SIZE:72*97MM

**LUMISCOPE®**
*For The Quality Of Life*™

### Advanced Wrist Blood Pressure Monitor Model 1147 Instruction Manual



**Read these instructions before using your Blood Pressure Monitor. Save these instructions for future reference.**

1147-INS-LAB-RevA09

## SAFETY PRECAUTIONS

• Babies, young children, or individuals who cannot express their consent are not suitable for blood pressure measurement.
• Individuals with serious arteriosclerosis are not suitable for blood pressure measurement.
• Blood pressure readings may fluctuate during pregnancy. Pregnant women should consult their doctor before taking measurement.
• If there are unusual values, please consult your doctor before taking medical action.
• Handling batteries properly:
  - As soon as old batteries wear out, replace them with new batteries.
  - Do not use old and new batteries together.
  - Align the polarities of batteries correctly.
  - When the unit will not be used for more than 3 months, remove the batteries. Otherwise, batteries may leak and cause damage to the unit.
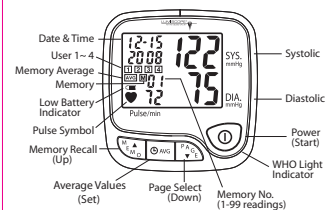
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## QUICK-START GUIDE

Avoid smoking, eating or exercising for 30 minutes before taking a measurement.

Do not move or talk during measurement.

Measurement can be taken on either arm; however, if possible, always take measurements on the left arm.

1. Sit upright in a chair with your feet on the floor.
2. Remove tight-fitting or thick clothing from the lower arm.
3. Pull on the end of the cuff until it wraps securely around your wrist. Place your arm on a table so that the cuff will be at the same level as your heart.
4. Press the "①" button. The cuff will automatically inflate and the measurement will start.
5. When the measurement is complete, the cuff will automatically deflate and your systolic and diastolic pressure values and pulse rate will display.

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## OVERVIEW

Monitor



Date & Time
User 1~ 4
Memory Average
Low Battery Indicator
Pulse Symbol
Memory Recall (Up)
Average Values (Set)
Page Select (Down)
Memory No. (1-99 readings)
Systolic
Memory
Diastolic
Power (Start)
WHO Light Indicator

Features
• One Touch Operation
• Irregular Heartbeat Detector
• Blood Pressure Mode and Clock Mode
• 4 User / 396 Total Memory
• 4 Alarm Clock Settings
• 5 Mode Averaging Function – Hour, Day, Week, Month, and Overall
• WHO Blood Pressure Indicator with 6-Color LED
• Auto-off Power Saving Feature
• Operated by 2 AAA batteries

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## PREPARATION

### 2.1 Battery Installation
1. Remove the battery cover in the direction indicated on the cover.
2. Insert 2 AAA batteries with the polarities as indicated.
3. Slide the battery cover back to close it. The cover will click into place when completely closed.

Note：Replace batteries when the battery indicator "▭" shows low voltage.

### 2.2 Setting the Date and Time
Note:
  - Set the correct date and time before taking a measurement.
  - Reset the date and time after replacing the batteries.
1. Press and hold the "⊕AVG" button for a few seconds until the Year display flashes.
2. Press the "▲MEMO" or "PAGE▼" button to select the current year.
3. Press the "⊕AVG" button to confirm Year Setting.
4. Follow the same steps to set the Month, Date, Hour and Minute.

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5. "ON" and "OFF" will then flash. This is to have the clock display when the unit is not in use; you can choose Clock Function "ON" or "OFF". Press "▲MEMO" or "PAGE▼" button to select. Press the "⊕AVG" button to confirm.

Note: If you select Clock Function "ON", you will continue at the Alarm Setting section. Otherwise, setting will end.

### 2.3 Setting the Alarm
Note:
  - You will not be able to set alarm clock if Clock Function is set to "OFF".
  - You can set a maximum of 4 alarms.

6. To disable Alarm, Press the "▲MEMO " or "PAGE▼" button to select "OFF" and press the "⊕AVG" button to confirm.
7. To set 1st Alarm, Press the "▲MEMO" or "PAGE▼" button to select "ON". Press the "⊕AVG" button to confirm.
8. When Hour digit flashes, press the "▲MEMO" or "PAGE▼" button to select Hour. Press the "⊕AVG" button to confirm.

