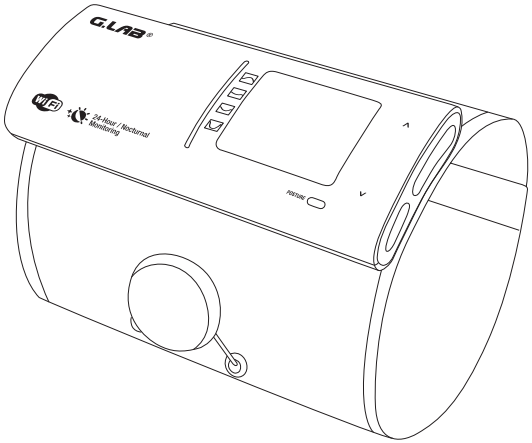
ENGLISH

DIGITAL AUTOMATIC BLOOD PRESSURE MONITOR
Instruction manual

INSTRUCTION MANUAL



MODEL : MD6300

INTRODUCTION

Thank you for purchasing the G.LAB Digital Automatic Blood Pressure Monitor.
The device is easy-to-use and good for home users and healthcare professionals. It applies non-invasive oscillometric method which can measure your blood pressure and pulse rate quickly and easily, and it saves the data automatically to let you review the average and measured data at any time.

Indication for use

This device is for use by medical professional or home users. It is intended to measure the systolic and diastolic blood pressure on an adult individual by using a non-invasive technique, in which an inflatable cuff is wrapped around the upper arm.

COMPLIANCE

This device conforms to European Medical Device Regulation 2017/745.

This device complies with:

- EN ISO 81060 standard relating to non-invasive sphygmomanometers
  Part 1: Requirements and test methods for non-automated measurement types and EN 1060 standard relating to non-invasive sphygmomanometers.
  Part 3: Supplementary requirements for electro-mechanical blood pressure measuring systems.
- EN 60601 standard relating to medical electrical equipment
  Part 1-2: General requirements for basic safety and essential performance and essential performance – Collateral standard: Electromagnetic compatibility – Requirements and tests.
- ISO 81060-2:2013 standard relating to non-Invasive sphygmomanometers
  Part 2: Clinical validation of automated measurement type.
- IEC 80601-2-30:2009+A1:2013 standard relating to medical electrical equipment
  Part 2-30: Particular requirements for the basic safety and essential performance of automated type non-invasive sphygmomanometers.

IMPORTANT NOTES

⚠ DO NOT use this device on newborns, infants, children, toddlers or persons who cannot express their intentions. The device is designed for use on adults only.

⚠ DO NOT self-diagnosis from the measurement results and start treatment by yourself.

⚠ DO NOT adjust medication based on the measurement results.

⚠ Consult your physician for specific information about your blood pressure.

⚠ The Irregular Heartbeat detection function may help to detect potential cardiac arrhythmia at an early stage but it is not intended to replace cardiac examination.

⚠ The "WHO Blood Pressure Classification" chart is a guide for reference and is not intended to replace medical diagnosis.

⚠ Use the device only as intended. Do not use the device for any other purpose.

⚠ Do not apply the device on an arm with an unhealed wound or under medical treatment.

⚠ Do not take measurements more than necessary. High measurement repetition rates may cause pain, numbness, temporary red marks or bruising to the arm due to blood flow interference.

IMPORTANT NOTES

⚠ If you have any of the following medical conditions, you may get an inaccurate reading with the device. Please consult your physician before using the device.

- Patients in shock
- Cardiac arrhythmias
- Atrial or ventricular premature beats
- Atrial fibrillation
- Arterial sclerosis
- Poor perfusion
- Vessel anomalies
- Very low blood pressure
- Pregnancy
- Diabetes
- Pre-eclampsia
- Renal diseases
- Underwent breast or axillary lymph node removal operation
- With an arteriovenous shunt.
- With an intravenous drip or blood transfusion.
- With implanted electrical device such as cardiac pacemaker
- With other medical electrical equipment attached
- With condition that may compromise circulation
- Severe blood flow problems or blood disorders, as cuff inflation can cause bruising.
- Trembling or shivering

⚠ Do not use the device with other medical electrical equipment simultaneously.

⚠ Do not use the device where high frequency surgical equipment, magnetic resonance imaging (MRI), computerized tomography (CT) scanner or X-ray machine is operating.

