

WristBloodPressureMonitor

User Manual

Model: AOJ-35C



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INTRODUCTION

Thank you for purchasing Portable Blood Pressure Monitor. The monitor is convenient to use at home, at work and during vacation, perfect for people who need daily blood pressure measurement.

The Monitor uses the oscillometric method of blood pressure measurement. It is intended for use by medical professionals or at home to monitor and display diastolic, systolic blood pressure and pulse rate, With an air wrist cuff following instructions of “HOW TO APPLY THE WRIST CUFF” .

The expected lifespan of the device is 5 years.

The device complies with the electromagnetic compatibility requirement of EN60601-1-2 and safety standards of EN60601-1 and performance of IEC 80601-2-30 .

The monitor was clinically investigated according to ISO 81060-2.

Statement

“The AOJ-35C of Wrist Blood Pressure Monitor was tested according to the recommendations of Technical Report IEC TR 60601-4-2: Medical electrical equipment – Part 4-2: Guidance and interpretation – Electromagnetic immunity; performance of medical electrical equipment and medical electrical systems.”

NOTES ON SAFETY

*The warning signs and sample icons shown here are listed for your safe and correct use of the unit, so as to prevent injuries or damages to the device.

*The icons and meanings are as follows:

	Caution
	TYPE BF APPLIED PART
	Comply with local regulations
	Refer to instruction manual
	Keep dry
	Keep away from sunlight
	Vertical upward

IP22	2 Protected against solid foreign objects of 12.5 mm Ø and greater; 2 Protected against vertically falling water drops when enclosure tilted up to 15°
RoHs	RoHSmark
	Manufacturer
	Date of manufacture
	Serial number
	Batch code
	Non-ionizing electromagnetic radiation
	Indicates the device is a medical device
	Unique device identifier
	CEmark

EC REP	Authorized representative in the European Community ,
	Indicates the entity importing the medical device into the local

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.
	DO NOT use this monitor in areas containing high frequency (HF) surgical equipment, magnetic resonance imaging (MRI) equipment, computerized tomography (CT) scanners. This may result in incorrect operation of the monitor and/or cause an inaccurate reading.
	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.
	Use of accessories, transducers and cables other than those specified or provided by the manufacturer of this equipment could result in increased electromagnetic emissions or decreased electromagnetic immunity of this equipment and result in improper operation."
	Portable RF communications equipment (including peripherals such as antenna cables and

external antennas) should be used no closer than 30 cm (12 inches) to any part of the equipment, including cables specified by the manufacturer. Otherwise, degradation of the performance of this equipment could result.

Do not disassemble, repair, or remodel the main unit or the wrist cuff of the blood pressure monitor, to avoid incorrect performance of unit.

No modification of this equipment is allowed.

Caution

Patient must follow doctor' s instruction and should not perform self-judgment and self-treatment up to the measured result,

Self-diagnosis of measured results and treatment are dangerous,

The device should not be used to judge illness, first aid or continuously monitor measuring.

This device cannot be used for patient and surgical care. It can be used in household or fixed places only the patient is an intended operator, and all the functions can be safely used

Please press “on/off ” button to stop work when you feel uncomfortable with the wrist, or if the air is inflating abnormally without stop.

Do not let a child below 12 years old or the people who can' t express intention to use the device. it should be accompanied by the Adult to avoid accident or trouble.

Do not use the unit for purpose other than measuring blood pressure to avoid accident or trouble.
Please do not use mobile phone around the device. Please do not use the device around the magnetic field.
The device is prohibited from being used during movement.
Do not use the device in the Magnetic Resonance (MR) environment.
Do not use the equipment in outdoor or shower rooms.
Too frequent measurements can cause injury to the PATIENT due to blood flow interference.
DO NOT use this monitor on an injured arm or an arm under medical treatment.

RequestsfromManufacturer

For any patient, do not measure more than 3 times continuously, it should be at least above 5 minutes of interval rest between any two measurements, otherwise will cause extravasated blood.

Do not measure your blood pressure over 6 times each day.