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9. When Minute digit flashes, press the "▲MEMO" or "PAGE▼" button to select Minute. Press the "⊕AVG" button to confirm.
10. Follow the same steps to set the 2nd, 3rd, and 4th Alarm.
Note:
  - Press the "①" button anytime during clock setting/alarm setting to start over if an error occurs.
  - Each alarm lasts 45 seconds, or you can turn it off by pressing the "①" button.

## TAKING A MEASUREMENT

Note:
  - Avoid smoking, eating or exercising for 30 minutes before taking a measurement.
  - Do not move or talk during measurement.
  - Measurement can be taken on either arm; however, if possible, always take measurements on the left arm.
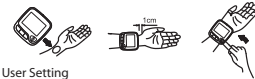
### 3.1 Sitting Correctly
1. Relax.
2. Sit upright in a chair with your feet on the floor.
3. Remove thick or tight-fitting clothing from the lower arm. Do not roll up your sleeve if it is too tight.
4. Place your arm on a table so that the cuff wil be at the same level as your heart.

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### 3.2 Applying the Wrist Cuff
1. Place your elbow on a table with the palm facing upward. Wrap the wrist cuff around the left wrist as shown below.
2. Pull on the end of the cuff until it wraps securely around your upper wrist. Do not over tighten the cuff. Allow 1-2 cm or ½ inch between the bottom of the cuff and your wrist joint.
3. Make sure the cuff is at the same level as your heart.

### 3.3 User Setting
This unit allows a maximum of 4 users to store measurement records in different User Pages.

Press "PAGE▼" button to switch between User Page 1 ,2, 3 and 4.

### 3.4 Taking A Measurement
1. Press the "①" button. The cuff will automatically inflate and the measurement will start.
2. When the measurement is complete, the cuff will automatically deflate and your systolic and diastolic pressure values and pulse rate will display.
3. Remove the wrist cuff and take note of your measurement results.
Note: You can press the "①" button to stop measurement at any time.

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SIZE:72*97MM

### 3.5 Heartbeat Readings



Besides Systolic and Diastolic values, Pulse will also be displayed after a measurement

— Pulse

**Irregular Heartbeat**
This unit has a unique feature that alerts user of irregular heartbeat detection during measurement.

Note: An irregular heartbeat is defined as a heartbeat rhythm that has a variation of more than 25% from the average rhythm detected during measurement.

If an irregular rhythm occurs twice or more during the same measurement, the monitor will display the pulse value and "IH" symbol alternately. Example: (90 / IH)

Note: Please consult your doctor if irregular heartbeat occurs often.

**Regular but Below Normal Heartbeat**
If the monitor detects a pulse rate below 58 beats per minute during measurement, the monitor will display the pulse value and "LO" symbol alternately. Example: (58/LO)
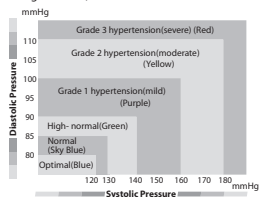
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**Regular but Above Normal Heartbeat**
If the monitor detects a pulse rate above 100 beats per minute during measurement, the monitor will display the pulse value and "HI" symbol alternately. Example: (102/HI)

### 3.6 WHO Light Indicator
This unit features a 6-color LED light indicator to display blood pressure level in accordance with the WHO (World Health Organization) classification.



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WHO Classification — Color
Optimal ------------------------Blue
Normal ------------------------Sky Blue
High-normal ------------------Green
Mild hypertension ----------Purple
Moderate hypertension ---Yellow
Severe hypertension -------Red



WHO Light Indicator

Example: If your measurement reading is 122/75, the LED light will display the color in blue.

## MEMORY FUNCTIONS

After measurement, the last set of measured values will be saved automatically after measurement when the unit is turned off by pressing "①" button or by automatic power-off after 3 minutes.