⚠ Do not use the device near electromagnetic fields emission equipment such as cellular phones, microwave ovens or televisions.

IMPORTANT NOTES

- Do not use the device where flammable gases (e.g. anesthetics gas, oxygen and hydrogen) or flammable liquids (e.g. alcohol) are present.
- Do not use the device in a moving vehicle such as car orairplane.
- Do not use the device outside the specified environment. It may cause an inaccurate reading.
- The product contains small parts that may cause a choking hazard to infants and children. Keep the device and its parts out of reach of infants and children.
- Do not attempt to open, disassemble, repair, modify or adjust the device by yourself. It may cause accident, damage the device, cause inaccurate measurement and void the user warranty.
- Do not subject the device to strong knocks (e.g. dropping the unit on the floor), extreme in temperature, high humidity, direct sunlight, dust or chemicals. This may damage the device.
- The device is not water resistant. Avoid water, rain or sweat from infiltrating the device.
- Clean the device and cuff carefully with a dry, soft cloth or a cloth dampened with water. Do not use aggressive solvents such as alcohol, benzene, thinner or other strong chemicals to clean the device.
- Do not fold the cuff tightly for a long period. Such condition may shorten the life of the part.
- Dispose used equipment, parts, batteries and optional accessories according to applicable local regulations. Unlawful disposal may cause environmental pollution.

IMPORTANT NOTES

- Do not wrap the cuff around body parts other than your upper left arm. Misuse represents a risk to your health.
- Packaging materials are a deadly hazard for children and can cause suffocation. Remove all packaging materials immediately and keep them away from children at all times.
- Proper cuff size is important for accurate measurements. Only use the device on adults who have the right upper arm circumference for this unit. See “TECHNICAL SPECIFICATION” for suitable arm circumferences.
- Take extra precaution to keep a leaking battery away from fire as there is a risk of ignition or explosion.
- Do not use any cuffs and accessories other than those explicitly recommended by the manufacturer for use with this product. Cuffs and accessories not approved for use with this device may cause damage to your health and to the product.
- In case the cuff does not stop inflating, interrupt the measurement by pressing the ON/OFF button and open the cuff at once.
- Remove any kind of arm jewellery or the like before taking a measurement. This could cause bruises.

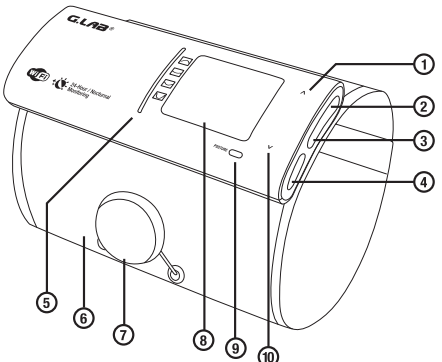
IMPORTANT NOTES

- Do not place the arm cuff over heavy clothing (e.g. a jacket or sweater sleeve) as the blood pressure monitor will not be able to take a proper measurement and there is an elevated danger of acquiring hematoma or skin marks during the course of the measurement.
- When applying the cuff, make sure there are no wrinkles in the cuff as this could cause bruises.
- Blood pressure measurements can lead to temporary marks on the skin at the site of the cuff placement. This is especially the case in high repetition rates, in hypertonic patients and in patients with weak heart rates. In rare cases a mark may persist for couple of days. Please contact your physician about these specific risks of cuff pressure in your specific case.
- The device is designed and manufactured for a long service life. Expected service life is 10,000 cycle. It is generally recommended to have the monitor inspected every 2 years to ensure proper functioning and accuracy. Please contact your dealer for maintenance.
- Do not drop or insert any object into any openings or hoses. This may damage the unit.
- Do not press the buttons with excessive force or with pointed objects.
- When storing the device, make sure that no heavy objects are placed on top of it.