Do not apply the cuff over a wound as this can cause further injury.

Consult with your physician before using this monitor if you have had a mastectomy or lymph node clearance.

Observe the air pressure value from the VA display

When measuring, it could not exceed 295 mmHg, otherwise Please press "START/STOP" button to stop.

Do not knock or drop the main unit.

Always use the specified accessories in the manual, the use of other parts not approved by the manufacturer may cause faults or injuries.

For service information, parts list etc., please contact the dealer.

Dispose of the monitor when its service life is reached. Follow local regulations regarding the disposal of such product.

When the performance changes (such as: inaccurate measurement or abnormal display), please stop using it immediately and contact the after-sales service personnel in time.
Do not leave the small parts where children can reach them. Children may swallow them. If a child accidentally swallows them, please contact a doctor immediately.
Not servicing and maintenance while the ME EQUIPMENT is in use.
The user can maintain the product, the maintenance method is described in the maintenance instructions of manual.
Stop using the equipment immediately , if it is in contact with water.
The cuff complies with the requirements of ISO 10993-5, ISO 10993-10, ISO 10993-23. Some people may still be allergic to the contact material
Consult with your physician before using this monitor if you have common arrhythmias such as atrial or ventricular premature beats or atrial fibrillation; arterial sclerosis; poor perfusion; diabetes; pregnancy; pre-eclampsia or renal disease. NOTE that any of these conditions in addition to patient motion, trembling, or shivering may affect the measurement reading.

Notice

If users or patients have occurred any serious incident that relation to the device, please report to manufacturer and the competent authority of the Member State in which you are established.

INTENDED USE / INSTRUCTIONS FOR USE

The Wrist Blood Pressure Monitor is intended to measure the systolic pressure and diastolic pressure, as well as the pulse rate of adult person via non-invasive oscillometric technique by an inflatable cuff wrapped around the wrist at medical facilities or at home.

Intended users

1. Lay person or clinical professionals.
2. can read and understand the user manual.

CONTRAINDICATION

Do not use this device if the patient's condition meets the following contraindications, to avoid inaccurate measurements or injuries.

1. The device is not suitable for use on patients with implanted, electrical devices, such as cardiac pacemakers, and defibrillators.
2. Avoid taking measurement on the arm on the side of a mastectomy or lymph node clearance.
3. The device measures blood pressure using a pressured cuff. If the measuring limb suffers from injuries (for example open wounds) or under conditions or treatments (for example intravenous drip) making it unsuitable for surface contact or pressurization, do not use the device, to avoid worsening of the injuries or conditions.

4. Avoid taking measurements of patients with conditions, diseases, and susceptible to environment conditions that lead to uncontrollable motions (e.g. trembling or shivering) and inability to communicate clearly (for example children and unconscious patients).

5. The device uses oscillometric method to determine blood pressure. The arm being measured should have normal perfusion.

The device is not intended to be used on a limb with restricted or impaired blood circulation. If you suffer with perfusion or blood disorders, consult your doctor before using the device.

ABOUT BLOOD PRESSURE

1. What is blood pressure?

Blood pressure is the force exerted by blood against the walls of the arteries. Systolic pressure occurs when the heart contracts. Diastolic pressure occurs when the heart expands.

Blood pressure is measured in millimeters of mercury (mmHg). One's natural blood pressure is represented by the fundamental pressure, which is measured first thing in the morning while one is still at rest and before eating.

2. What is hypertension and how is it controlled?

Hypertension, an abnormally high arterial blood pressure, if left unattended, can cause many health problems including stroke and heart attack.

Hypertension can be controlled by altering lifestyle, avoiding stress and with medication under a doctor's supervision.

To prevent hypertension or keep it under control:

- Do not smoke
- Exercise regularly
- Maintain proper weight
- Reduce salt and fat intake
- Have regular physical checkups

3. Why measure blood pressure at home?

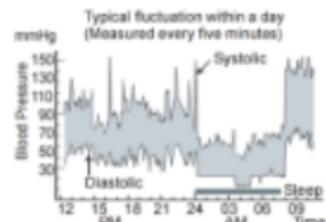
Blood pressure measured at a clinic or doctor's office may cause apprehension and produce an elevated reading, 25 to 30 mmHg higher than that measured at home. Home measurement reduces the effects of outside influences on blood pressure readings, supplements the doctor's readings and provides a more accurate, complete blood pressure history.

