|  | Manufacturer.         |  | Valid date.                   |
|  | Keep dry.             |  | This way up.                  |
|  | Fragile.              |  | Complying with WEEE standard. |

|                                                                                   |                                  |                                                                                   |                                                                                                                                                                                                             |
|-----------------------------------------------------------------------------------|----------------------------------|-----------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|  | Stacking limit by number.        |  | Temperature limitation.                                                                                                                                                                                     |
|  | Refer to user manual.            |  | Date of manufacture.                                                                                                                                                                                        |
|  | General warning sign.            |  | General Prohibition sign.                                                                                                                                                                                   |
|  | General Mandatory action sign.   | IP22                                                                              | 2: protect against solid foreign<br>Protected against solid foreign<br>objects of 1 2,5 mm □<br>and greater.<br>2: Protection against vertically<br>falling water drops when<br>Enclosure tilted up to 15°. |
|  | Atmospheric pressure limitation. |                                                                                   |                                                                                                                                                                                                             |

## IV Blood Pressure Measurement

### 4.1 Wearing the Cuff Correctly

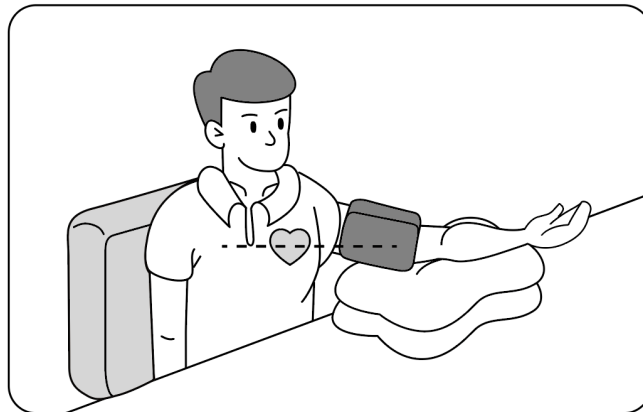
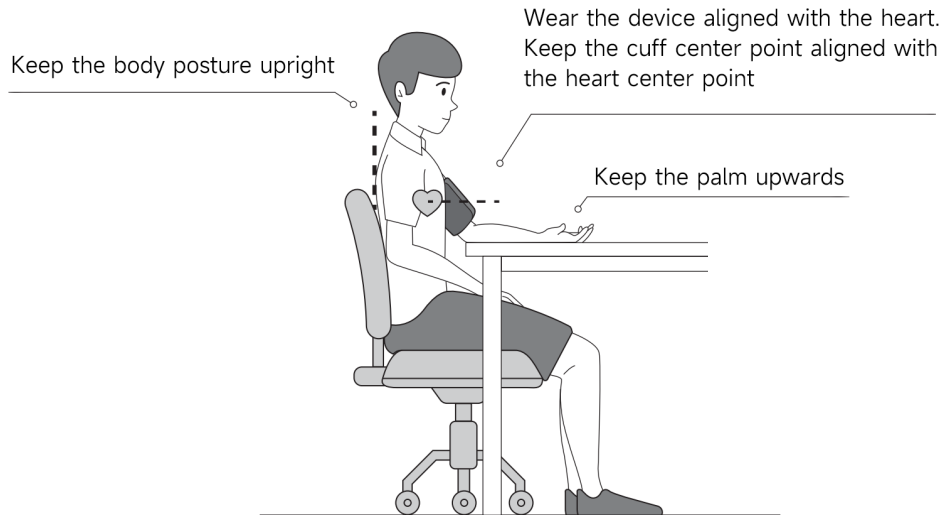
Wear the blood pressure monitor & cuff on the bare left upper arm. Keep the cuff edge 2-3 cm away from the elbow joint, as shown in the picture below.



Friendly reminder: Make sure the cuff fits comfortably around the upper arm and not be too tight or too loose.

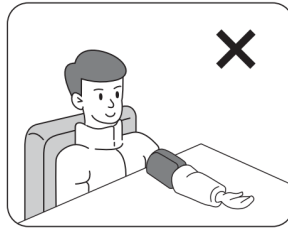
## 4.2 Correct Measuring Posture

Place your left arm on the table, palm upwards, keep the body posture upright and sit quietly. As shown below.

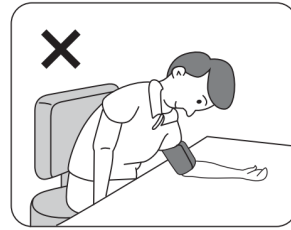


\*If the cuff is lower than the heart, place a pellow or towel Pad underneath.