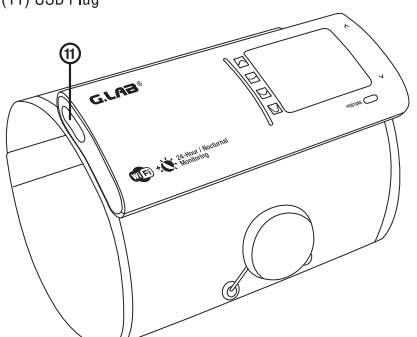
MAINTENANCE AND STORAGE

- The blood pressure monitor is constructed by precision electronic components. Accuracy of readings and the instrument's service life depend on careful handling. Protect the unit against hard knocks (e.g. dropping the unit), moisture, water, dirt, dust, chemicals, extreme hot or cold temperatures, major temperature fluctuations, direct exposure to sunlight and heat sources which are too close (e.g. stoves, heating radiators). This may damage the unit. The device must be stored in the specified ambient conditions. Please see section "Technical Specification" for details.
- Never immerse and/or spill water or any other liquid onto the monitor or any components, otherwise liquid may enter it and cause damage.
- Never attempt to repair, open and/or disassemble the unit or adjust it yourself. This may cause damage to the unit and impair functions. If you cannot fix the problem using the "TROUBLE SHOOTING" instructions, request service from your dealer.
- Do not drop or insert any object into any openings or hoses. This may damage the unit.
- Do not press the buttons with excessive force or with pointed objects.
- When storing the device, make sure that no heavy objects are placed on top of it.
- Used equipment, parts and batteries are not treated as ordinary household waste, and must be disposed according to applicable local regulations for material disposal. Unlawful disposal may cause environmental pollution.

DEVICE DESCRIPTION

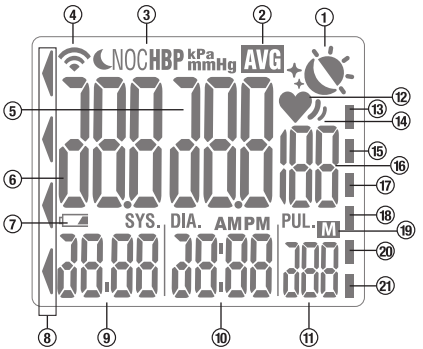


(1) Increase Key
(2) Memory Key
(3) Continuous Measurement Key
(4) Start / Stop Key
(5) WHO LED Indicator
(6) Arm Cuff
(7) Adjusting Dial
(8) Display
(9) Posture Indicator
(10) Decrease Key
(11) USB Plug



DEVICE DESCRIPTION

Information on the Display :



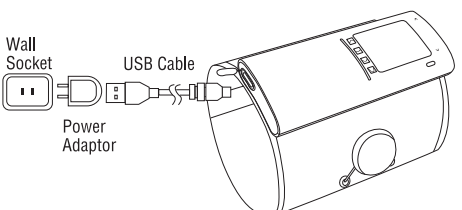
(1) Continuous Measurement Mode Icon
(2) Average Record Icon
(3) Nocturnal Hypertension Icon
(4) WiFi Icon
(5) Diastolic Pressure
(6) Systolic Pressure
(7) Battery Low Indicator
(8) Nocturnal Blood Pressure Pattern Indicator
(9) Date (Systolic pressure when last reading displays)
(10) Time (Diastolic pressure when last reading displays)
(11) Memory Record Number
(Pulse rate when last reading displays)
(12) Heart Mark
(13) Severe Hypertension
(14) Irregular Heartbeat Indicator
(15) Moderate Hypertension
(16) Pulse Rate
(17) Mild Hypertension
(18) High Normal
(19) Memory Icon
(20) Normal
(21) Optimal

RECHARGING THE DEVICE

Connect the USB cable to the Type-C charging port of the device. Connect the power adaptor to a wall socket. The WHO LED will show orange light during the charging state, and the WHO LED will show green light when the battery is fully charged.

Note :

- When battery level is getting low, symbol displays. This signals a need to charge the battery.
- Do not use the device when charging the battery, else it may cause battery performance and safety issues.
- This appliance contains batteries that are non-replaceable.



NOTE:

⚠ Do not attempt to replace the lithium battery.

⚠ Do not plug or unplug the power cord into the electrical outlet with wet hands.

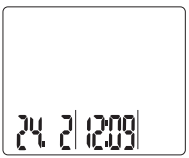
⚠ Overcharging the battery may reduce its lifetime.

⚠ Battery life and charge cycles vary by use and settings.

SETTING DATE / TIME / WiFi

(A) Manual setting

1. To enter the setting mode:
   a. With the power turned off, press and hold the [⏻] key.
   b. Press and hold the [M] key when the device is in standyby mode. (Standby mode is the most energy saving mode that shows the current date and time.)