4. Blood pressure variations

An individual's blood pressure varies greatly on a daily and seasonal basis. It may vary by 30 to 50 mmHg due to various conditions during the day. In hypertensive individuals, variations are even more pronounced.

Normally, the blood pressure rises while at work or play and falls to its lowest levels during sleep. So, do not be overly concerned by the results of one measurement.

Take measurements at the same time everyday using the procedure described in this manual, and know your normal blood pressure. Many readings give a more



comprehensive blood pressure history.

Be sure to note date and time when recording your blood pressure. Consult your doctor to interpret your blood pressure data.

PRECAUTIONS BEFORE USE

1.If you are taking medication, consulting with your doctor to determine the most appropriate time to measure your blood pressure. NEVER change a prescribed medication without first consulting with your doctor.

2.For people with irregular or unstable peripheral circulation problems due to diabetes, liver disease, hardening of the arteries, etc., there may be fluctuation in blood pressure values measured at the upper arm versus at the wrist.

3.Measurements may be impaired if this device is used near televisions, microwave ovens, X-ray, mobile phone equipment or other devices with strong electrical fields. To prevent such interference, use the monitor at a sufficient distance from such devices or turn them off.

4.Before using, should wash your hands.

5.Do not measure on the arm which simultaneously used monitoring MEEquipment, otherwise it could cause loss of function.

6.Consult your doctor

if the unexpected readings are obtained, also please refer to "Troubleshooting" of the manual.

7.Portable RF communications equipment (including peripherals such as antennacables and

external antennas) should be used no closer than 30 cm (12 inches) to anypart of this device, including cables specified by the manufacturer. Otherwise,degradationof theperformanceof thisequipment couldresult.

8. When ambient temperature is less than 5°C or higher than 40°C, The time fromminimum storage temperature to use is at least 1 hour; The time from maximumstoragetemperature is at least 2 hour. Extreme temperature,humidity and altitude may lead to inaccuratemeasurements.

9. Thereadingisprobably a littlelowerthanmeasuredinthehospitaldueto the steady mood at home.

10. Do not use or store the monitor outside the manufacturer's specified conditions (extremely high or low temperatures and humidity), as this may affect the performance or cause inaccurate measurements.



White for Standby



Green for Normal



Yellow for Mild
High Pressure
or Hypotension



Red for High
Pressure

Systolic Pressure (mm Hg)	Diastolic Pressure (mmHg)	Color of Reading	Hierarchical Relation
≥160	≥100	red	and(or)
140 - 159	90-99	yellow	and(or)
90-139	60-89	green	and(or)
<90	<60	yellow	and

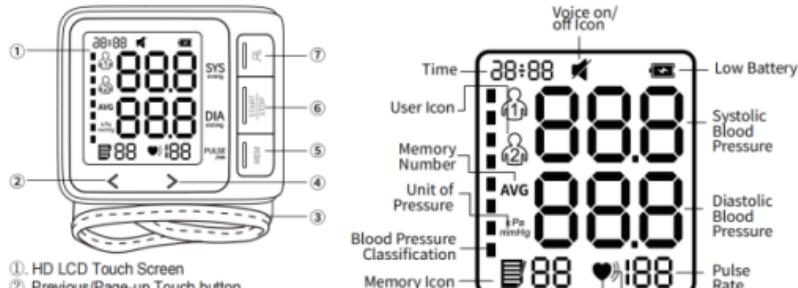
Warning: When the blood pressure indicator is red, it means you are hypertension. Please consult your physician immediately.

FEATURES OF THE PRODUCT

- 1.2 users, 99 sets of memories for each user.
2. Large HD LCD touch screen.
3. 4-Color Readings with Backlight
4. Easy to use, visual warning, and voice broadcasting optional.
5. Auto power off within 20s to save power.