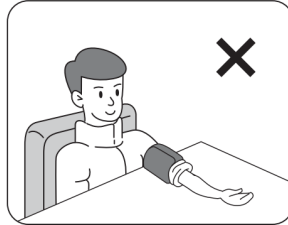
Incorrect measurement posture:



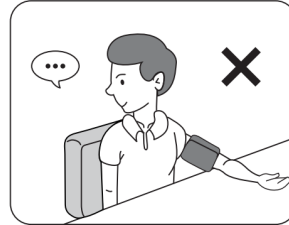
Thick clothes



Bend down (lean forward)



Rolling up sleeves



Talk or move

### 4.3 Measurement of Blood Pressure

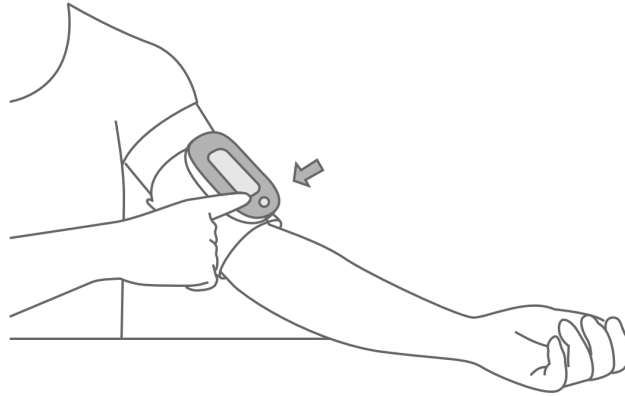
In order to obtain accurate measurement results, please obey the following tips before measurement:

1. Sit quietly for 5 minutes before measuring.
2. Try to measure blood pressure within a fixed time period every day (After getting up or before going to bed).
3. Take the measurement within 1 hour after getting up, after going to the toilet, before breakfast, or before taking any medicine.
4. Too cold or too hot environment can cause temporary blood pressure fluctuations, please make sure to measure in a comfortable environment.
5. Please do not eat, smoke, drink, exercise, take a bath or do any type of activity before measurement.
6. If the same person measures again, the arm should be rested for at least 2 to 3 minutes. After the arm has fully recovered blood circulation, take the measurement again.

### Measurement Method

1. Press **【Start/Stop】** to measure directly.
2. Click "Start Measurement" on the APP Home page to measure blood pressure.

(\*For APP operation, please refer to "APP Quick User Guide".)



### **Measurement by the App (Apply to Q06B)**

(1) Login to the APP, press the "Start" button on the “Home” page, the cuff start to inflate automatically, and number will increase on the device display and the APP. Remain still and do not move your arm and until the measurement process is complete.

(2) When the measurement is complete, your cuff completely deflates, and your blood pressure & pulse rate will be displayed and broadcasted on the device and shown on the APP.

Notice: To stop the inflation or measurement push the Start/Stop button, the monitor will stop inflating, start deflating and will turn off.

#### 4.4 Measurement Process

During the measuring process, the cuff is inflated automatically, and the device starts measuring. After the measurement is completed, the air exhaust valve releases the air automatically.

Measurement process display (as shown below)



The display after the measurement is finished (as shown in the figure below)



#### 4.5 Check Measurement History

(1) Press the "<>" button on the side of the device to check the history directly on the device.

(2) You can also view History through APP.

(\*For APP operation, please refer to "APP Quick User Guide".)

Blood pressure reference value:

| Category                        | Systolic BP (mmHg) | Diastolic VP (mmHg) |
|---------------------------------|--------------------|---------------------|
| Ideal blood pressure            | <120               | <80                 |
| Normal blood pressure           | 120-129            | 80-84               |
| Normal high value               | 130-139            | 85-89               |
| Hypertension                    | ≥140               | ≥90                 |
| Grade 1 hypertension (mild)     | 140-159            | 90-99               |
| Grade 2 hypertension (moderate) | 160-179            | 100-109             |
| Grade 3 hypertension (severe)   | ≥180               | ≥110                |
| Isolated systolic hypertension  | ≥140               | <90                 |

## V APP Instruction (Apply to Q06B)

### 5.1 Download the APP

Please download the APP from the Google Play Store for Android or from Apple App Store For iOS.

(\*For APP operation, please refer to "APP Quick User Guide".)

### 5.2 Platform

1. Hardware requirement: Mobile phone with Bluetooth function.

Display devices must have a minimum resolution of 480x800.

2. Software requirement:

Apple mobile phone: Apple iOS9.0 version or above.

Android phone: Android 6.0 version and above.

Note:

\* For a registered user, Username and Password are required to log in.