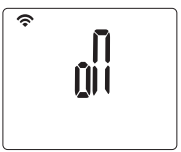
2. After entering the setting mode, “YEAR” will blink on the display.
3. Press [∧] or [∨] key to set the current Year.
4. Press [M] key to confirm and then "MONTH" will start to blink.
5. Press [∧] or [∨] key to set the current Month.
6. Press [M] key to confirm and then "DAY" will start to blink.
7. Press [∧] or [∨] key to set the current Day.
8. Press [M] key to confirm and then "HOUR" will start to blink.
9. Press [∧] or [∨] key to set the current Hour.
10. Press [M] key to confirm and then "MINUTE" will start to blink.
11. Press [∧] or [∨] key to set the current Minute.
12. Press [M] key to confirm and then WiFi “On” or “OFF” will start to blink.
13. Press [∧] or [∨] key to switch between ON and OFF.
14. Press [M] key to confirm and setting is completed.

Note:

- It is recommended to leave the device to standby mode.
- You may need to set the date and time again when you turn on the device from the power off mode.

(B) Setting date / time by your smart device

1. To enter the setting mode:
   a. With the power turned off, press and hold the [⏻] key.
   b. Press and hold the [M] key when the device is in standyby mode.
2. Keep pressing [M] key to skip the date / time setting until WiFi “On” or “OFF” is blinking.



WiFi “On”

WiFi “OFF”

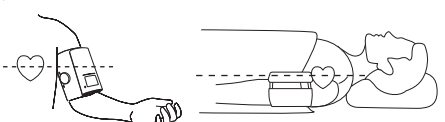
3. Press [∧] or [∨] key to switch the device to WiFi “ON” status.
4. At the same time, open the "G.LAB" app on your smart device and select your WiFi network.
5. Once the device is successfully connected to the WiFi network, the WiFi icon will stop blinking, date and time will be set automatically and show on the display.

Note:

- If the date and time is set by WiFi previously, the date and time will automatically set again in 5 sec. when you turn on the device from the power off mode.

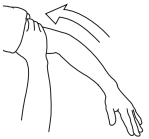
BEFORE TAKING A MEASUREMENT

- Before using the device, check your upper arm circumference and make sure it matches the cuff circumference range.
- Keep record of your blood pressure and pulse rate. A single measurement does not provide an accurate indication of your true blood pressure.
- To ensure comparable data, measure your blood pressure at the same time of the day for consistency.
- Measurement should be taken in a quiet and comfortable indoor environment.
- To ensure a reliable measurement, follow these recommendations:
  - Avoid eating, drinking alcohol or caffeinated beverages, smoking, exercising, or bathing for 30 minutes before taking a measurement.
  - Rest for at least 5 minutes before taking each measurement.
  - Stress raises blood pressure. Avoid taking measurements during stressful conditions.
  - Avoid taking measurement while you are physically tired or exhausted.
  - Remain still and do not talk during the measurement.
  - Position the cuff at heart level throughout the measurement.
- Relax and sit comfortably on a chair. Lay your feet flat on the floor. Do not cross your feet. Keep your back straight. Place your hand, palm-side up, in front of you on a flat surface such as a desk or a table.
- When you are lying down during measurement, lie on your back. Place your arm straight along your side with your hand palm-side up.

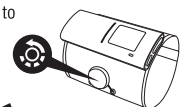


APPLYING AND REMOVING THE CUFF

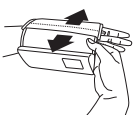
1. Bare your upper arm. Make sure that the blood circulation in your arm is not constricted by any clothing that is too tight.



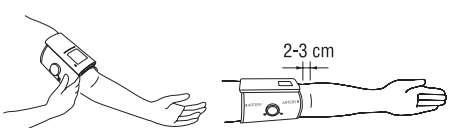
2. Slightly turn the dial anticlockwise to unlock the arm cuff.



3. Loosen the arm cuff.

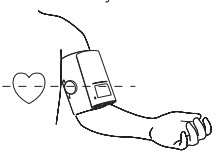


4. Pass your bare upper arm through the cuff loop. Turn your palm upward. Position the cuff approximately 2-3 cm above your elbow. Adjust the device so that the "ARTERY" mark is directly over the artery.



