

Wrist Type Blood Pressure Monitor

User Manual

(Double User)

The latest revision date: 10-2018
EN58BWPW201905311
19061410.014/3.09.11.0007

Overview

Before using this product, please read the user's manual carefully and use it accordingly. Please keep the user's manual properly for reference at any time(The pictures in this manual are for reference only).

Wrist Type Blood Pressure Monitor is with LCD digital display, which is used for measuring blood pressure and pulse rate (suitable for crowd above 12 years old, not for neonate). This blood pressure monitor applies to daily health care for home use or outward activities, you can measure your blood pressure duly in order to make blood pressure health management. It is also applied for blood pressure reference of clinical patients, but not as a diagnostic basis.

- Features:**
- Small delicate design
 - Clear LCD digital display
 - It can store 99 groups of measuring results and display the average reading of measurement results of the latest three times
 - Automatic compression and decompression
 - Voice broadcast function (Optional)
 - Blood pressure classification function provides convenience for users to judge whether their blood pressure value is normal or not
 - The product will automatically power-off in 1 minute after measurement

1 Product Introduction

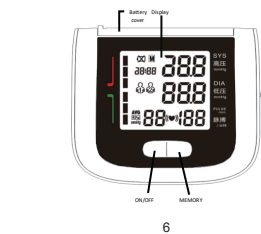
Intended use

Wrist Type Blood Pressure Monitor is with LCD digital display, which is used for measuring blood pressure and pulse rate (suitable for crowd above 12 years old, not for neonate). This blood pressure monitor applies to daily health care for home use or outward activities, you can measure your blood pressure duly in order to make blood pressure health management. It is also applied for blood pressure reference of clinical patients, but not as a diagnostic basis.

Contraindications

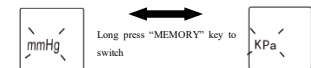
Serious arrhythmia

Body



3.3 Blood Pressure Unit Setting

We can get known from 3.2, after setting up time, short press MEMORY key to switch to "BP Unit" mode at the same time, the "mmHg" or "KPa" is in a flashing state now. The system defaults mmHg as blood pressure unit if there is no switch. After long pressing, release to confirm when the options blinking.



4 Usage Methods of Wrist Strap

- During measurement, the palm should face upward. Roll up sleeve, wrap the cuff directly against Your skin. Do not apply over clothing.
- Position the cuff leaving a clearance of approximately 1-1.5cm between the cuff and the bottom of your palm. The measured range of the wrist is 13.5-19.5cm.
- Grasp the ends of the wrist cuff, pull it and make it close to the wrist, then fold it, make sure the cuff is not too tight or too loose with your skin.
- Fold the remaining part of the wrist cuff back out of the way.

Display

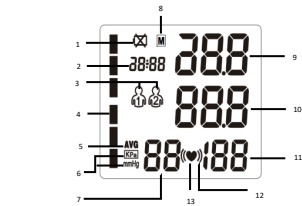


Fig 1 all symbols display screen

- Low Power Signal
- Date/Time display
- User Symbol
- Blood Pressure Classification Symbol
- Average Symbol
- Blood Pressure Unit Symbol
- Sets of Memory
- Memory Symbol
- Systolic Pressure
- Diastolic Pressure
- Pulse Rate
- Arrhythmia symbol
- HR Symbol

Attention

- Before fixing the wrist cuff, don't press the switch button.
- If the wrist cuff can not be used on your left wrist, it can be used on your right wrist.
- If the cloth of the wrist cuff not closed with your skin, during the measurement, it will loose, make sure the wrist cuff is securely fastened.

5 Blood Pressure Measurement

Correct Measurement Methods

- Sit in a chair as shown in pic 1, don't lean forward or bend your body.
- Before measurement, take a deep breath three or four times, recover to the normal breath, relax your shoulders and arms. Make sure your body relaxed.
- During measurement, the middle of the wrist cuff should be the same height with the heart. The body and your wrist can not move. We recommend that you put a soft cushion under the elbow. As shown in pic 1.

