




Tips for Operation
It can cause incorrectness if the measurement are taken in the following circumstances.




Wait at least 1 hour after dinner or drinking




Immediate measurement after tea, coffee, smoking




Wait at least 20 minutes after taking a bath



When talking or moving your fingers



In a very cold environment




When you want to discharge urine


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Maintenance
In order to get the best performance, please follow the below instructions:


Avoid intense shaking or dropping




Please do not repair it by yourself




Avoid twist the cuff




Use mild wed cloth to remove the dirty




Avoid dusty and unstable temperature environment



Take off batteries if not use it for a long time



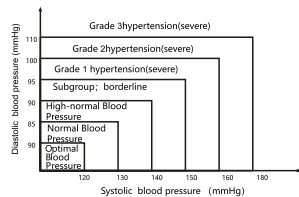
Please do not turn on the unit when cuff is not tied



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What is the standard blood pressure classification?

Below illustrates the blood pressure classification made by World Health Organization (WHO) and International Society of Hypertension (ISH) in 1999:



Systolic blood pressure (mmHg)	Diastolic blood pressure (mmHg)	Classification
<120	<80	Optimal blood pressure
120-139	80-89	Normal blood pressure
140-159	90-99	High-normal blood pressure
160-179	100-109	Subgroup: borderline
180-179	100-109	Grade 1 hypertension (severe)
180-179	110-109	Grade 2 hypertension (severe)
180-179	110-119	Grade 3 hypertension (severe)

Blood Pressure(mmHg)	Level	Optimal	Normal	High-normal	Mild	Moderate	Severe
SYS		<120	120~129	130~139	140~159	160~179	≥180
DIA		<80	80~84	85~89	90~99	100~109	≥110

CAUTION

Only a physician can tell you your normal blood pressure range and the point at which you are at risk. Consult your physician to obtain these values. If the measurements taken with these products fall outside the range, Consult your physician immediately.

Why my blood pressure is varies even in one day?

1. Individual blood pressure varies even in one day, it is also affected by the way you tie your cuff and the your measurement position, so please take the measurement at the same condition.
- 2.The varies of the pressure is greater if the person take medicine.
- 3.Wait at least 4 – 5 minutesbetween measurements.

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

The blood pressure is different even during 24 hour because of the weather, emotion, exercise etc.

The attention need to pay.
When you measure you blood pressure at home:
If the cuff is tied properly.
If the cuff is too tight or too loose.
If the cuff is tied on the upper arm.
If you feel anxious pressured.
You had better take deep breath 2-3 times before beginning.
Advice: adjust yourself for 4-5 minutes until you calm down.

If the result is the same if measuring on the right arm:


It is ok for both arms, but there will be some different results for different person, so we suggest you measure the same arm every time.



This section includes a list of error messages and frequently asked questions for problems you may encounter with your Arm Blood Pressure Monitor. If the products not operating as you think it should, check here before arranging for servicing.

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Trouble Shooting

PROBLEM	SYMPTOM	CHECK THIS	REMEDY
No power	Display is dim or will not light up.	Batteries are exhausted. Batteries are inserted incorrectly.	Replace with new batteries. Insert the batteries correctly.
Low batteries		Batteries are low.	Recharge with new batteries.
Error massage	“Err 1”	The heart beat signal is too weak or the pressure of cuff descend.	Refasten the cuff and then measure again.
	“Err 2”	There are some noise to affect measurement.	Refasten the cuff and then measure again.
	“Err 3”	The measurement is not right.	Refasten the cuff and then measure again.
	“Err P”	Inflate failed.	Refasten the cuff and then measure again.
	“Err H”	Overcharging pressure.	Refasten the cuff and then measure again.

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Electromagnetic Compatibility

The ME EQUIPMENT or ME SYSTEM is suitable for home healthcare environments and so on.

Warning: Don’ t near active HF surgical equipment and the RF shielded room of an ME system for magnetic resonance imaging, where the intensity of EM disturbances is high.

Warning: Use of this equipment adjacent to or stacked with other equipment should be avoided because it could result in improper operation. If such use is necessary, this equipment and the other equipment should be observed to verify that they are operating normally.

If any: a list of all cables and maximum lengths of cables (if applicable), transducers and otherACCESSORIES that are replaceable by the RESPONSIBLE ORGANIZATION and that are likely to affect compliance of the ME EQUIPMENT or ME SYSTEM with the requirements of Clause 7 (EMISSIONS) and Clause 8 (IMMUNITY). ACCESSORIES may be specified either generically (e.g. shielded cable, load impedance) or specifically (e.g. by MANUFACTURER and EQUIPMENT OR TYPE REFERENCE).

