

Arm Blood Pressure Monitor

UserManual



Model: ARM-30H

Table of Contents

1. Unpacking Inspection	1
2. Packing List	1
4. Product Composition	4
5. Intended Use/Instructions for Use	4
6. Contraindication	5
7. Product Parts	6
8. Blood Pressure Indicator	7
9. Power Connection	9
10. Function Setting	10
11. How To Apply The Arm Cuff	12
12. How To Take Proper Measurements	15
13. Specifications	19
14. Warnings and Cautions	24
15. Common Q&A on Blood Pressure	27
16. Abnormal Phenomena and Handling	27
17. Cleaning and Disinfection	31
18. Upkeep and Maintenance	31
19. Appendix 1 EMC Information	34

Thank you for purchasing the Arm Blood Pressure Monitor. The monitor uses the oscillometric method of blood pressure measurement. This means the monitor detects your blood movement through your brachial artery and converts the movements into a digital reading.

The device can be used in home care environment, and the patient is an intended operator, and all the functions can be safely used.

This monitor complies with the requirements of ISO 81060-2.

1. Unpacking Inspection

Before use, please open the package carefully and check whether all the parts are available according to the following packing list and whether the parts are damaged during transportation, and then install and operate in strict accordance with the user manual.

2. Packing List

No.	Name	Quantity
1	Arm Blood Pressure Monitor	1
2	Cuff 22~42cm (8.6~16.5 inches)	1
3	Type-C Charging Cable	1
4	User Manual	1
5	Quick Start Guide	1

3. Symbol Definition

Knowledge of the warning signs and symbols is crucial to the safe and proper use of this device. Kindly get informed on the following signs and symbols which you might encounter within this user manual or on the label:

	Caution
	TYPE BF APPLIED PART
	Symbol for the marking of electrical and electronics devices according to Directive 2012/19/EU.
	Refer to instruction manual
	Keep dry
	Low voltage prompt
	Keep away from the sunlight
	Vertical upward

IP21	2 Protected against solid foreign objects of 12.5 mm Øand greater; 1 Protection against vertically falling water drops
RoHS	RoHSmark
	CEmark
	Manufacturer
	Dateofmanufacture
	Serialnumber
	Batch code
	Authorized representative in the European Community ,
	Medical device
	Non-ionizing electromagnetic radiation
	Indicates the entity importing the medical device into the local
	Unique deviceidentifier

4. ProductComposition

This product is composed of the main body and cuff.

5. IntendedUse/InstructionsforUse

The Arm 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 at medical facilities or at home.

Intended users

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

Clinical benefit

The traditional auscultation method needs to learn to determine the level of blood pressure through the sound, it has high requirements for the user, requiring the user to accurately hear the Korotkoff sound and make a judgment, and this method judges the value by

human vision and hearing, with subjective factors, unless professional doctors, it is difficult for ordinary people to obtain accurate blood pressure values, and it is not very convenient to carry the stethoscope.

However, the arm blood pressure monitor based on the principle of Non-invasive oscillometric method is easy to operate, and the reading is obvious and intuitive. Patients can monitor systolic pressure, diastolic pressure and pulse rate at home at any time, greatly reducing the number of visits to the hospital, reducing the risk of travel and improving the quality of patient's life.

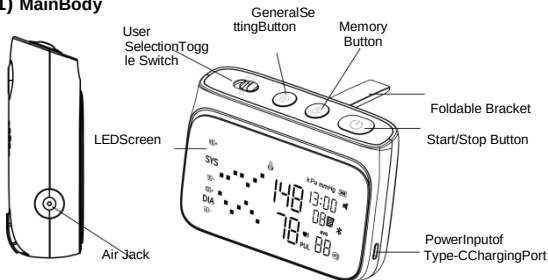
6. Contraindication

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

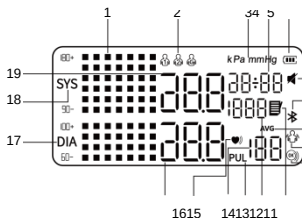
1. The device is not suitable for use on patients with implanted, electrical devices, such as cardiac pacemakers, and defibrillators.
 2. Avoid taking measurement on the arm on the side of a mastectomy or lymph node clearance.
 3. The device measures blood pressure using a pressured cuff. If the measuring 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 measure 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.