### 4.1 View Past Readings
1. Press the "▲MEMO" button to enter memory function.
2. If the User Page is not what you want to view, press the "PAGE▼" button to select.
3. Press the "▲MEMO" button to display the next sets of values for the user selected. Past readings are displayed from the most recent to the oldest.
4. This blood pressure monitor can store up to 99 sets of past readings for each user (4 x 99).

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### 4.2 View Average Readings
1. Press the "⊕AVG" button to enter Average function.
2. If the User Page is not what you want to view, press the "PAGE▼" button to select.
3. Press the "⊕AVG" button to view different Average Values. 5 different Average Values are available:

| Symbol on Display | Average Values of |
|---|---|
| 1 h | One Hour |
| 1 d | One Day |
| 7 d | One Week |
| 30 d | One Month |
| ALL | All Readings |

### 4.3 Delete Past Readings
User can delete all the past readings stored in each User Page.

1. Press the "PAGE▼" button to select the User Page you want to delete.
2. Press and hold the "▲MEMO" & "PAGE▼" buttons simultaneously for 5 seconds. Symbol of "ALL EE" will be displayed and all past readings stored in that User Page will be deleted.

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## TROUBLESHOOTING

| Symptom | Possible Cause | Solution |
|---|---|---|
| No display when you press the Power/Start button | Batteries are worn out | Replace with new batteries |
| | Battery polarities are incorrect | Re-align batteries in correct polarities |
| "Err P" displays | Failure to inflate | Ensure the cuff is properly connected |
| "Err 1" displays | Deflating too rapidly | Return for service |
| "Err 2" displays | Movement during measurement | Do not move during measurement |
| | Signal interference | Remove interfering source, e.g. mobile phones, magnets |
| "Err 3" displays | Incorrect results | Measure again |

Note: If your problem cannot be solved by the above, consult a GF Health Products, Inc. representative. DO NOT disassemble the unit.

## STORAGE & MAINTENANCE
• Keep away the unit from direct sunlight, extreme temperatures, humidity or moisture.
• Use a dry or slightly water-dampened cloth to clean the unit.
• Do not use alcohol, benzene, thinner or other volatile liquids to clean the unit.

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• Do not wash the wrist cuff or expose it to liquid.
• Remove the batteries from the unit when it will not be used for more than 3 months.

## SPECIFICATIONS

| | |
|---|---|
| Model No. | 1147 |
| Measurement Method | Oscillometric |
| Measurement Range | Pressure: 20 – 280 mmHg Pulse Rate: 40 – 195 beats/min |
| Accuracy | Pressure: +/- 3 mmHg Pulse Rate: +/- 5% |
| Inflation | Pump driven |
| Pressure Detection | Semi-conductor |
| Power Supply | 2x AAA batteries |
| Auto Power Off | 3 minutes after last operation |
| Storage Environment | -4°F to 140°F, 10% to 95% RH |
| Operation Environment | 50°F to 104°F, 30% to 85% RH |
| External Dimensions | 3.15" (L) x 3.35" (W) x 2.36" (H) or 80 x 85 x 60 mm |
| Net Weight | 140g (batteries excluded) |
| Cuff Dimensions | Wrist circumference of 135~220mm |
| Package Contents | Blood Pressure Monitor, Instruction Manual, Batteries |

Note: Specifications are subject to modification without prior notice.

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## LIFETIME LIMITED WARRANTY

GF Health Products, Inc. offers a lifetime limited warranty on defects in material and workmanship for this product, except as noted below:

This product warranty does not cover damage caused by misuse or abuse, the attachment of any unauthorized accessory, alteration to the product, or any other conditions whatsoever that are beyond the control of GF Health Products, Inc. GF Health Products, Inc. shall not be responsible for any type of incidental, consequential, or special damage.

To obtain warranty service on your Lumiscope Blood Pressure Monitor, please contact the Repair Department at 1-800-672-8293. There is a $15 fee for return shipping and handling. Please make checks payable to GF Health Products, Inc.

Upon receipt, we will repair or replace, as appropriate, the Blood Pressure Monitor and return it to you. This warranty does not include any labor charges incurred in replacement part(s) installation or any associated freight or shipping charges to GF Health Products, Inc.

Warranty is solely through the Repair Department. Service of this product by anyone other than the Repair Department voids warranty.

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