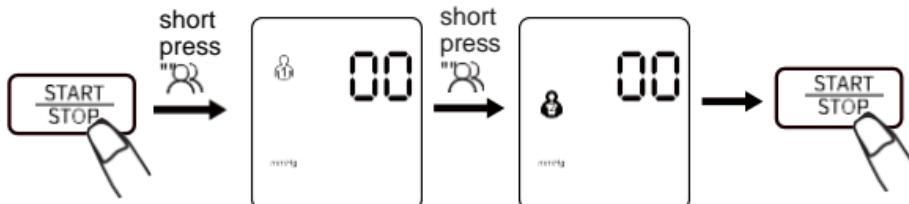
PARTS IDENTIFICATION

Composition: Main unit, cuff.



USER MODE

In standby mode, short press the "👤" button to enter the User ID selection interface. Then press the "👤" button to switch and select User ID.



DATETIMEANDMUTEFUNCTIONSETUP

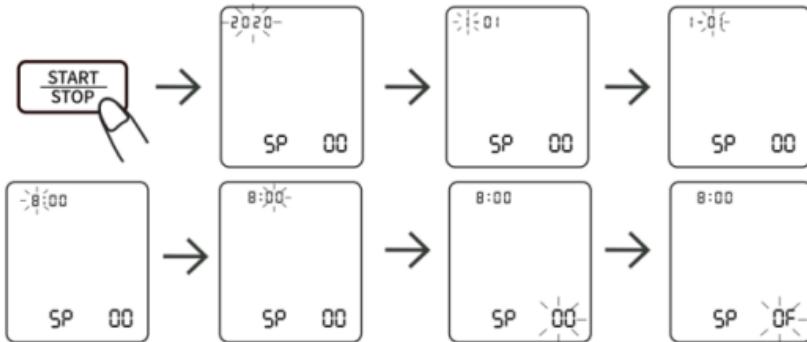
The Wrist Blood Pressure Monitor automatically stores up to 99 measurement values for each user. The memory function stores the measurement values with the date and time. Set the monitor to the current date and time before taking a measurement for the first time. The date and time can not be changed during a measurement.

1. Keep pressing the "👤" key until the year number flashes, to enter the setting mode.

2. Press "Previous/Next Touch Button" to adjust the year, then press "OK" again to save your setting and enter the month setting mode.

3. Press "Previous/Next Touch Button" to adjust the month. Follow the same steps to adjust date/hour/minute.

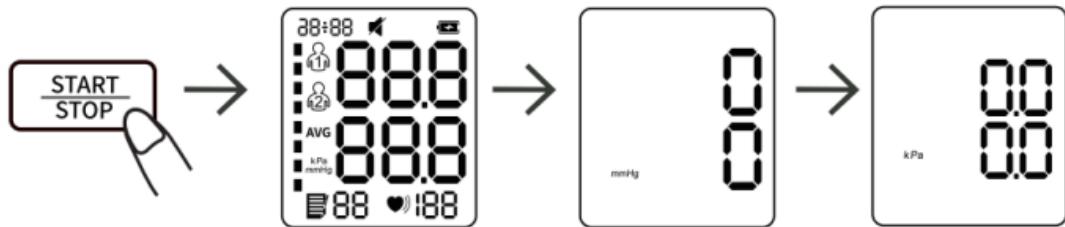
4. After the time setting is finished, it will automatically enter the mute function setting (the screen will display "SP"). Short press Previous/Next Touch Button to switch ON/OFF, "ON" means voice on, "OFF" means mute mode on, short press "OK" button to confirm.
(voice version only, optional function)



BLOODPRESSURE UNIT CONVERSION

There are two kinds of units of blood pressure display, mmHg (mmHg) and kPa (kPa). mmHg (mmHg) is set as default.

In standby mode, keep pressing "START/STOP" button for around 5 seconds to enter the unit selection, and press "Previous/Next Touch Button" to switch mmHg/ kPa. Short press ""  confirm the selection.