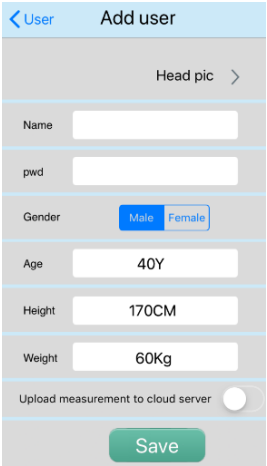
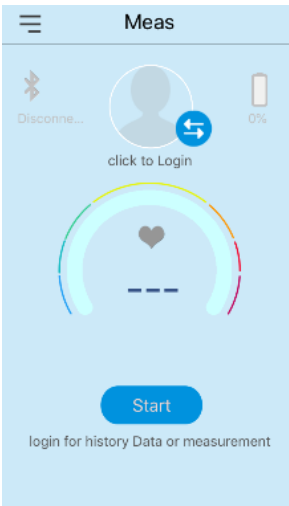
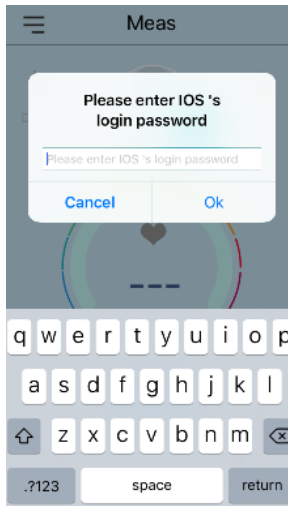
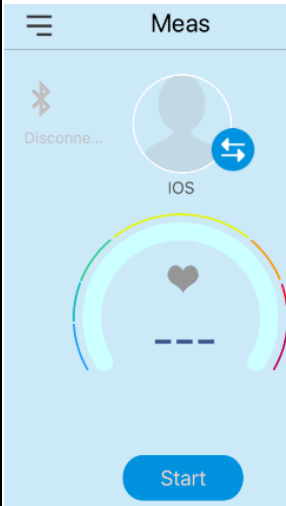
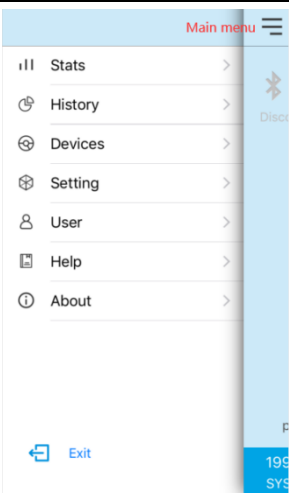
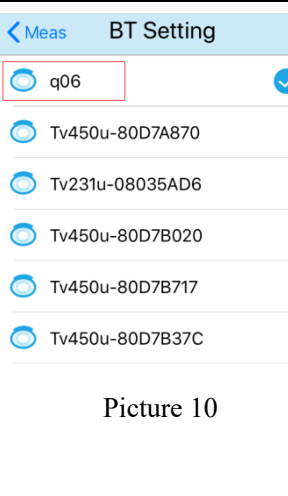
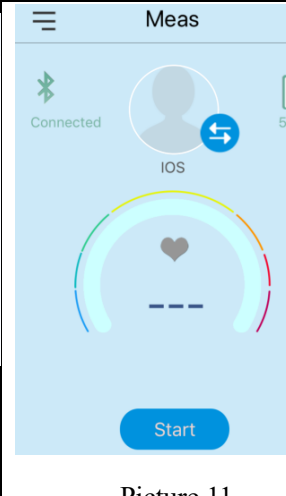
\*The data will be automatically erased from the App after the user logs out.