If any: the performance of the ME EQUIPMENT or ME SYSTEM that was determined to be ESSENTIAL PERFORMANCE and a description of what the OPERATOR can expect if the ESSENTIAL PERFORMANCE is lost or degraded due to EM DISTURBANCES (the defined term “ESSENTIAL PERFORMANCE” need not be used).

1. All necessary instructions for maintaining BASIC SAFETY and ESSENTIAL PERFORMANCE with regard to electromagnetic disturbances for the excepted service life.

2. Guidance and manufacturer’ s declaration -electromagnetic emissions and Immunity.

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Table 1

Guidance and manufacturer’s declaration – electromagnetic emission	
Emissions test	Compliance
RF emissions CISPR 11	Group 1
RF emissions CISPR11	Class B
Harmonic emissions IEC 61000-3-2	N/A
Voltage fluctuations/flicker emissions IEC 61000-3-3	N/A

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Table 2

Guidance and manufacturer's declaration - electromagnetic Immunity		
Immunity Test	IEC 60601-1-2 Test level	Compliance level
Electrostatic discharge (ESD) IEC 61000-4-2	±8 kV contact ±2 kV, ±4 kV, ±8 kV, ±15 kV air	±8 kV contact ±2 kV, ±4 kV, ±8 kV, ±15 kV air
Electrical fast transient/burst IEC 61000-4-4	Power supply lines : ±2 kV input/output lines : ±1 kV	N/A
Surge IEC 61000-4-5	line(s) to line(s): ±1 kV. line(s) to earth: ±2 kV. 100 kHz repetition frequency	N/A
Voltage dips, short interruptions and voltage variations on power supply input lines IEC 61000-4-11	0% 0.5 cycle At 0°、45°、90°、135°、180°、225°、270° and 315° 0% 1 cycle And 70% 25/30 cycles Single phase: at 0 0% 300 cycle	N/A
Power frequency magnetic field IEC 61000-4-8	30 A/m 50Hz/60Hz	30 A/m 50Hz/60Hz
Conducted RF IEC61000-4-6	150KHz to 80MHz: 3Vrms 6Vrms (in ISM and amateur radio bands) 80% Am at 1kHz	N/A
Radiated RF IEC61000-4-3	10 V/m 80 MHz – 2,7 GHz 80 % AM at 1 kHz	10 V/m 80 MHz – 2,7 GHz 80 % AM at 1 kHz
NOTE U _r is the a.c. mians voltage prior to application of the test level.		

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Table 3

Guidance and manufacturer's declaration - electromagnetic Immunity							
Radiated RF IEC61000-4-3 (Test specifications for ENCLOSURE PORT IMMUNITY to RF wireless communications equipment)	Test Frequency (MHz)	Band (MHz)	Service	Modulation	Modulation (W)	Distance (m)	IMMUNITY TEST LEVEL (V/m)
	385	380-390	TETRA 400	Pulse modulation 18 Hz	1.8	0.3	27
	450	380-390	GMRS 460; FRS 460	FM ±5 kHz deviation 1 kHz sine	2	0.3	28
	710-745-780	704-787	LTE Band 13, 17	Pulse modulation 217 Hz	0.2	0.3	9
	810	800-960	GSM 800/900, TETRA 800, CDMA 800, CDMA 850, LTE Band 5	Pulse modulation 18 Hz	2	0.3	28
	870						
	930						
	1720	1700-1990	GSM 1800; CDMA 1900; GSM 1900; DECT-LTE Band 1 3, 4, 25; UMTS	Pulse modulation 217 Hz	2	0.3	28
	1845						
	1970						
	2450	2400-2570	Bluetooth WLAN 802.11 b/g/n, RFID 2450, LTE Band 7	Pulse modulation 217 Hz	2	0.3	28
	5240-5240-5785	5100-5800	WLAN 802.11 a/n	Pulse modulation 217 Hz	0.2	0.3	9

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Disposal

Do not dispose of electrical appliances as unsorted municipal waste, use separate collection facilities. Contact you local government for information regarding the collection systems available. If electrical appliances are disposed of in landfills or dumps, hazardous substances can leak into the groundwater and get into the food chain, damaging your health and well-being.

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