HOW TO APPLY THE WRISTCUFF

1. Fasten the wristcuff

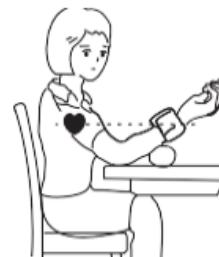
- 1) Place the wristcuff on left bare wrist by leaving clearance of 0.4-0.6 inch between the edge of the wristcuff and the bottom of the palm as shown in the figure.
- 2) Fasten the wrist cuff tightly by using the Velcro Strip.



0.4"-0.6"(10-15mm)

2. Tips for proper measurements

- Relax for 5-10 minutes before measurement.
- Sit comfortably and rest your wrist on the table.
- Raise your hand to help wrist cuff reach same level as your heart.
- Keep still and quiet during measurement.
- Do not measure after physical exercise or a bath.
- Take Measurement at the same time everyday.





Please use the original cuff that has passed the clinical trial!

Any replacement of original component with the component not provided by the manufacturer might result in measurement error.

When measuring, please keep your sitting posture upright and not cross your legs.

Warning: DO NOT take measurements more often than necessary because bruising, due to blood flow interference, may occur.

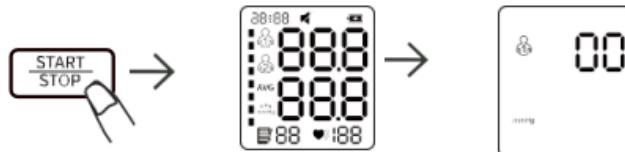
Warning: Do not use the monitoring ME EQUIPMENT on the same limb simultaneously. This could temporarily cause loss of function or an inaccurate measurement.

Warning: Consult with your physician before using this monitor on an arm where intravascular access or therapy, or an arterio-venous (A-V) shunt, is present because of temporary interference to blood flow which could result in injury.

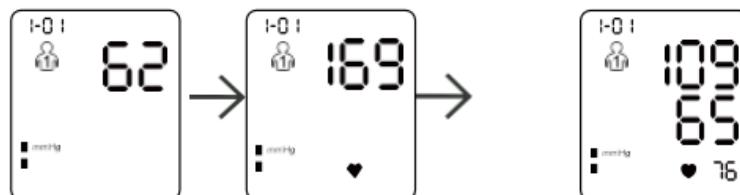
Please check whether the operation of the Arm blood pressure monitor leads to prolonged impairment of patient's blood circulation by observing the limb concerned.

HOWTOTAKEAMEASUREMENT

1. Fasten the wrist cuff following the instruction of "HOW TO APPLY THE WRIST CUFF."
2. Press the "START/STOP" button. After all icons are returned on, monitor will start inflating for measurement and display "0" or last measurement record.



3. Check the measured values after the measurement finishes, the deflation mark flashes and the wrist cuff deflates.



4. Turn off the unit

Press "START/STOP" button to turn off the arm blood pressure monitor. The monitor automatically turns off after 20 seconds.

MEMORYFUNCTION

1. Each measurement value will be stored automatically after measurement, the monitor can store up to 99 sets of values for each user. When the memory is full, the old measurement value will be covered by the new one.
2. In standby mode, press the "MEM" Button once and the device will display the average value of the blood pressure of the first three times. Press the Previous/Next Touch Button, the first measurement value will be displayed. Press the Previous/Next Touch Button again and the rest measurement values will be displayed one by one.
3. Delete memory: in standby mode, short press the "MEM" Button and press "人选" to select user group. Then keep pressing the "MEM" Button for 3 seconds to delete the stored contents on the device and the "删除" icon will appear on the screen.

CLEANING AND DISINFECTION

1. Remove the batteries before cleaning.
2. The body of Blood Pressure Monitor can be cleaned with a clean soft cloth.
3. The body can be wiped with a clean soft cloth stained with a small amount of neutral detergent or water.



Do not use any corrosive cleaning agent. When cleaning, be careful not to immerse any part of the Wrist Blood Pressure Monitor to avoid liquid flow into the instrument.