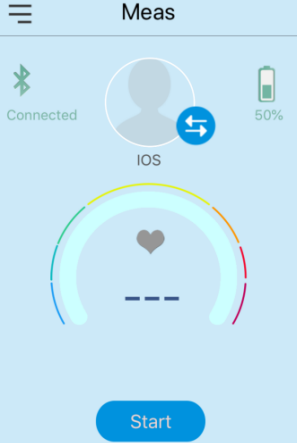
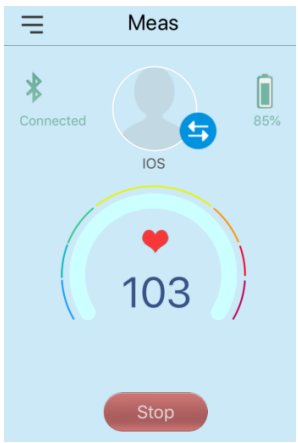
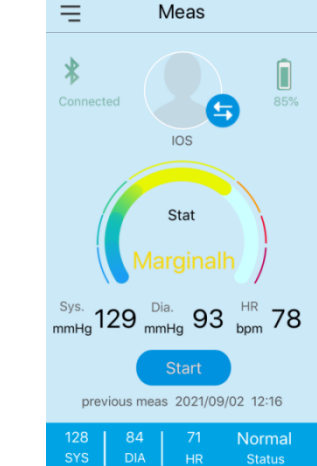
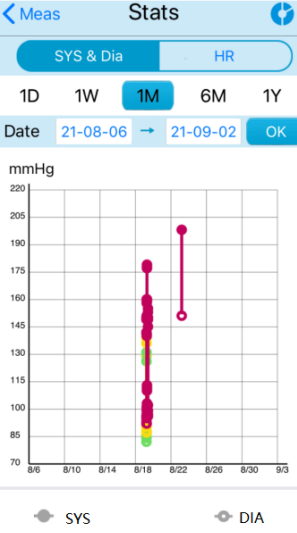
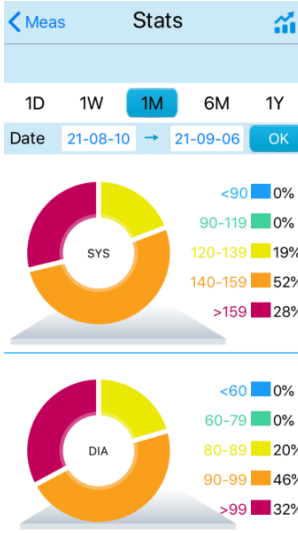
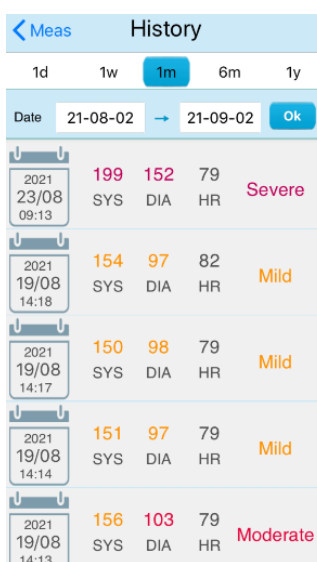
\* The App must have the permission of power-on and self-check functions from the



operating system.

### 5.3 Operation Instruction of APP

| Step                                                                                                                                                                                                                                                                                                                               | Interface template                                                                                          |                                                                                                               |                                                                                                                |
|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------|
| <p><b>1. Register:</b> For the new user, open the “HINGMED BP” App, and click on the blue double arrow  to sign up. You will see the interface like picture1, then fill up the user information and save. Note: please remember the password!</p> |  <p><b>Picture 1</b></p>   |                                                                                                               |                                                                                                                |
| <p><b>2. Login:</b> For login, open the “HINGMED BP” App and click on the blue double arrow  to select the user and input the password correctly on the textbox.</p>                                                                            |  <p><b>Picture 4</b></p>  |  <p><b>Picture 5</b></p>   |  <p><b>Picture 6</b></p>   |
| <p><b>3. Connecting the device</b></p> <p><b>3.1</b> Click the menu on the upper left of the “Home” page. An interface like Picture 9 will be shown. Select the “Devices” option.</p> <p><b>3.2</b> Please keep the Q06B turned on and select the</p>                                                                              |  <p><b>Picture 9</b></p> |  <p><b>Picture 10</b></p> |  <p><b>Picture 11</b></p> |

|                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              |                                                                                                       |                                                                                                        |                                                                                                         |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------|
| <p>Bluetooth name of Q06B like picture 11, after successful connection the Bluetooth sign and the battery percentage of Q06B will be shown on the interface.</p>                                                                                                                                                                                                                                                                                                                                             |                                                                                                       |                                                                                                        |                                                                                                         |
| <p><b>4. Start measurement:</b></p> <p><b>4.1</b> Click the “Start” button, on the App to start the measurement, the interface will show the cuff pressure value during the measurement. At the end of the measurement the interface (Picture 14) will show the SYS, DIA, HR values.</p>                                                                                                                                                                                                                     |  <p>Picture 12</p>   |  <p>Picture 13</p>   |  <p>Picture 14</p>  |
| <p><b>5. Other functions:</b></p> <p><b>5.1 Trend chart:</b> Click the menu on the upper left of the “Home” page. And select the “Stats” option to analyze trend chart.</p> <p><b>5.2 Pie chart:</b> Click the pie chart option on the upper right of the “Stats” page and the pie chart of BP data will be shown (picture 16).</p> <p><b>5.3 History:</b> Click the menu on the upper left of the “Home” page. And select the “History” option to analyze the previous records of BP data (picture 17).</p> |  <p>Picture 15</p> |  <p>Picture 16</p> |  <p>Picture 17</p> |

\*Security measures: when logging out the account the data will be completely erased, user needs to register a new account.