5. Turn the dial clockwise to tighten. Make sure the cuff fits snugly around your arm. The cuff should make good contact with your skin.

6. Place your elbow steadily on a table or at a position so that the cuff is level with your heart. You may start measuring.



7. To take off the device after the measurement has been taken, slightly turn the dial anticlockwise to unlock the cuff. Loose the cuff and remove it from your upper arm.

PERFORMING BLOOD PRESSURE MEASUREMENT

1. When the device is off, press and hold the [⏻] key to turn on the device to the standby mode.
   Or press [⏻] key to turn the device to standby mode at anytime.

2. Press [⏻] key again to start the blood pressure measurement.

3. Posture checking will start and memory record number appear on the display. (If user's posture is at the right level, the LED will show blue light. If user's posture is incorrect, the LED will show red light.)

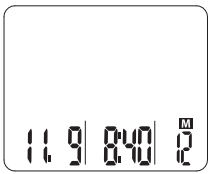
4. The cuff starts to inflate. It is normal for the cuff to feel tight. The corresponding pressure bar indicator and the current cuff pressure appear on the display.
   ❗ If you want to stop cuff inflation, press the [⏻] key to stop the device and the cuff will deflate.

5. The monitor automatically determines your ideal inflation level and will stop inflation automatically. As soon as a pulse is detected, the Heart Mark ♥ flashes at every heartbeat.

6. When the measurement is completed, the current and previous systolic pressure, diastolic pressure and pulse rate are displayed and stored to memory. WHO classification LED will light up to show the corresponding color code. If WiFi is on, icon will be flashing for connection. All measurement data will transmit to the cloud server when the icon stop flashing.

7. The cuff deflates to remove residue air automatically. The device will automatically return to standby mode.

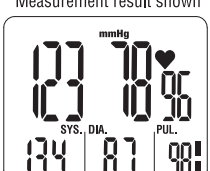
Posture check and memory record number appear



Inflation in progress

Pulse detected

Measurement result shown



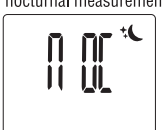
PERFORMING 24-HOUR BLOOD PRESSURE MEASUREMENT

There are 2 continuous measurement modes for user's selection, 24-hour monitoring and nocturnal monitoring. The 24-hour mode is for tracking of both daytime and nighttime blood pressure. It enables the collection of more data in user's normal environment and gives user the full picture for more informed treatment decisions.

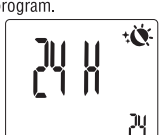
Before performing the 24-HOUR measuring mode:
- Make sure the date / time setting is completed.
- Make sure the device is fully charged.

1. When the device is off, press and hold the [⏻] key to turn on the device to the standby mode.
   Or press [⏻] key to turn the device to standby mode at anytime.

2. Press and hold the [ ] key to enter continuous measurement mode. Press [∧] or [∨] key to select between 24-hour or nocturnal measurement program.



Nocturnal mode

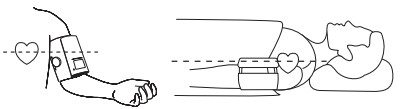


24-hour mode

3. Select the 24-HOUR mode and press the [ ] key to confirm. The device will lock in the selected mode. You may now apply the arm cuff.

Note: Once the continuous measurement mode is set, normal measurement can not be used.

Blood pressure can be affected by the position of the cuff and your physiologic condition. It is very important that the cuff should be placed at the same level as your heart.



3. This 24-HOUR mode is an hourly interval program. The first measurement will start 5 minutes after the 24-hour mode is set. The number of remaining measurement times will show on the display.

The number of remaining measurement

If you want to exit the 24-hour mode at any time, press and hold the [ ] key to go back to the standby mode or press and hold the [⏻] key to turn the monitor off.

If you want to stop cuff inflation, press the [⏻] key to stop and the cuff will deflate. This action will only stop the cuff inflation once. The 24-hour mode will continue as programmed.

4. The device will automatically exit from the 24-hour mode and return to standby mode once the program is completed.

PERFORMING NOCTURNAL BLOOD PRESSURE MEASUREMENT

There are 2 continuous measurement modes for user's selection, 24-hour monitoring and nocturnal monitoring. The nocturnal mode is for measuring nocturnal blood pressure automatically during sleep time, then save the measurement data and compare them with the daytime readings in order to come up with the nocturnal blood pressure pattern.