7. ProductParts

(1) MainBody



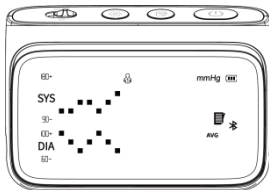
(2) DisplayScreen



1. BP Indicator
2. User Icon
3. Unit of Blood Pressure
4. Date and Time
5. Battery Icon
6. Voice On/Off Icon
7. Bluetooth Icon
8. Average Value Icon
9. "Keep Still" Indication
10. "Cuff Worn" Detection
11. Memory Icon
12. Memory Number
13. Pulse Rate Icon
14. Pulse Rate Value
15. Irregular Heartbeat Icon
16. Diastolic Blood Pressure Value
17. Diastolic Blood Pressure Icon
18. Systolic Blood Pressure Icon
19. Systolic Blood Pressure Value

8. BloodPressureIndicator

(1) AVGBPGraphofTheLast7MeasurementDays



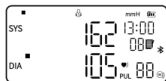
(2) BloodPressureIndicator



GreenforNormal



YellowforMildHighBlood
PressureorHypoten-
sion



RedforHighBloodPressure

SystolicBloodPressure(mmHg)	DiastolicBloodPressure(mmHg)	ColorDisplay	HierarchicalRelationship
≥ 160	≥ 100	red	and(or)
140-159	90-99	yellow	and(or)
90-139	60-89	green	and(or)
< 90	< 60	yellow	and(or)

Warning: When the blood pressure indicator is red, it means you are hypertension.

Please consult your physician immediately.

9. PowerConnection

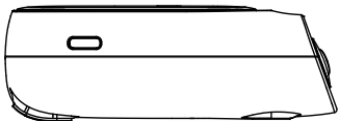
Please check whether the power of the device is sufficient before using.

When you find the battery runs out, please use the manufacturer-provided Type-C charging cable to recharge the device until the ""



indicator stops flashing. (The Type-C charging cable is included in the package.)

Note: **DONOT** use the device while charging because it doesn't work during charging. Please use it after the battery is fully charged or when you stop charging.



NOTE:

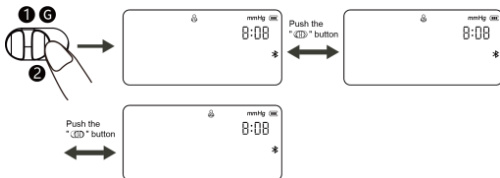
- The Type-C connector is intended to be used as a charging port for the device only.
- The adapter used should comply with the requirement of IEC 60601-1 standard, and the specifications must meet the requirements: input: AC 100~240V 50/60 Hz, output: DC 5V 1.0A. Other AC adapter may vary in output voltage and polarities and may represent a risk on your life and damaging the device.
- After fully charging the battery, if the working time of battery is shorter than before and you want to replace, do not try to replace the rechargeable battery by yourself. Please contact the manufacturer for replacement. Self-disassembly and replacement the battery may cause damage to the main unit and battery.

- When the product is not used for a long time, the battery will discharge slowly. In order to avoid battery damage due to low voltage for a long time, please charge the device for every three months.

10. FunctionSetting

(1) UserMode

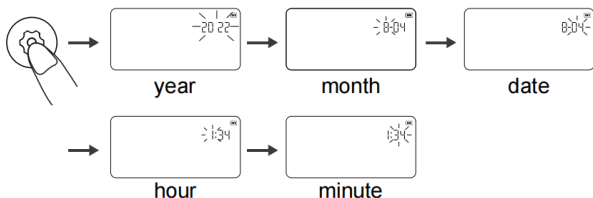
In the power-off mode, use the "G" button to switch and select the desired user group (the left side is user 1, and the middle is user 2 and the right side is guest mode). Press the "G" button after selecting the user group.