## VI Error Message

When an error occurs, the screen will display the following error code:

| Error code                                                     | Cause                                                                                               | Solution                                                                                                         |
|----------------------------------------------------------------|-----------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------|
| EC01                                                           | Cuff not applied correctly.                                                                         | Take the cuff off, read “Blood pressure measurement” carefully.<br>Wait 2-3minutes.<br>Take another measurement. |
| EC04                                                           | Weak signals, which can be measured when the pulse is too weak or when the cuff is too loose.       | Make sure that the cuff is worn correctly, and the arm circumference is within the measured range.               |
| EC06                                                           | Excessive motion may be measured when the signal contains motion spurious or too much interference. | Pay attention to avoid talking, fidgeting during measurement and measure again.                                  |
| EC07                                                           | Overpressure was measured, with cuff pressure exceeding 290mmHg in adult mode.                      | Wait 2-3minutes.<br>Take another measurement.                                                                    |
| EC09                                                           | The measurement timeout, in adult mode, exceeded 120 seconds.                                       | Wait 2-3minutes.<br>Take another measurement.                                                                    |
| EC 11                                                          | Push the “start/stop” button to Stop measuring.                                                     | Push the “start/stop” button to take another measurement.                                                        |
| EC26                                                           | The device is put of power.                                                                         | Please recharge.                                                                                                 |
| If there is other error code, please contact customer service. |                                                                                                     |                                                                                                                  |

## VII Frequently Asked Questions (FAQ)

**❶** Q: During measurement, I reluctantly get nervous and hold my breath. Does this affect the measurement result?

A: Yes. It will affect the measurement result! Holding your breath may raise your blood pressure, please keep calm when measuring, don't get nervous, don't talk or don't do any activity, try to sit quietly and relax for 5-15 minutes before measuring.

**❷** Q: When measuring, the blood pressure value is sometimes high and sometimes low, why is this happening?

A: Research shows that human blood pressure is constantly fluctuating throughout the day. blood pressure stays low during sleep, blood pressure stays high from 8:00 am to 10:00 am,

The value measured by the digital BP monitor reflects the blood pressure at the moment of measurement. Please measure 2/3 times and compare the value. Also, it is recommended to measure blood pressure at the same time every day, with the same posture.

**❸** Q: Repeated, continuous and rapid measurement for many times, the results are all different, is it okay?

A: Repeated and continuous measurement will make the arm oppressed and lead to poor blood circulation, which can cause changes in blood pressure result. It is recommended to rest for 5-15 minutes before taking the second measurement.

**❹** Q: Why is the result of the home measurement result lower than the result of the hospital?

A: Changes in the environment can cause fluctuations in the human body & emotions to some extent. Emotional stability and a suitable environment are generally better while measured at home than measured at a hospital. The value is 20-30mmHg lower, and you will understand the average blood pressure when you are calm at home.

**❺** Q: Where is the On/Off button of this blood pressure monitor?

A: Press and hold the measurement button for 5 seconds to shut down. When not in use for a long time, it is recommended to turn off the device to save battery power.

**❻** Q: How to adjust the volume?

A: Press the up and down keys on the side of the monitor once while the screen is on, press the ">" button on the machine for 5 seconds. When "U" appears on the screen, you can press the up and down keys to adjust the volume. When it is adjusted to "U00", it means the device is in mute.

**❼** Q: When measuring, the machine buzzes, and sometimes it gradually deflates, making a beeping sound, what's the matter?

- A: When measuring with a BP monitor, the cuff pressure rises during cuff pressurization. There will be a buzzing sound when measuring the boost voltage. If the user does not cooperate, there may be an error occur. After the operation reminder, the pressure will decrease, and the device will automatically switch to reduce voltage measurement to ensure successful measurement, at which point there will be 3 "beeps"; voltage boost & voltage reduction, it is self-checking and self-switching, no need for manual switching.
- \* If the error cannot be corrected and you need assistance, please call the dealer or HINGMED after-sales service department.

## **VIII Maintenance**

### **8.1 Maintenance Inspection & Safety Management**

Visually inspect the blood pressure monitor casing for any cracks or damage, check whether the pressure gauge is tightly connected to the cuff. If the blood pressure monitor is damaged in any way it is FORBIDDEN TO USE. Please contact the HINGMED after-sales service department.