It is suggested to clean the monitor before and after each use. Complete the cleaning in 3 minutes each time. The number of repeated cleaning each time shall not exceed 3 times.

Recommended disinfecting agent:

Isopropanol solution with 70% concentration

Disinfection steps:

Wipe the machine body with a clean soft cloth stained with a small amount of the above disinfectant, and dry it immediately.

The body of the Wrist Blood Pressure Monitor can be wiped with a clean cloth stained with a small amount of 75% medical alcohol for disinfection.



Do not disinfect by such method as high temperature steam or ultraviolet irradiation, which might damage the instrument or accelerate the aging!

It is suggested to disinfect the Wrist Blood Pressure Monitor before and after use each time. Each time of disinfection shall be completed within 1min. The number of repeated disinfection each time shall not exceed 2 times.

Cleaning and disinfection shall be carried out under the suggested operation environment conditions.

Disposal

Dispose of the monitor, other components and optional accessories according to applicable local regulations. Unlawful disposal may cause environmental pollution.

NOTE:

- Do not store your monitor and other components.

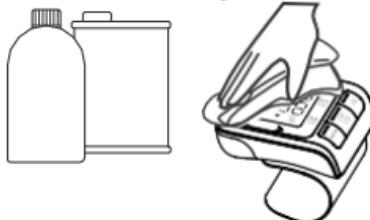
If your monitor and other components are wet.

In locations exposed to extreme temperatures, humidity, direct sunlight, dust or corrosive vapors such as bleach

- In locations exposed to vibrations or shocks.

UPKEEP AND MAINTENANCE

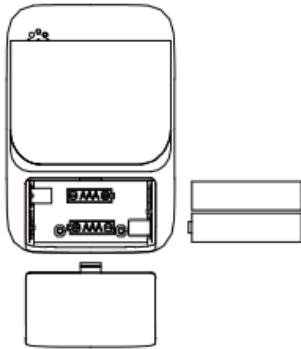
water or neutral detergent



- Always keep the surface of Blood Pressure Monitor clean and tidy, helpful to prolong the service life of Blood Pressure Monitor.

- If the host is dirty, please wipe with a dry soft cloth. If the dirt cannot be eliminated easily, wipe with a soft cloth stained with water or neutral detergent, and then dry with a dry cloth.

Warning:Do not allow water or other liquids to flow into the host.The monitor should not no longer be reused when liquid enter and damage the device and cuff.



- Install the battery
- -Open the battery cover according to the method shown in the figure.
- -Place 2 AAA dry batteries in the battery compartment, and pay attention to the electrode indication of the batteries. Install the battery as indicated in the picture right under this sentence.

- Battery replacement
- -If the product is not used for a long time (over 3 months), please take out the batteries.

We suggest to calibrate the monitor once a year at least. Please contact manufacturer or agent if you need.

SPECIFICATIONS

Measuring Method	Oscillometric Method
Display	Large LCD Screen
Measurement Range	Blood Pressure:SYS: 45-230 mmHg; DIA: 25-160 mmHg;
Pulse rate measurement range	40-199 bpm
Overpressure protection limit Adult	295 mmHg
Accuracy	Blood Pressure: ± 3 mmHg (± 0.4 Kpa) ; Pulse Rate: $\pm 5\%$
Memory	2*99 Memories
Power Source	2*AAA batteries
Outer Dimensions	Approximately 3.13" (w) x 2.75" (h) x 1.05" (d) (79.6mm x 70mm x 26.8mm)
Screen Size	46x42mm (2.5 inches)
Console Weight	Approximately 4.5 oz. (126g) without batteries
Degree of protection	Type BF
Anti Electronic Shock Type	Internally Power Supply

Protection against harmful ingress of water or particular matter	IP22
Wrist Circumference Range	Approximately 5.31"~7.68" (13.5cm~19.5cm)
Operation mode	Continuous operation
Service life	5 years
Operating environment	<p>Temperature Condition: 5 °C~40 °C</p> <p>Humidity Condition: 15%-90%RH</p> <p>Atmospheric Condition: 70kPa-106kPa</p>
Transportation and Storage Environment	Avoid strong impact, direct impact, exposure or rain during transportation. The packaged Blood Pressure Monitor shall be stored indoors at the temperature of -20°C~55°C and the relative humidity of 10%~93% ,atmospheric Condition: 70kPa-106kPa. without corrosive gas and with good ventilation.