(2) DateAndTimeSetting

In the power-off mode, press the "⚙️" button for about 3seconds to enter the date setting interface, and the "year" will flash. Press the "📝" button to adjust the year, and then press the "⚙️" button to confirm the selection. When

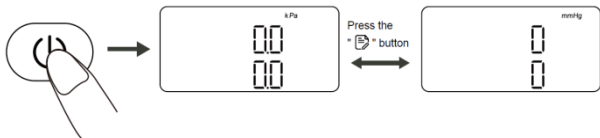
the year is set, it will automatically enter the month setting. Press the "📝" button to adjust the month. Follow the same step to adjust the date/hour/minute.



(3) Unit Display Setting

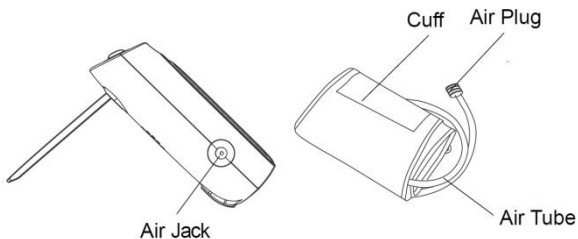
There are two kinds of unit of blood pressure display, mmHg and kPa. The default unit is mmHg.

In the power-off mode, keep pressing the "⏻" button for about 5 seconds to enter the unit selection. Press the "📝" button to switch between mmHg and kPa, and then press the "⏻" button to confirm the selection.

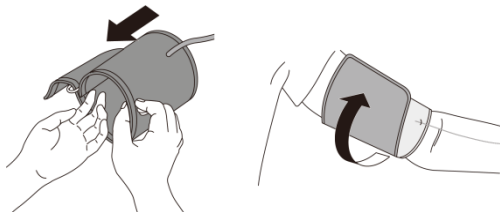


11. HowToApplyTheArmCuff

(1) Connect the arm cuff to the monitor by inserting the air plug into the air jack securely.

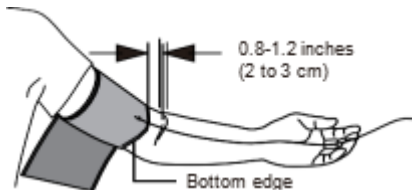


(2) Place your hand through the cuff loop. Pull the cuff until it reaches your upper arm.



Note:

The bottom edge of the arm cuff should be 0.8-1.2 inches (2 to 3 cm) above the inside elbow. The air tube is on the inside of your arm and aligned with your middle finger.



(3) Make sure that the air tube is positioned on the inside of your arm and wrap the cuff securely, so it can not move around your arm.

Note: Repeated measurement will result in blood congestion in the arm, which will affect the measurement result.

Be careful not to rest your arm on the air tube.

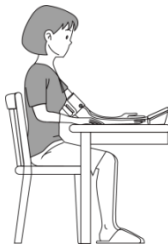
How to avoid blood congestion and ensure the repeated measurement is right?

You can raise the left hand and hold the fist several times, or take off the cuff and rest for at least 2-3 minutes before taking the measurement.

(4) Sitting Correctly

To take a measurement, you need to be relaxed and comfortably seated in a room with a comfortable temperature.

- Sit in a comfortable chair with your back and arms supported.
- Keep your feet flat and your legs uncrossed.
- The arm cuff should be placed on your arm at the same level as your heart, with the arm resting comfortably on a table.



Warning: Do not kink the connecting tubing, as the resulting continuous cuff pressure can cause interference with blood flow and harmful injury to the patient.

12. HowToTakeProperMeasurements

(1) PreparationBeforeMeasurement

--Takeofftheclothesonthe arm.

--Alwaysmeasureinthesamearm(generallytheleftarm).

--Remainstillandkeepquietduringmeasurement.

-- Relax as much as possible and do not talk during measurementPROCEDURE.

--Measureyourbloodpressureataboutthesametimeeveryday.