### **8.2 Equipment Cleaning & Disinfection**

Blood pressure monitor and accessories do not need to be sterilized but must be kept clean. If there is any contamination, it should be cleaned first and then disinfected in time. In order to avoid causes of long-term damage to the product, it is recommended to follow hospital regulations take necessary steps to sterilize the product.

- \* After use by infected people or suspected infected people, please disinfect the affected parts of the product.
- \* When cleaning and disinfecting, do not soak the product and accessories in any type of liquid. Do not let liquid flow into the charging port or the case of the blood pressure monitor to prevent any damage to the blood pressure monitor.

#### **Cleaning**

1. Turn off the main device before cleaning the BP monitor.
2. Wash a soft, clean, lint-free cloth with mild soapy water or immersion in aggressive, diluted cleaning agents.
3. Wipe down instrument and patient contact surfaces.
4. Wipe with a clean, dry soft cloth.

#### **Disinfection**

1. It is recommended that users soak in about 75% medical ethanol disinfectant
2. Use clean & dry gauze, and then wipe the surface of the object to be disinfected with gauze
3. Clean surface for 2 times and do it for 3 minutes.
4. Be careful not to immerse the unit or the cuff in liquid
5. In the belt, it can be air-dried or disinfected with a clean, dry cloth.
6. Wipe it with a dry cloth.

**\*\*Note:** Clean before disinfection, ethanol is flammable, please keep away from the fire source, and those who are allergic to alcohol should use ethanol disinfectant with caution. Cleaning the device by every month is recommended.

## IX Calibration

The accuracy of this blood pressure monitor has been carefully tested and is designed for a long service life. It is generally recommended to have the device inspected every two years to ensure correct functioning and accuracy. Please consult your local authorized distributor or dealer.

## X Replace Battery

- Remove the setting screw as shown on the picture.
- Use the new battery to replace the old battery.
- Place the positive electrode of the lithium battery in the battery slot consistent with the positive electrode of the shell material display.



## XI Disposal

Disposal of this product and used batteries should be carried out in accordance with the national regulations for the disposal of electronic products.

## XII Component Replacement List

**Caution:** Please use the component supplied by the manufacturer, otherwise might cause the measurement error, injury or other damage.

| NO. | Component | Type          |
|-----|-----------|---------------|
| 1   | Battery   | 1020mAh, 3.7V |

### XIII EMC Information

This product needs special precautions regarding EMC and needs to be installed and put into service according to the EMC information provided, and this unit can be affected by portable and mobile RF communications equipment.

Do not use a mobile phone or other devices that emit electromagnetic fields, near the unit. This may result in incorrect operation of the unit.

**Caution:** This unit has been thoroughly tested and inspected to ensure proper performance and operation!

**Caution:** This machine should not be used adjacent to or stacked with other equipment and that if adjacent or stacked use is necessary, this machine should be observed to verify normal operation in the configuration in which it will be used.

| <b>Guidance and manufacture's declaration – electromagnetic emission</b>                                                                                                              |                   |                                                                                                                                                                                                              |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| The Q06B, Q06 is intended for use in the electromagnetic environment specified below. The customer of the user of the Q06B, Q06 should assure that it is used in such an environment. |                   |                                                                                                                                                                                                              |
| <b>Emission test</b>                                                                                                                                                                  | <b>Compliance</b> | <b>Electromagnetic environment – guidance</b>                                                                                                                                                                |
| RF emissions<br>CISPR 11                                                                                                                                                              | Group 1           | The Q06B, Q06 use RF energy only for its internal function. Therefore, its RF emissions are very low and are not likely to cause any interference in nearby electronic equipment.                            |
| RF emission<br>CISPR 11                                                                                                                                                               | Class B           | The Q06B, Q06 is suitable for use in all establishments, other than domestic and those directly connected to the public low-voltage power supply network that supplies buildings used for domestic purposes. |
| Harmonic emissions<br>IEC 61000-3-2                                                                                                                                                   | Not applicable    |                                                                                                                                                                                                              |
| Voltage fluctuations/<br>flicker emissions<br>IEC 61000-3-3                                                                                                                           | Not applicable    |                                                                                                                                                                                                              |



