

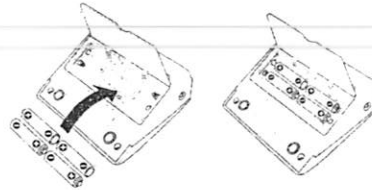
Instruction Manual

Automatic Blood Pressure Monitor
with Voice Prompt for Arm



188310

2. Place the batteries (4 "AA" Alkaline batteries) in the compartment as indicated by the polarity symbols (+ and -) marked inside. All the display symbols appear for 1 seconds and then return to standby mode.
3. Replace the battery compartment cover.



Note: When  (Low Battery indicator) appears on the display, the batteries are weak.

Warning:

- a. Be sure to follow the instruction above when plugging the adapter and installing or replacing the batteries.
- b. We recommend you to use the **ALKALINE batteries** for the best performance and the longest device life.
- c. Use only brand new batteries of the required size and **DO NOT** mix using old and new or different type of batteries together.
- d. Remove the batteries if not using the blood pressure monitor for an extended period (i.e., 3 months). The batteries can leak chemicals then damage the electronic parts.
- e. Immediately replace run-down batteries with new ones.
- f. Check the batteries periodically and replace them when necessary.
- g. When using the adapter alone without battery, the memories and the Date/Time setting won't be kept during the power failure.

Voice Prompt Function

When first plugging the adapter or installing the battery, the initial mode is voice prompt mode. While starting the unit and operating each time, there is a voice prompt to remind you. It's especially useful to the blind and those with low vision. You can turn off this function if you don't want to hear any reminder.

Set the Language of Voice Prompt

There are four languages of voice prompt (English, German, French, Spanish) can be set. Make sure you have turned off the unit before you want to set the voice prompt function.

1. Press **START** button, the unit will show "LAN 1" (default) and speak a demo voice in English "Memory number 3, Systolic pressure 160 high, Diastolic pressure 66 normal, Pulse rate 62"
2. Press **MEMO/▲** button or **SCAN/▼** button to set the number representing the language.
3. Press **START** button to confirm and the unit will show "UoC On" (default)
4. Press **MEMO/▲** button or **SCAN/▼** button to set the voice prompt on or off.
5. Press **START** button to confirm and the unit will go to standby mode

Mon Date Hour Min.
10-11 12:00

LAN

1

English

Mon Date Hour Min.
10-11 12:00

LAN

2

German

Mon. Date Hour Min.
10-11 12:00

LA_n
3

French

Mon. Date Hour Min.
10-11 12:00

VoC
ON

Voice On

Mon. Date Hour Min.
10-11 12:00

LA_n
4

Spanish

Mon. Date Hour Min.
10-11 12:00

VoC
OFF

Voice Off

Note:

When using Voice Prompt Function, it increase the power consumption, it also reduce the life of the battery.

Program Date and Time

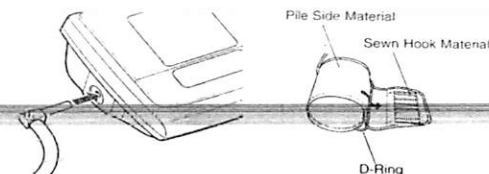
1. Press and hold **TIME** button for 2 seconds until "2010" shown on the screen and starts to flash.
2. Press **MEMO/▲** button or **SCAN/▼** button to set the number representing the **Year**.
3. (You can press and hold **MEMO/▲** or **SCAN/▼** buttons for about 2 seconds, the number of the **Year** will be displayed in the faster speed.)
4. Press **TIME** button to confirm the **Year** setting. Then the number representing the **Date** will flash.

5. In the same manner, set the **Month**, **Date**, **Hour** and **Minute**.

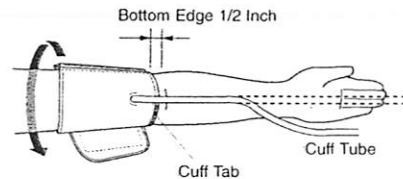
Note: After replacing batteries, always check the Date/Time is properly set or not first, and then uses the blood pressure monitor. If the batteries are removed for more than 30 seconds, you must reset the Date/Time.

How to Apply the Arm Cuff

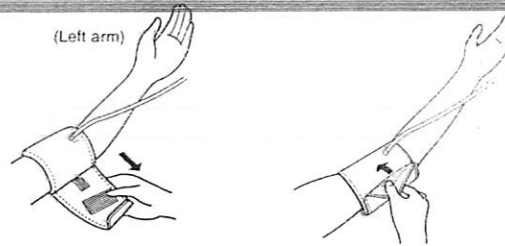
1. Insert the air plug of the arm cuff into the air jack of the blood pressure monitor.
2. The cuff should be assembled correctly when it is removed from the box. If it is not, pass the end of the cuff furthest from the tubing through the metal D-ring to form a loop. The smooth cloth should be on the inside of the cuff loop.
3. If the cuff is assembled correctly, the sewn hook material will be on the outside of the cuff loop and the metal D-ring will not touch your skin.