-- Do not measure the blood pressure immediately afterphysical exerciseorabath. Restfor20-30minutesbeforetakingthemeasurement.

--Measurementsundertheconditionslistedbelowmay affectresults:

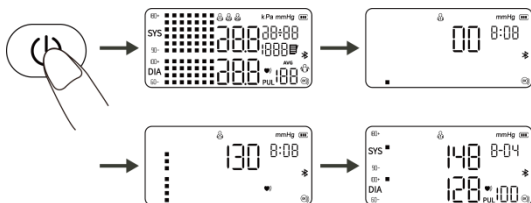
Withinanhourafterdinner,afterhavingwine,coffee,tea,sports; talking, being nervous, being in unsteady mood,bending forward, moving, room temperature dramaticallychanging during measuring; inside a moving vehicle, repeatedandcontinuousmeasuring.

(2) Taking A Measurement

1) Fasten the arm cuff following the instruction of "How To Apply The Arm Cuff". Start measurement after wearing the cuff correctly.

2) Press the "⏻" button. After all icons are returned on, the monitor will start inflating for measurement and display "00". Please do not move or talk during the measurement.

Check the measured values after the measurement is finished.



Note: If you feel uncomfortable during the measurement, press the "⏻" button immediately to stop the measurement. Please consult your doctor if unexpected readings are obtained.

(3) MemoryFunction

1) Each measured value is stored automatically under the appropriate "user" group. This device can store up to 110 sets of measurements for each user. (Note: There is no memory log for "Guest") Once the memory log is full, old values are refreshed with new ones.

2) To check the AVGBP status of the last 7 measurement days

In the power-off mode, press the "" button once, and these seven-column blood pressure indicator bar graph on the left side of the device will be displayed. Each column represents the average blood pressure of each day.

3) To check daily BP memory of one day in the last 14 measurement days

In the power-off mode, press the "" button and the AVGBP status will display. Then press the "" button, and the left column of the BP indicator bar flashes, indicating that the device will enter the memory check setting.

Press the "" button to choose the date (one day in the last 14 measurement days). The date will be displayed in the "Date and Time" area. Then press the "" button once to confirm the date, and the device will display the latest measurement value of the day. Press the "" button

again and the rest measurement values of the day will be displayed one by one. Press the "" button to check the last memory.

During the process of checking the historical memories, press the "⚙️" button for 3 seconds, you could exit the checking mode and return to the initial page.

(4) Delete All Memory

In the power-off mode, push the "⏻" button  "switch to select the user group whose measured values need to be deleted. Then press the "⏻" button to power off the device and press the "📄" button once to activate the screen. Keep pressing the "📄" button for about 3 seconds to delete the memories of the selected user and the "" icon  will appear on the screen, which means all the memories have been deleted.

(5) "Cuff Worn" Detection

The "OK" icon is always displayed on the screen when the cuff is worn correctly. When the cuff is worn too loosely, the "OK" icon will flash to remind you.

(6) "Keep Still" Indication

The "🧑" icon flashes when you move your body or shake your arm during the measurement, which may cause incorrect measurement results. Please adjust your posture and measure again.

(7) Turn off the unit

Press “” button to turn off the arm blood pressure monitor. The monitor automatically turns off after 1 minutes.

13. Specifications

Model	ARM-30H	
Display	LargeLEDscreen	
Measuring Method	Oscillometric measurement	
Measuring Part	Upperarm	
PneumaticPressureMeasuringRange	0~295mmHg(0~39.3kPa)	
Maximum PressureProtection	295mmHg (39.3kPa)	
MeasurementRange	Blood pressurevalue	SYS: 57~255 mmHg(7.6~34.0 kPa); DIA: 25~195 mmHg(3.3~26.0 kPa);
	Pulse rate	40~199bpm
Accuracy	Blood pressurevalue	±3 mmHg (±0.4 kPa)
	Pulse rate	±5%
LowBattery	When the power is lower than 3.4V±0.1V, the device will be turned off.	
Power Source	3.7V rechargeable lithium battery	