| <b>Guidance and manufacture's declaration – electromagnetic immunity</b>                                                                                                          |                                                                                                                                                                                                                           |                             |                                                                                                                                                                                                                                                                                    |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| The Q06B, Q06 is intended for use in the electromagnetic environment specified below. The customer or the user of Q06B, Q06 should ensure that it is used in such an environment. |                                                                                                                                                                                                                           |                             |                                                                                                                                                                                                                                                                                    |
| <b>Immunity test</b>                                                                                                                                                              | <b>IEC 60601 test level</b>                                                                                                                                                                                               | <b>Compliance level</b>     | <b>Electromagnetic environment - guidance</b>                                                                                                                                                                                                                                      |
| Electrostatic discharge (ESD)<br>IEC 61000-4-2                                                                                                                                    | ±8 kV contact<br>±15 kV air                                                                                                                                                                                               | ±8 kV contact<br>±15 kV air | Floors should be wood, concrete or ceramic tile. If floor is covered with synthetic material, the relative humidity should be at least 30%.                                                                                                                                        |
| Electrical fast transient/burst<br>IEC 61000-4-4                                                                                                                                  | ±2 kV for power supply lines<br>±1 kV for input/output lines                                                                                                                                                              | Not applicable              | Mains power quality should be that of a typical commercial or hospital environment.                                                                                                                                                                                                |
| Surge<br>IEC 61000-4-5                                                                                                                                                            | ± 1 kV line(s) to line(s)<br>± 2 kV line(s) to earth                                                                                                                                                                      | Not applicable              | Mains power quality should be that of a typical commercial or hospital environment.                                                                                                                                                                                                |
| Voltage dips, short interruptions and voltage variations on power supply input lines<br>IEC 61000-4-11                                                                            | <5% $U_T$<br>(>95% dip in $U_T$ )<br>for 0.5 cycle<br><br>40% $U_T$<br>(60% dip in $U_T$ )<br>for 5 cycles<br><br>70% $U_T$<br>(30% dip in $U_T$ )<br>for 25 cycles<br><br><5% $U_T$<br>(>95% dip in $U_T$ )<br>for 5 sec | Not applicable              | Mains power quality should be that of a typical commercial or hospital environment. If the user of the Q06B, Q06 requires continued operation during power mains interruptions, it is recommended that the Q06B, Q06 be powered from an uninterruptible power supply or a battery. |
| Power frequency (50Hz/60Hz) magnetic field IEC 61000-4-8                                                                                                                          | 3 A/m                                                                                                                                                                                                                     | 3 A/m                       | Power frequency magnetic fields should be at levels characteristic of a typical location in a typical commercial or hospital environment.                                                                                                                                          |
| NOTE $U_T$ is the A.C. mains voltage prior to application of the test level.                                                                                                      |                                                                                                                                                                                                                           |                             |                                                                                                                                                                                                                                                                                    |

| <b>Guidance and manufacture's declaration – electromagnetic immunity</b>                                                                                                              |                                         |                         |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------|-------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| The Q06B, Q06 is intended for use in the electromagnetic environment specified below. The customer or the user of the Q06B, Q06 should ensure that it is used in such an environment. |                                         |                         |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              |
| <b>Immunity test</b>                                                                                                                                                                  | <b>IEC 60601 test level</b>             | <b>Compliance level</b> | <b>Electromagnetic environment - guidance</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                |
| Conducted RF<br>IEC 61000-4-6                                                                                                                                                         | 3 V <sub>rms</sub><br>150 kHz to 80 MHz | Not applicable          | <p>Portable and mobile RF communications equipment should be used no closer to any part of the Q06B, Q06, including cables, than the recommended separation distance calculated from the equation applicable to the frequency of the transmitter.</p> <p><b>Recommended separation distance</b></p> $d = 1,2\sqrt{P}$                                                                                                                                                                                                                                                                                                                                                                                        |
| Radiated RF<br>IEC 61000-4-3                                                                                                                                                          | 3 V/m<br>80 MHz to 2.5 GHz              | 3 V/m                   | $d = 1,2\sqrt{P} \quad 80 \text{ MHz to } 800 \text{ MHz}$ $d = 2,3\sqrt{P} \quad 800 \text{ MHz to } 2,5 \text{ GHz}$ <p>Where <math>P</math> is the maximum output power rating of the transmitter in watts (W) according to the transmitter manufacturer and <math>d</math> is the recommended separation distance in meters (m).</p> <p>Field strengths from fixed RF transmitters, as determined by an electromagnetic site survey, should be less than the compliance level in each frequency range.<sup>b</sup></p> <p>Interference may occur in the vicinity of equipment marked with the following symbol:</p>  |
| NOTE 1 At 80 MHz and 800 MHz, the higher frequency range applies.                                                                                                                     |                                         |                         |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              |

NOTE 2 These guidelines may not apply in all situations. Electromagnetic propagation is affected by absorption and reflection from structures, objects and people.