Before performing the nocturnal (NOC) measuring mode:

- Make sure the date / time setting is completed.
- Make sure the device is fully charged.
- Make sure there is at least 2 daytime measurement data in your device. (The NOC measurement program will not start and "E8" will appear on the display if insufficient daytime measurement data.)
- Start the NOC measuring mode right before you go to bed.

1. When the device is off, press and hold the [⏻] key to turn on the device to the standby mode.
   Or press [⏻] key to turn the device to standby mode at anytime.

2. Press and hold the [☀/🌙] key to enter continuous measurement mode. Press [∧] or [∨] key to select between 24-hour or nocturnal measurement program.

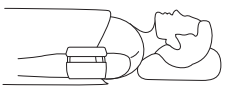
Nocturnal mode

24-hour mode

3. Select the NOC mode and press the [☀/🌙] key to confirm.
   The device will lock in the selected mode. You may now apply the arm cuff and go to bed.

Note: Once the continuous measurement mode is set, normal measurement can not be used.

❗ Try to maintain a position which does not compromise the blood circulation to ensure the device make the appropriate measurements while you are asleep.



3. This NOC mode is programmed to have 3 measurements per cycle. The first measurement starts after 2 hours entering NOC mode. The second and the third measurement starts after 3.5 and 4.5 hours entering NOC mode.

Note:

- The posture checking function does not work in NOC mode.
- If the measurement is failed, the monitor will try to take a measurement once more after 5 minutes.

❗ If you want to exit the NOC mode at any time, press and hold the [☀/🌙] key to go back to the standby mode or press and hold the [⏻] key to turn the monitor off.

❗ If you want to stop cuff inflation, press the [⏻] key to stop and the cuff will deflate. This action will only stop the cuff inflation once. The NOC mode will continue as programmed.

4. The device will automatically exit from the NOC mode and return to standby mode once the program is completed.

RECALL CONTINUOUS MODE MEASUREMENT DATA

This mode is for reviewing the average measurement results that are collected by the continuous measurement programs.

1. Press the [ ] key in standby mode or memory mode.
2. Press the [∧] or [∨] key to view the average measurement results.

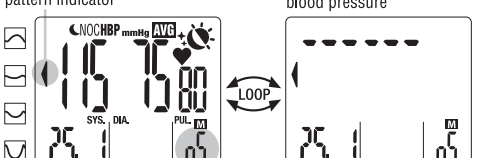
- Each record displays the average value of the 3 measurements in a NOC cycle or the 24 measurements in a 24-hour cycle.
- Nocturnal blood pressure pattern indicator is flashing to indicate the pattern of your nocturnal blood pressure. At the same time, the display will loop to show the schematic nocturnal blood pressure pattern as well.
- The "NOCHBP" icon will display if nocturnal hypertension is detected.

! Nocturnal hypertension is night-time blood pressure higher than 110/65 mmHg by the new 2017ACC/AHA guidelines.

- If less than 3 nocturnal measurements were recorded for the cycle successfully, no value will be displayed.

Nocturnal blood pressure pattern indicator

Figure of the nocturnal blood pressure

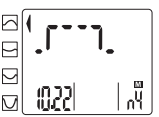


Continuous mode record number

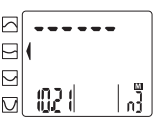
3. Press the [⏻] key return to standby mode.

ABOUT NOCTURNAL BLOOD PRESSURE PATTERN

Blood pressure variation over 24 hours normally follows a pattern. It starts declining from late evening onwards, reaches a nadir around midnight and rises just after awakening in the morning. This night-to-day ratio is a significant predictor of cardiovascular and usually assessed by ABPM. The continuous measurement program of this HBPM aims to provide an early, routine and all-round picture of your daytime and night-time blood pressure for better prevention of CV events.



Nocturnal blood pressure rise as compared to daytime average blood pressure value.



Nocturnal blood pressure falls less than 10% as compared to the daytime average blood pressure value.