ChargingMethod	Type-C charging port;Chargingvoltage: d.c.5V/1A
Memory	It can be used for 3 users (user 1, user 2 andguestmode). 2users*110memoriesandguestmode withoutmemory.
Dimension	128mm(L)x 89.8mm(W) x30.8mm(H)
Screen Size	98.1 mm (L) x 45.3 mm (W)(4.25inches)
CuffSize	22~42cm(8.6~16.5inches)
Weight	About195g
Anti ElectronicShock Type	Internally powered ME equipment (When using only batteries) Class II ME equipment (if equipped with AC adapter)
Auto Power-off	1minutewithoutoperation
Degree of protection	Type BF
Operation Mode	Continuousoperation
Protection AgainstHarmful Ingress ofWater or ParticularMatter	IP21
Monitor Servicelife	5 years

Cuff Servicelife	10000 times
------------------	-------------

Operating Environment	Temperature condition	5°C~40°C	If stored or used beyond the designated temperature and humidity range, it will not be used properly
	Humidity condition	15%~90%RH	
	Atmospheric condition	70kPa~106kPa	
Transportation and Storage Environment	Avoid strong impact, direct impact, exposure or rain during transportation. Store your monitor and other components in a clean, safe location. Remove the arm cuff from the monitor. Gently fold the air tube into the arm cuff. The device 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.		

Essential Performance

1.Measurement Range (Blood Pressure):

SYS: 57-255mmHg

DIA: 25-195 mmHg

Pulse rate: 40-199 bpm

2.Accuracy:

Blood Pressure: ± 3 mmHg (± 0.4 Kpa)

Pulse Rate: $\pm 5\%$

Bluetooth:

Arm 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 specified power supply should meet the following condition:

Output voltage: DC 5V,

Output current:1000mA,

Class II

Comply with IEC 60601-1,

Provide at least two MOOP insulation between ac input and dc output,

Comply with US and Canadian deviation requirements.

Statement : "The ARM-30H of Arm 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."

14. Warnings and Cautions

Warnings

- No maintenance or servicing when using.
- Too frequent measurements can cause injury to the PATIENT due to blood flow interference.
- 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.
- Consult with your physician before using this monitor if you have had a mastectomy or lymph node clearance.
- Do not use the monitoring ME EQUIPMENT on the same limb simultaneously. This could temporarily cause loss of function or an inaccurate measurement.
- 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.
- Please use component (eg. cuff) provided by manufacturer. Otherwise, the measurement accuracy will be affected.
- No modification of this equipment is allowed.
- To avoid strangulation, please keep the air tube and type-C charging cable away from the infants, toddlers and children.
- Do not leave the small parts where children can reach them. Children may swallow them. If a child accidentally swallows them, battery cover, please contact a doctor immediately

- The cuff complies with the requirements of ISO 10993-5, ISO 10993-10, ISO 10993-23. But few sensitive people may have allergies.
- **DONOT** use this monitor on an injured arm or an arm under medical treatment.

Cautions

- Do not perform measurements more frequently than necessary.

Due to the interference of blood flow, some bruising may occur.

- Maintenance should be done by the manufacturer as suggested.
- When the ambient temperature is less than 5 °C, please take the device to the place where the ambient temperature is between 5 °C~40 °C at least 1 hour; When the ambient temperature is higher than 40 °C, please take the device to the place where the ambient temperature is between 5 °C~40 °C at least 2 hours.

- **DONOT** use this monitor for infants, toddlers, children or persons who cannot express themselves.

- **DONOT** take medicine based on readings from the device. Contact your physician for specific information about your blood pressure. The patient should not self-diagnose or self-medicate per measured results. Kindly adhere to the instructions of your physician or health provider.

- **DONOT** use the device while you are on an intravenous drip or blood transfusion.

- **DONOT** 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.