Pay attention to the following 5 points during measurement:

- Take deep breath for relax before measurement
- Take measurement after urination and defecation
- Take measurement with proper posture
- Take measurement at a fixed time everyday
- Avoid taking measurement in extreme cold or hot room

BP value changes along with various factors

Keep stable mood when you measure at home, your measured value might be lower than that from hospital. In order to take good management of your blood pressure, it is very important to know the average blood pressure value with stability you measured at home.

The following conditions would cause BP value variation even you take measurement at home.

- Within 1 hour after meal
- After having liquor, coffee and black tea
- After smoking, sports and shower
- Talking during measurement
- When you are nervous and under unstable mood
- Take measurement with the posture of abdomen being pressed
- Moving during measurement

Function description

- Measurement method: decompression-type measurement
- Result display: SBP/DBP/PR
- Sets of memory: 99 groups memory recall
- Low power inspection: LCD will display such a signal to indicate low power, please check the low power in any state of work
- Blood pressure classification symbol: Please refer to appendix for detailed information.
- Error indication: Please refer to appendix II for detailed information
- Protective function for excessive pressure: If the air pressure is over 295mmHg (20ms), the product will exhaust quickly and automatically.
- Power-off function: Automatically power-off if there is no operation within 1 minute.
- Voice broadcast function (Optional)

Attention

- During measurement, make sure your finger in the natural extensions, otherwise the measured value will be high although the position of the wrist cuff is right.
- Do not hold the wrist cuff by the other hand, otherwise it will cause the error measurement.
- Don't press your arm during measurement, otherwise the value will be increased. Before measurement, keep yourself in a relax, comfortable mood. During measurement, don't move the muscle on this arm, if you need, you can put one soft cushion under your arm.
- In every measurement, you should use same posture and wrist.
- If the position of the wrist cuff is lower or higher than heart, the reading will be higher or lower.
- Make sure the wrist cuff has worn well and with the same height of the heart.
- During measurement, don't talk. Please relax your hand and arm.
- During measurement, don't walk, don't move your shoulder and arm, don't bend your finger.



Pic 1 measuring posture

- Room temperature changes dramatically
- When measuring places or environment changes frequently
- Take measurement in moving vehicle
- Under continuous measurement for a long time

Don't rely on your own judgment towards measurement result, please follow the guidance of doctor.

Safety Precautions

Warnings and graphic symbols in the user's manual are aimed at enabling users to use the product safely and correctly, so that avoid any damages to users and the others. Specific meanings are as follows:

Symbol Descriptions	
	Warning: to remind you that misuse of the product may cause personnel damage, measurement failure and article damage. (Article damage includes damage to housing, property, pets and livestock.)
	Enforcement: to represent compulsive behavior, namely matters must to be observed when using the product

	Prohibition: to stand for prohibited contents, namely matters not allowed to do when using the product
	Prohibition of Disassembly
	This symbol means BF type equipment
Caution	
	• Diseases such as diabetes, hyperlipidemia, high blood pressure may accelerate atherosclerosis, even can cause obstacle in peripheral circulation. Blood pressure value of wrist and upper arm may have large difference for patients with such diseases and the aged. It is more appropriate for them to use arm-type blood pressure monitor. • It is very dangerous for patients to make self-judgment and self-treatment according to the measurement results. Please follow the guidance of the doctor. Self-judgment is likely to deteriorate the patient's condition. • There may be a risk, such as arm numbness or pain, that may be caused by over inflation of the gasbag. • For the sake of safety, please keep the product in the place where the child is not easy to touch.

	• Infants and children who can not express their thoughts are prohibited to use the product, because they will be the cause of the accident or dispute. • Do not use the product for not measuring blood pressure, because it will be the cause of the accident or dispute. • Please do not use chemical reagents such as thinner, alcohol, gasoline to clean this product • Do not beat the product heavily or fall from a height. • Please be sure to use the special arm wrist cuff of this product, otherwise it can not be accurately measured • Do not use the mobile phone near the machine. There is a risk of making the machine to malfunction.
	• Do not disassemble, repair or reconstruction of the machine and the arm belt of the blood pressure meter, otherwise it can not be measured correctly.
	• Don't crash and fall off the machine • Don't bend or stretch wrist strap • Don't pressure the product before the wrist strap is twisted around wrist • As the dry battery leakage can damage the product, so please pay attention to the following points. • If you don't use the product for a long time (more than 3 months), please take out the battery. • After use, replace the battery which is in power shortage with a new one immediately. • Do not intermix old and new batteries. • Install the positive and negative battery correctly. • Do not intermix different types of batteries.