* Specifications may be changed without notice in the event of improvement being made.

Essential Performance

1.Measurement Range (Blood Pressure):

SYS: 45-230mmHg

DIA: 25-160mmHg

Pulse rate: 40-199 bpm

2.Accuracy:

Blood Pressure: ± 3 mmHg (± 0.4 Kpa)

Pulse Rate: $\pm 5\%$

Bluetooth

Wrist blood pressure monitor using Bluetooth 4.2 technology, transmitting and receiving frequencies of 2402-2480MHz, modulation type GFSK, effective radiation power of 2.79dBm.

Note:The maximum surface temperature of the product (near motor) is 41.3°C, do not use it continuously for a long time, otherwise it will cause measurement deviation and equipment heating, it is recommended that each measurement interval of several minute.

ERRORINDICATORS

* When the measurement is abnormal, the following symbols will appear. Please use the correct method for measurement.

Error Indicators	Cause/Correction
ErU	The inflation cannot reach 30mmHg in 12 seconds.
ErH	The inflation reaches 295mmHg, it deflates automatically after 20ms.
Er1	The pulse rate is not detected correctly.
Er2	Move, talk, or magnetic disturbance during measurement.
Er3	The test result is abnormal.
Er23	SYS value reads lower than 45mmHg.
Er24	SYS value reads higher than 230mmHg.
Er25	DI value reads lower than 25mmHg.
Er26	DI value reads higher than 160mmHg

TROUBLESHOOTING

Anomaly	Inspection Items	Countermeasures
There is no display after power on	Whether the battery power is insufficient	Replace the battery
There is no display after power on	Whether positive and negative poles of the battery are installed reversely	Install in the positive and negative pole direction of battery
Unable to measure due to display error	Whether the arm is moved when pressurization	Keep your arm and body still
	Whether you talk during measurement	Keep quiet while measuring the blood pressure
Air leakage of cuff	Whether the cuff is twisted or loose	Please tighten the cuff
	Whether the airbag of cuff is ruptured	Replace with new cuff
<p> If the blood pressure still cannot be measured normally by the above methods, please contact the vendor. Please do not disassemble it by yourself!</p>		

EMC Information

Guidance and manufacturer's declaration-Electromagnetic emission	
Emissions test	Compliance
RF emissions CISPR 11	Group 1
RF emissions CISPR 11	Class B
Harmonic emissions IEC61000-3-2	N.A.
Voltage fluctuations/flicker emissions IEC61000-3-3	N.A.

Guidance and manufacturer's declaration-Electromagnetic immunity		
Immunity test	IEC60601-1-2 test level	Compliance level
Electrostatic discharge (ESD) IEC61000-4-2	±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 IEC61000-4-4	SIP/SOP: 1Kv	SIP/SOP: 1Kv
Surge IEC61000-4-5	Not applicable	Not applicable
Voltage dips, short interruptions and voltage variations on power supply input lines IEC61000-4-11	Not applicable	Not applicable
Power frequency Magnetic field IEC61000-4-8	30A/m, 50/60Hz	30A/m, 50/60Hz
Conducted RF IEC61000-4-6	SIP/SOP: 3V0,15 MHz - 80MHz 6V in ISM bands between 0,15 MHz and 80MHz 80 % AM at 2Hz	SIP/SOP: 3V0,15 MHz - 80MHz 6V in ISM bands between 0,15 MHz and 80MHz 80 % AM at 2Hz
Radiated RF IEC61000-4-3	10V/m 80MHz-2,7GHz 80%AM at 2Hz	10V/m 80MHz-2,7GHz 80%AM at 2Hz

NOTE Ut is the a.c. mains voltage prior to application of the test level.