- Make sure that the cuff is not placed on an arm in which the arteries or veins are undergoing medical treatment, e.g. intravascular access or intravascular therapy, or an arteriovenous (AV) shunt.
- 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.
- Stop using this monitor and consult with your physician if you experience skin irritation or discomfort.
- Consult with your physician before using this monitor if you have severe blood flow problems or blood disorders, because the cuff inflation can cause bruising.
- DO NOT use this monitor for any purpose other than measuring blood pressure and pulse rate.
- DO NOT disassemble or attempt to repair this monitor or other components. This may cause an inaccurate reading.
- DO NOT use in a location where there is moisture or a risk of water splashing this monitor. This may damage this monitor.
- DO NOT use this monitor in a moving vehicle such as in a car.
- DO NOT drop or subject this monitor to strong shocks or vibrations.
- 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.
- When the performance changes (such as: inaccurate measurement or abnormal display), please stop using it immediately and contact the sales service personnel in time.

15. Common Q&A on Blood Pressure

Q1: Why is the blood pressure value obtained at home lower than that obtained at the hospital?

- The blood pressure difference between home and hospital measurements is about 20 mmHg~30 mmHg (2.7 kPa~4.0 kPa). This is because individuals tend to be more relaxed at home than at the hospital.
- If the device is placed at a position over the heart, the blood pressure value tends to be much lower than it actually is. Ensure the device is positioned right at the heart level.

Q2: Why is the blood pressure value obtained at home higher than that obtained at the hospital?

- The anti-hypertensive drug the patient might be using has lost its efficacy. Kindly adhere to your doctor's instructions.
- The cuff might not be in the correct position. If the cuff is not placed right, no arterial pressure value will be obtained, and the blood pressure value might be much higher than it is. Therefore, properly position the cuff.
- The cuff is not tight enough. If the cuff is loose, the compression force might fail to transmit to the artery, causing the blood pressure value to be much higher than it is. Therefore, re-adjust and tighten the cuff further.
- The patient is not sitting correctly during measurement. Slouching, tilting, bending, and sitting cross-legged are not encouraged while taking blood pressure measurements due to increased abdominal pressure or the arm position being below the heart. Kindly take readings in the correct posture.

Q3:When can I obtain better measurements?

- Measurements are best taken in the mornings right after you urinate or when your mind and body are stable. We recommend taking readings at the same time of the day, every time.

Q4. Why the blood pressure value measured each time is different?

- 1) When systole each time, the blood pressure will change to some extent. For example, a person with the pulse of 70 beats per minute will have 100,800 blood pressure changes every day. Because the blood pressure is constantly changing, it is difficult to obtain the correct blood pressure value by measurement only once. Please make measurement for 2~3 times. The first measurement will generally be higher due to nervousness or inadequate preparation, and then when the second measurement, the nervous emotion will be slightly alleviated, so generally, the second measurement will be 5mmHg-10mmHg (0.7kPa-1.3kPa) lower than the first time. This will be more obvious for those with higher blood pressure.
--When continuous measurement, please note that: There might be extravasated blood because the arm is compressed, resulting that the fingertip blood does not flow smoothly. If you continue the measurement in case of extravasated blood, you cannot obtain the correct measured value. Loosen the arm band, raise your hand over the head and grasp and stretch your left and right palms for 15 times repeatedly. Then the extravasated blood can be dissolved and you can continue the blood pressure measurement
- 2) Cuff position and twining method. The measured value varies with the cuff size. Particularly, if the cuff is twined

round the elbow, you cannot obtain the correct measured value.

--Please use the correct cuff twining method for measurement. The arm circumference range of the enclosed cuff is 22~42 cm (center of the upper arm). If the model is inconsistent, please purchase separately.

16. Abnormal Phenomena and Handling

If the measurement is abnormal, any of the following symbols may appear. Kindly use the recommended method for measurement.