2 Battery Installation

- Take down the battery cover as the direction of the arrow.



- Install two No.7 batteries, please pay attention to the positive and negative electrode.



- Cover the battery

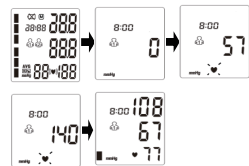


Operation Steps of Blood Pressure Measurement

The machine only has 1 kinds of BP units, which is mmHg. Take the mmHg value as an example in the following explanation.

- Press the "ON/OFF" key, the machine will automatically return to zero, arm with automatic start filling with air, the pump started to inflate the wristband.
- In the process of inflation, the screen will display the pressure changes in the wristband. When the machine detects the pulse, the heart icon will flash.
- After measurement, the machine will simultaneously exhaust and displays your blood pressure value and pulse number.

Note: the machine will automatically save the blood pressure and the pulse number.



Attention

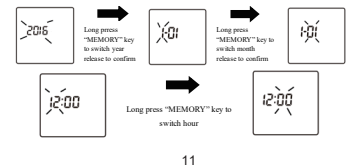
- During measurement, keep quite until the measurement is finished.
- Make sure the machine and the heart at the same height until the measurement is finished.
- If the buckle is off during measurement, please re-wrap the wrist cuff and fix it tightly and measure it again.
- Do not repeatedly measured within a short time, it may result in wrist sore, so that the measurement value is not correct. In order to make the arterial blood pressure returned to its previous state, relax your wrist for 2 or 3 minutes before the next measurement.
- If Irregular Heartbeat(IHB) brought by common arrhythmias is detected in the procedure of blood pressure measurement, a signal of "♥" will be displayed.Under this condition, the blood pressure monitor can keep function,but the results may not be accurate,it's suggested that you consult with your physician for accurate assessment.

Interrupt measurement:

If you need to interrupt the measurement for some reason(for example, you feel not good), at any time. Press "on/off" button. The machine will automatically reduce the air pressure of the wrist cuff, and interrupt the measurement. If the switch button can not be used, please remove the wrist cuff and stop the measurement.

3.2 Time Setup

We can get known from 3.1, long press MEMORY key to user mode and short press MEMORY key to change items; Press MEMORY key switching to time item then long press MEMORY key to increase time, value increment can switch between 2016-2035, when the year to be set appears, release key to confirm and short press MEMORY key switching to "month", "date" setting mode at the same time, it means the value stands for month is in flashing state, long press MEMORY key, value increment can switch between 1-12, when the month to be set appears, release key to confirm, short press MEMORY again the value stands for date is now in flashing state, it is the time to set date, long press MEMORY key, value increment can switch between 01-31, release to confirm and short press MEMORY key switching to "hour", "minute" setting mode at the same time, short press MEMORY key value stands for hour is in flashing state now, long press MEMORY key, value increment switches between 0 to 23. When the hour to be set appears, release key to confirm, it is the time to set minute, long press MEMORY key, value increment can switch between 00-59, when minute to be set appears, release key to confirm.



Answers for Questions

Anomalies	Cause	Correction
No display after press the start button	Whether the power exhausted Whether the polarity position anti-access	Change a new battery Install the battery in proper placement
Measurement failure occurs frequently or measured blood pressure value goes extremely high or low.	Wristband does not hold with the heart position relative level Wristbands don't roll up Whether speak or move the arm when Measure Whether Clothes rolled oppression arm	Measuring with correct posture Roll your wristbands correctly Keep quiet, relax body, re-measure Take off clothes that Oppression arm, re-measure
Pump work, but the pressure does not rise	Whether Wrist strap is poor connections , there is leakage Whether Wristbands damaged due to long years	Ask for repair Please buy a new one
Wrist Cuff leak in a short time	Whether the cuff wrap too loose	Please wrap the cuff correctly