4. Put your left arm through the cuff loop. The bottom of the cuff should be approximately 1/2" above the elbow. The cuff tubing should be positioned along the middle of the inside of your arm as shown.



5. Pull the cuff so that the top and bottom edges are tightened evenly around your arm.



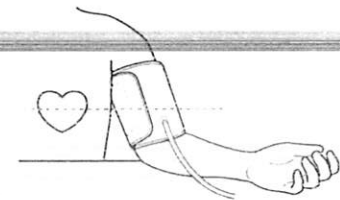
6. When the cuff is positioned correctly, press the sewn hook material firmly against the pile side of the cuff.
7. The cuff should be wrapped so that it fits snugly and stays in place. You should be able to fit one finger between the cuff and your arm.

Correct Measurement Position

It is extremely important for the measure values, which that the cuff is at the same level of the heart. Higher or deeper position will give deviations from the true value.

Measurement while sitting down

1. Sit in a chair with your feet flat on the floor and rest your arm on a table so that the cuff is at the same level as your heart.
2. Relax your arm and turn your palm upward.
3. Make sure there are no kinks in the air tubing.
4. After taking deep breaths for several times before measurement, take a natural breath, and then relax your body.



How to Take a Measurement

Please read and follow directions in the section "Suggestions before Measuring Blood Pressure" and "How to Apply the Arm Cuff" before taking a measurement.

1. Press **POWER** button to turn on the unit.
All the symbols displayed for a couple seconds then the number 0. The unit says "measurement ready".
2. Press **START** button, the cuff automatically inflates to approximately 170mmHg. (50mmHg higher than the average systolic blood pressure reading.)

- When the cuff reaches your correct inflation level, it begins to deflate automatically with decreasing numbers shown on the display. The Heart Symbol  flashes as the onset of oscillation signals.



* If during deflation the blood pressure monitor senses that higher pressure is required to measure the user's blood pressure, the device will stop deflation and pump again to reach the workable pressure (up to the max. 280 mmHg). If the inflation continues and doesn't stop, please untie the cuff immediately or turn off the unit by pressing the **POWER**.

- The monitor exhausts the residual air when the measurement is completed. The Heart Symbol  stops flashing and your blood pressure and pulse will appear on the display. In the mean time, the unit announces the measured value of Systolic, Diastolic and Pulse twice. After taking the measurement, the latest measured readings will always be displayed before the power is turned off.

Note:

- Wait for at least 3 minutes if you want to take another measurement. Waiting allows your blood vessels to bounce back to normal status. More rest time may be required between measurements depending on

individual physiological conditions.

- While starting the unit each time, it will give a voice prompt "Power on". If you don't need it, please turn off the announcement.

How to Use the Memory Features

The blood pressure and pulse measured and displayed are automatically stored in the memory. The blood pressure monitor can store up to 80 measurements. If more than 80 measurements have been taken, the earliest measurement will be erased and replaced by the most recent measurement.

- Review the Average Value and previously measurements:**

Press **MEMO/▲** button, the unit first display the average values of Systolic, Diastolic and Pulse. with voice prompt. (Averaged from all memorized readings.) Press **MEMO/▲** button again to review the measurement from the latest to the earliest with voice prompt.

The latest measurement (**M 01**) appears when you press **MEMO/▲** button. **M 01** is the latest reading measured. The Systolic, Diastolic, Pulse and Date/Time of the measurement will be displayed. Press **MEMO/▲** button to repeatedly review other memorized readings. The readings will be displayed as **M 02**, **M 03**, **M 04** ... etc. You can press **SCAN/▼** button to switch to the automatic display mode.

- Scan all previous measurements:**

Press **SCAN/▼** button, the unit will display all measurements one by one in one in one second

interval. In the automatic display mode, it doesn't have voice prompt function. You can press **MEMO/▲** button to switch to the single display mode.

3. The 3-color backlight warning lights:

The monitor uses a 3-color light system to indicate the blood pressure levels. The Systolic Pressure between 100~139(mmHg), backlight will shows green. Between 140~159(mmHg), backlight will shows orange. Above 160(mmHg), it will shows red. The Diastolic Pressure between 60~89(mmHg), backlight will shows green. Between 90~99(mmHg), backlight will shows orange. Above 100(mmHg), it will shows red.

How to delete Single or All Memories

1. Delete single measurement:

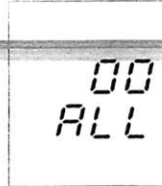
You can delete the single memory just after taking the measurement. Press **SCAN/▼** button then "dEL" will appear and flash and says "delete". Press **SCAN/▼** button again to confirm the delete function.