Nocturnal blood pressure falls 10% - 20% as compared to the daytime average blood pressure value

Nocturnal blood pressure falls more than 20% as compared to the daytime average blood pressure value

RECALL AVERAGE AND PREVIOUS MEASUREMENT DATA

The device has a memory capability to store the measurement data. Every time you complete the measurement, the device automatically stores the measurement result. You can view the average data of the latest 3 measurement records in the memory, and the AM/PM average data of the measurement data from the last 7 days.

View average measurement data

1. In standby mode, press the [M] key to memory mode and view the average data of the latest 3 measurement records in the memory.
2. Press the [∨] key to view AM average data of last 7 days AM measurement data (5:00 - 9:00 am).
3. Press the [∨] key to view PM average data of last 7 days PM measurement data (6:00 - 8:00 pm).

View previous measurement data.

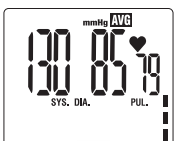
1. Press the [M] key in the standby mode to view previous measurement data. Corresponding memory record number and time of measurement appear on the display.
2. Press the [∨] key to display the measurement data from most recent data to older data in order.
3. Press the [⏻] key return to standby mode.

Note:

- Single measurement data from continuous mode can be recalled in memory mode with the [☀] or [☾] indication on the display.
- WHO classification indicator is not applicable for continuous measurement mode.

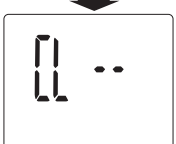
DELETE MEASUREMENT DATA

1. In standby mode, press the [M] key to memory mode and view the average data.
2. Press and hold the [∧] and [M] keys for about 5 seconds until "CL --" appear on the display.
3. Press the [M] key to confirm and "CL 00" appear on the display. All measurement data memories, included NOC measurement mode memories, are deleted.



Press the [M] key to memory mode and view the average data.

Press and hold the [∧] and [M] keys



Press the [M] key to confirm

All memories are deleted

CONNECT TO SMART DEVICE

For the first time use

1. Download and install the “G.LAB Continuous BP” app on your smart device.

Download on the App Store

GET IT ON Google Play

2. Enter the setting mode of the monitor by press and hold the [M] key when the device is in standby mode.

3. Skip the date / time setting by keep pressing the [M] key until WiFi “On” or “OFF” is blinking on the display. Press [∧] or [∨] key to switch the device to WiFi “ON” status.

4. Open the “G.LAB Continuous BP” app on your smart device and select your WiFi network.

5. Once the monitor is successfully connected to the WiFi network, the WiFi icon will stop blinking, date and time will be set automatically and show on the display.

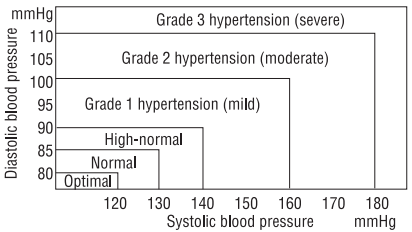
6. Sign up a new account on the “G.LAB Continuous BP” app.

7. The measurement data will automatically transfer to your smart device when measurement is completed and WiFi is available.

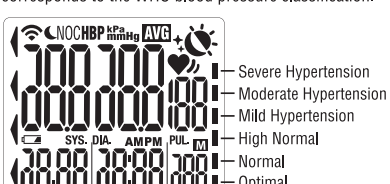
WHO CLASSIFICATION INDICATOR

The World Health Organization (WHO) has established the following chart as a standard to assess high blood pressure, regardless of the age.

Reference Material: Journal of Hypertension 1999, Vol 17 No.2



The WHO Classification Indicator is a feature which provides a snapshot of your blood pressure classification based on your measurements. This will help you to understand what your blood pressure values mean. Each segment of the bar indicator corresponds to the WHO blood pressure classification.



ABOUT IRREGULAR HEARTBEAT [IHB]

An irregular heartbeat is defined as a heartbeat that varies by 25% from the average of all heartbeats during the blood pressure measurement. When the device detects an irregular heartbeat two or more times during the measurement, the Irregular Heartbeat indicator will appear on the display.
It is important that you are sitting relax, steadily and stay quite during the measurement.

⚠ If the irregular heartbeat indicator ♥ displays frequently after the measurement, you are recommended to consult your physician.

ABOUT BLOOD PRESSURE

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.