- a Field strength from fixed transmitters, such as base stations for radio (cellular/cordless) telephones and land mobile radios, amateur radio, AM and FM radio broadcast and TV broadcast cannot be predicted theoretically with accuracy. To assess the electromagnetic environment due to fixed RF transmitters, an electromagnetic site survey should be considered. If the measured field strength in the location in which the Q06B, Q06 is used exceeds the applicable RF compliance level above, the Q06B, Q06 should be observed to verify normal operation. If abnormal performance is observed, additional measures may be necessary, such as re-orienting or relocating the Q06B, Q06.
- b Over the frequency range 150 kHz to 80 MHz, field strengths should be less than 3 V/m.

| Recommended separation distances between<br>portable and mobile RF communications equipment and the Q06B, Q06.                                                                                                                                                                                                                                                                                                                        |                                                                          |                   |                    |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------|-------------------|--------------------|
| The Q06B, Q06 is intended for use in an electromagnetic environment in which radiated RF disturbances are controlled. The customer or the user of the Q06B, Q06 can help prevent electromagnetic interference by maintaining a minimum distance between portable and mobile RF communications equipment (transmitters) and the Q06B, Q06 as recommended below, according to the maximum output power of the communications equipment. |                                                                          |                   |                    |
| Rated maximum output<br>power of the transmitter<br>(W)                                                                                                                                                                                                                                                                                                                                                                               | Separation distance according to the frequency of the transmitter<br>(m) |                   |                    |
|                                                                                                                                                                                                                                                                                                                                                                                                                                       | 150 kHz to 80 MHz                                                        | 80 MHz to 800 MHz | 800 MHz to 2.5 GHz |
| 0.01                                                                                                                                                                                                                                                                                                                                                                                                                                  | 0.12                                                                     | 0.12              | 0.23               |
| 0.1                                                                                                                                                                                                                                                                                                                                                                                                                                   | 0.38                                                                     | 0.38              | 0.73               |
| 1                                                                                                                                                                                                                                                                                                                                                                                                                                     | 1.2                                                                      | 1.2               | 2.3                |
| 10                                                                                                                                                                                                                                                                                                                                                                                                                                    | 3.8                                                                      | 3.8               | 7.3                |
| 100                                                                                                                                                                                                                                                                                                                                                                                                                                   | 12                                                                       | 12                | 23                 |
| For transmitters rated at a maximum output power not listed above, the recommended separation distance d in meters (m) can be estimated using the equation applicable to the frequency of the transmitter, where P is the maximum output power rating of the transmitter in watts (W) according to the transmitter manufacturer.                                                                                                      |                                                                          |                   |                    |
| NOTE 1 At 80 MHz and 800 MHz, the separation distance for the higher frequency range applies.                                                                                                                                                                                                                                                                                                                                         |                                                                          |                   |                    |
| NOTE 2 These guidelines may not apply in all situations. Electromagnetic propagation is affected by absorption and reflection from structures, objects and people.                                                                                                                                                                                                                                                                    |                                                                          |                   |                    |

## XIV Warranty Card

| Warranty Card              |               |
|----------------------------|---------------|
| Product model and SN code: | Name:         |
| Purchase Date:             | Address:      |
| Dealer:                    | Tel:          |
| Postal Code:               | Dealer stamp: |

### The limited liability of the guarantee

HINGMED provides the original purchaser with the following limited warranty from the date of invoicing.

Upper arm blood pressure monitor..... 12 months

HINGMED warrants each monitor to be free from defects in material and workmanship. Liability under this warranty covers servicing of the returning monitor from the customer prepaying to the prospective factory (Depending on location). HINGMED will repair any defective component(s) or part(s) during the period of this limited warranty. If a defect becomes apparent, the original purchaser should notify HINGMED of the suspected defect; the monitor should be carefully packaged and be prepaid shipped to:

Shenzhen Hingmed Medical Instrument Co., Ltd.

Address: West block, 4<sup>th</sup> Floor, Zhong Hang Flying Industrial Building, #371, Guangshen Road, Xixiang, Bao'an District, Shenzhen, China.

Tel: +86755-23720600

Postal code: 518102

Email: [service@hingmed.com](mailto:service@hingmed.com)

The monitor will be repaired as soon as possible and be returned by the same shipping method as received by the factory if it is prepaid.

This limited warranty is invalid if the monitor has been damaged due to accidents, misuse, negligence, or maintained by any person not authorized by HINGMED.

This limited warranty contains the entire obligations of HINGMED, excluding other expressed, implied or regulated warranties. Representatives or employees without authorization by HINGMED will assume any further liability or grant any further warranties except as set herein.

HINGMED will make available the circuit diagrams, component part lists, descriptions, calibration instructions, or other information on request that will assist service personnel to repair those parts of ME equipment that are designated by HINGMED as repairable by after-sale service personnel.