2. Delete all measurements:

Turn off the unit first then press and hold **SCAN/▼** button until "dEL ALL" displayed and says "delete all". Press **SCAN/▼** button again and all memories will be deleted when "00 ALL" shown on the screen and says "deleted".



dEL
ALL



00
ALL

Maintenance

Storage

1. Always put the device in the storage case included when not in use or during transportation.
2. If you won't use the device for an extended period like over 3 months, remove the batteries.
3. Do not store the device under direct sunlight, high temperature, humid, dusty, or corrosive environment.
4. Do not stretch, bend or tug the wrist cuff too hard.
5. Do not wet the unit.

Cleaning

1. Do not use an alcoholic-base, benzene, gasoline or solvent agent to clean the device.
2. Wipe with a moistened cloth with clean water or a mild cleaning agent and then dry the device with a soft and dry cloth.
3. The dirt on the cuff can be wiped by the moistened cloth and soap.
4. Do not flush the device and cuff.
5. Do not bend the cuff or sleeve and wrap the sleeve to the inside-out surface.
6. Do not disassemble the device or dismantle the cuff or try to repair by yourself. If any problem happens, bring the device to the distributor for further examination.
7. Do not operate the device under the severe environment of extreme temperature or humidity, or direct sunshine.

Error Message & Troubleshooting

The unit is manufactured through the complete quality assurance system.

If the measurement is not made correctly, the following error will be displayed. Measure your blood pressure again correctly.

ERROR MESSAGE

Error Indicators	Cause	How to correct
Mon. Date Hour Min. 10-11 12:00 1 Err	<ul style="list-style-type: none"> Incorrect posture in measurement or the user moves or talks during measurement. There are any artificial interference and noise during measurement. User is tense and does not relax or has severe heart beat problem. 	<ul style="list-style-type: none"> Cuff is not fastened well; please fasten again by following the instructions. Wait at least 3 minutes before taking another measurement. Repeat steps listed under "How to Take a Measurement." User has special characteristic, please refer to a physician.

Error Indicators	Cause	How to correct
Mon. Date Hour Min. 10-11 12:00 2 Err	<ul style="list-style-type: none"> No pulse or blood pressure sensed. Incorrect posture during measurement. Cuff is not wrapped properly. 	<ul style="list-style-type: none"> Cuff is not fastened correctly or not tight enough; please fasten the cuff by following the instructions. Wait at least 3 minutes before taking another measurement. Please see "How to Take a Measurement" on page 15.
Mon. Date Hour Min. 10-11 12:00 3 Err	<ul style="list-style-type: none"> Insufficient or failure inflation. Cuff broken. 	<ul style="list-style-type: none"> Cuff is not fastened well; please re-fasten the cuff by following the instructions. Pump, or venting valve or deflation valve failure, please contact the distributor.

If a trouble occurs while you are using the blood pressure monitor, check the attached Troubleshooting first. If you can not measure your blood pressure correctly even after taking the following countermeasures, the monitor may be broken. Please send the unit to the distributor for repair. Do not dismantle or try to repair the monitor by yourself.

TROUBLESHOOTING

Condition	Cause	Correction
After the batteries are installed, no indication or symbol displayed on the LCD. The wrong indication when power is turned on.	<ul style="list-style-type: none"> ● Batteries are not installed properly. ● Batteries run out the electricity. 	<ul style="list-style-type: none"> ● Check and correct the battery polarities. ● Remove the old batteries and wait for one minute, then install the new batteries.
The inflation cannot be done or the air pressure cannot rise.	Cuff is not wrapped properly.	<ul style="list-style-type: none"> ● Check the arm position and fasten the cuff correctly and re-measure the pressure again.
	Battery low. Battery voltage is excessively low.	<ul style="list-style-type: none"> ● In order to keep the previous measurements & date/time, ensure the unit is turned off before replacing batteries. ● Replaced with new "AA" Alkaline batteries.

Condition	Cause	Correction
The blood pressure cannot be taken, and the LCD shows error message or wrong result.	-----	<ul style="list-style-type: none"> ● Re-fasten the cuff. ● Relax yourself. ● Keep the cuff and heart at the same level during the measurement.
		<ul style="list-style-type: none"> ● Keep silent and still in measurement. ● If the patient has severe heart beat problem, and the blood pressure reading may not be correct.
Under normal operating circumstance, the reading at home is different from that of the clinics.	-----	<ul style="list-style-type: none"> ● Usually people feel tenser in the hospital or clinic (white robe effect) than in their home. ● Record the results and consult with your physician.
Each measurement has various reading.		<ul style="list-style-type: none"> ● The variation might be due to the different environments. ● The blood pressure is changing according to the physiological or psychological status of the human body.