Errors	Cause/Solution
Er U	The pressure cannot reach 30 mmHg (4 kPa) in 12 seconds.
Er H	The inflation reaches 295 mmHg.
Er 1	The pulse rate is not detected correctly.
Er 2	Too much disturbance (Move, talk, or magnetic disturbance during measurement).
Er 3	The measurement result is abnormal.
Er23	SYS value reads slower than 57 mmHg.
Er24	SYS value reads higher than 255 mmHg.
Er25	DI A value reads slower than 25 mmHg.
Er26	DI A value reads higher than 195 mmHg.

***Troubleshooting**

Anomaly	Inspection Items	Solution
Failure to power on	The battery is depleted	Recharge the device till the " " indicator stops flashing
No pressurizing	Whether the air tube plug is inserted tightly	Insert the air tube plug firmly into the jack
	Whether the air tube is broken or leaked	Please contact the dealer to replace with a new cuff
Unable to measure due to the display error	Whether the arm is moved when pressurization	Keep your arm and body still
	Whether you talk during the measurement	Keep quiet while measuring the blood pressure
Air leakage of the cuff	Whether the cuff is twisted too loose	Please tighten the cuff
	The air bag of the cuff is ripped	Please contact the dealer to replace with a new cuff



If the blood pressure still cannot be measured after trying the above-stated solutions, please contact the dealer. DO NOT attempt to disassemble the device by yourself.

17. Cleaning and Disinfection

(1) Cleaning

The device can be cleaned with a soft, clean cloth dampened with a small amount of neutral detergent or water.

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



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

(2) Disinfection

Recommended Disinfecting Agent

75% medical alcohol Steps:

- 1) Carefully wipe the device with a soft, clean cloth dampened with a small amount of the above disinfectant, and dry immediately with a soft, clean, dry cloth.
- 2) The body of the device can also be cleaned with a soft, clean cloth dampened with a small amount of 75% medical alcohol for c



ction.

Do not disinfect through methods like high-temperature steam or ultraviolet radiation. These might damage the device and reduce its service life.

It is suggested to disinfect the monitor before and after use each time. Each time of disinfection shall be completed

within 1 min. The number of repeated disinfections each time shall not exceed 2 times.

(3) Disposal

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

Notes

- Do not bend or crease the air tube excessively.
- Do not store the monitor or its components:
 - if the monitor or its parts is wet.
 - in locations with extreme temperatures, humidity, direct sunlight, dust, or corrosive gases.
 - in areas with a high risk of vibrations or shocks.

18. Upkeep and Maintenance



Water or neutral detergent



- Always keep the surface of the device clean and tidy, helpful to prolong its service life.
- If the device 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.
- We suggest to calibrate the monitor once a year at least. Please contact manufacturer or agent if you need.

Warning:

Do not allow water or other liquid to flow into the device.

The arm pressure monitor should not no longer be reused when liquid enters and damages the device and cuff.

19. Appendix1EMCInformation

Guidance and manufacturer's declaration - Electromagnetic emission		
The Arm Blood Pressure Monitor is intended for use in the electromagnetic environment specified below. The customer or the user of the Arm Blood Pressure Monitor should assure that it is used in such an environment.		
Emissions	Compliance	Electromagnetic environment-guidance
RF emissions CIS PR11	Group 1	The Arm Blood Pressure Monitor uses RF energy only for its internal function. Therefore, its RF emissions are very low and are not likely to cause any interference in nearby electronic equipment.
RF emissions CIS PR11	Class B	The Arm Blood Pressure Monitor is suitable for use in all establishments, including domestic establishments and those directly connected to the public low-voltage power supply network that supplies buildings used for domestic purposes.

Harmonic emissions IEC61000-3-2	N.A.	
Voltage fluctuations/-flicker emissions IEC61000-3-3	N.A.	

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

The Arm Blood Pressure Monitor is intended for use in the electromagnetic environment specified below. The customer or the user of the Arm Blood Pressure Monitor should assure that it is used in such an environment.