Guidance and manufacturer's declaration-electromagnetic immunity								
Radiated RFIE C61000-4-3 (Test specifications for ENCLOSURE- PORT IMMUNITY to RF wireless communications equipment)	Test Frequency (MHz)	Band (MHz)	Service	Modulation	Max. Power (W)	Distance (m)	IEC60601-1-2 Test Level (V/m)	Compliance level (V/m)
	385	380-390	TETRA400	Pulse modulation 18Hz	1.8	0.3	27	27
	450	430-470	GMRS 460, FRS460	FM ± 5 kHz deviation 1 kHz sine	2	0.3	28	28

	710	704-787	LTE Band13, 17	Pulse modulation217Hz	0.2	0.3	9	9
	745							
	780							
	810	800-960	GSM800 /900,TETRA800, DEN 820,CDM A850, LTE Band 5	Pulse modulation18Hz	2	0.3	28	28
	870							
	930							
	1720							
	1845	1700-1990	GSM 1800;CDM A1900;GSM 1900;DECT ;LTE Band1,3, 4, 25;UMTS	Pulse modulation217Hz	2	0.3	28	28
	1970							

	2450	2400– 2570	Bluetooth, WLAN,80 2.11 b/g/n, RFID 2450, LTE Band 7	Pulsemodu lation217H z	2	0.3	28	28
	5240							
	5500	5100- 5800	WLAN 802.11 a/n	Pulsemodu lation217H z	0.2	0.3	9	9
	5785							

**Guidance and manufacturer's declaration-
electromagnetic immunity**

Radiated RF IEC61000-4- 39 (Test specification s for ENCLOSURE PORT IMMUNITY to proximity ma- gnetic fields)	Test Frequency	Modulation	IEC 60601- 1- 2 Test Level (A/m)	Compliance level(A/m)
	30 kHz	CW	8	8
	134.2kHz	Pulse modulation 2.1kHz	65	65
	13.56MHz	Pulse modulation 50 kHz	7.5	7.5

COMMON Q & A ON BLOOD PRESSURE

Q1. Why is the blood pressure measured at home lower than that measured in hospitals?

1) Blood pressure measured at home is 20 mmHg-30 mmHg (2.7 kPa-4.0 kPa) lower than measured in hospitals. It is because people are nervous when measured in hospitals, while they tend to be in a stable mood when at home.

It is important to understand the normal blood pressure when you are at home. 2) If the cuff is placed in a position above the heart, the measured blood pressure is low, so please measure in the correct posture.

Q2. Why is the blood pressure measured at home higher than that measured in hospitals?

1) The anti-hypertensive drugs lose their efficacy.

→ Please accept the doctor's instruction.

2) The cuff is not twined correctly.

If the cuff position is wrong, no arterial signal will be caught, and the measured blood pressure value will be higher.

→ Please confirm whether the cuff position is correct.

3) The cuff is rolled too loose.

If the cuff is rolled too loose, the compression force may fail to be transmitted to the artery, resulting that the measured value is higher than the actual value.

→ Adjust the gap between the arm and the cuff and tighten the cuff. 4)

The posture is incorrect when measurement.

If bending down, sitting cross-legged or bending over the sofa or low table when measurement, the blood pressure might be increased due to the abdominal pressure or due to the arm position lower than the heart.

→ Please make measurement in correct posture.

Q3. When will the measurement be better?

Please measure in the morning after you get up to urinate or when your body and mood are in stable state. It is better to make measurement at the same time everyday.



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Made in China

FCC Statement

This device complies with part 15 of the FCC rules. Operation is subject to the following two conditions: (1) this device may not cause harmful interference, and (2) this device must accept any interference received, including interference that may cause undesired operation.

Changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.

NOTE: This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates uses and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:

- Reorient or relocate the receiving antenna.
- Increase the separation between the equipment and receiver.
- Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.
- Consult the dealer or an experienced radio/TV technician for help.

The device has been evaluated to meet general RF exposure requirement. The device can be used in portable exposure condition without restriction.