Immunity test	IEC 60601 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
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	± 1 kV signal input/output 100 kHz repetition frequency	± 1 kV signal input/output 100 kHz repetition frequency
Surge IEC 61000-4-5	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	30 A/m, 50/60 Hz	30 A/m, 50/60 Hz
Conducted RF IEC61000-4-6	3 V signal input/output; 0,15 MHz-80 MHz 6 V in ISM and amateur radio bands between 0,15 MHz and 80 MHz 80% AM at 2 Hz	3 V signal input/output; 0,15 MHz-80 MHz 6 V in ISM and amateur radio bands between 0,15 MHz and 80 MHz 80% AM at 2 Hz
Radiated RF IEC61000-4-3	10 V/m 80 MHz - 2.7 GHz 80% AM at 2 Hz	10 V/m 80 MHz-2.7 GHz 80% AM at 2 Hz
NOTE: UT is the a.c. mains voltage prior to application of the		

testlevel

Guidance and manufacturer's declaration - electromagneticImmunity

The Arm Blood Pressure Monitor is intended for use in theelectromagnetic environment specified below. The customer or theuser of the Arm Blood Pressure Monitor should assure that it isusedinsuch anenvironment.

Radiat edRFI EC610 00-4-3 (Testsp ecificati ons forENC	Test Freq uenc y(M Hz)	Ban d(M Hz)	Service	Modulati on	Max. Pow er(W)	Dist anc e(m)	IEC6 0601 - 1-2 Test Lev el(V /m)	Com plian celev el(V/ m)
LOSUR EPORTI MMUNI TY to RFwirel esscom municati onsequi pment)	385	380- 390	TETR A400	Pulsemo dulation 18Hz	1.8	0.3	27	27
	450	430- 470	GMR S460 , FRS46 0	FM ±5 kHz deviatio n1kHzsi ne	2	0.3	28	28
	710	704-	LTE	Pulsemo	0.2	0.3	9	9
	745	787	Band13	dulation				

	780		, 17	217Hz				
	810	800-	GSM8	Pulsemodulation	2	0.3	28	28
	870	960	00/900					
	930		,TETRA800, DEN 820,CD MA850 , LTE Band 5	18Hz				
	1720	1700	GSM	Pulsemodulation	2	0.3	28	28
	1845	–	1800					
	1970	1990	;CD MA1 900; GSM 1900 ;DECT;LTE Band1, 3, 4, 25;UMTS	217Hz				

	2450	2400 – 2570	Bluetooth, WLAN, 802.11 b/g/n, RFID 2450, LTE Band 7	Pulse modulation 217Hz	2	0.3	28	28
	5240	5100	WLAN	Pulse modulation	0.2	0.3	9	9
	5500	-	802	dulation				
	5785	5800	.11 a/n	217Hz				

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

Radiated RF IEC61000-4-39 (Test specification)	Test Frequency	Modulation	IEC60601-1-2 Test Level (A/m)	Compliance level(A/m)
	30kHz	CW	8	8

s for ENCLOSURE REPORT COMMUNITY to proximity magnetic fields)	134.2kHz	Pulse modulation 2.1kHz	65	65
	13.56MHz	Pulse modulation 50kHz	7.5	7.5

Warning:

- 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 like antenna cables and external antennas) should be kept at least 30cm (12 inches) from the device and its parts to prevent degradation of the monitor.
- Do not use this device adjacent to or stacked on other equipment to prevent improper functioning. If such use is necessary, all accessories involved must be checked for normal operation.
- Do not use this device within regions of active HF-surgical equipment or RF-shielded room of an ME system for magnetic resonance imaging, where EM disturbances may be high.

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.



ShenzhenAOJMedicalTechnologyCo.,Ltd.

Room301&4F,BlockA,BuildingA,JingfaIntelligent
ManufacturingPark,Xiaweyuan,GushuCommunity,Xixiang
Street, Bao'an District, 518126 Shenzhen,PEOPLE'S
REPUBLIC OF CHINA

Email:info@aojmedical.com

Website: www.aojmedical.com

Tel: 86-755-2778 6026



ShareInfoGmbH

HeerdterLohweg83,40549Düsseldorf,GERMANY

Tel:00491795666508

E-mail:EU-Rep@share-info.com

MadeinChina

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.