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 one's lifestyle, avoiding stress, and with medication under a doctor's supervision. To prevent hypertension or to keep it under control:

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

TROUBLESHOOTING

Problem	Probable Cause	Correction
Nothing appears on the display, even when the power is turned on.	Batteries are drained.	Replace all used batteries with new batteries.
	Batteries are not installed in correct polarities.	Re-install the batteries with their polarities (“+” and “-“) match the polarity marking in the battery compartment.
ERROR code 1 (E1) appears	No pulse signal is detected. The cuff may not apply correctly.	Reapply the cuff and fasten the cuff correctly. Position the cuff at heart level.
ERROR code 2 (E2) appears	Noise is detected. Your arm or body is moving during the measurement.	Remain still and do not talk during the measurement.
ERROR code 3 (E3) appears	No pressure is detected. The cuff may not fasten properly or too loose.	Reapply the cuff and fasten the cuff correctly.
ERROR code 4 (E4) appears	The device cannot measure the blood pressure correctly.	If the heartbeat is very weak or irregular, the device may not able to measure the blood pressure. Reapply the cuff and fasten the cuff correctly. Sit comfortably and remain still during the measurement.
ERROR code 5 (E5) appears	The cuff is over inflated. Blood pressure over 300 mmHg.	It is recommended to consult your physician immediately.
ERROR code 6 (E6) appears	Low battery level.	Recharge the device.
ERROR code 7 (E7) appears	Data transmission fail.	Check the bluetooth connection of the device and the smart device.
ERROR code 8 (E8) appears	Insufficient daytime measurement data	Make sure there is at least 2 daytime measurement data before starting the nocturnal (NOC) mode.
The monitor keeps re-inflating	System lockup.	Restart the device by press and hold the Start / Stop key.

TECHNICAL SPECIFICATION

Model No.	: MD6300
Display	: LCD Display
Measurement Method	: Non-invasive, Oscillometric method
Measurement Range	: Systolic Blood Pressure: 50-250 mmHg Diastolic Blood Pressure: 30-200 mmHg Cuff Pressure: 0-300 mmHg ; Pulse Rate : 40-180 beats/minute
Accuracy	: Pressure : +/-3 mmHg Pulse Rate : +/-5% of reading
Resolution	: Pressure : 1 mmHg Pulse Rate : 1 beat / minute
Memory	: 200 x 1 user
Dimensions	: Approx. 52 x 135 x 18mm / 2" x 5.3" x 0.7" (not including the arm cuff)
Cuff Size / Arm Circumference Range	: 24cm-40cm / 9.4"-15.7"
Operating Temperature	: 41˚F to 104˚F (5˚C to 40˚C)
Operating Humidity	: 15 to 90% RH
Storage Temperature	: -13˚F to 158˚F (-25˚C to 70˚C)
Storage Humidity	: up to 90% RH
Operation, storage and transport atmospheric pressure	: 700hPa to 1060hPa
Power source	: Lithium battery 3.7V, 800mAH
Battery life	: 200 times measurement
Accessories	: Instruction Manual, Storage Pouch
Classification	: Application part Type BF
Key to symbols	: Application part Type BF  Class II equipment symbol 

APPENDIX I

Guidance and manufacturer's declaration - electromagnetic emissions	
The Sphygmomanometer (MD6300) is intended for use in the electromagnetic environment specified below. The customer or the user of the Sphygmomanometer (MD6300) should assure that it is used in such an environment.	
Emissions test	Compliance
RF emissions CISPR11	Group 1
RF emissions CISPR11	Class B
Harmonic emissions IEC 61000-3-2	Class A
Voltage fluctuations/ flicker emissions IEC 61000-3-3	Compliance

APPENDIX II

Guidance and manufacturer's declaration - electromagnetic Immunity

The Sphygmomanometer (MD6300) is intended for use in the electromagnetic environment specified below. The customer or the user of the Sphygmomanometer (MD6300) should assure that it is used in such an environment.

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	Power supply lines: ±2 kV
Surge IEC 61000-4-5	line(s) to line(s): ±1 kV 100 kHz repetition frequency	line(s) to line(s): ±1 kV 100 kHz repetition frequency
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	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
Power frequency magnetic field IEC 61000-4-8	30 A/m 50Hz/60Hz	30 A/m 50Hz/60Hz
Conduced RF IEC 61000-4-6	150KHz to 80MHz: 3Vrms 6Vrms (in ISM and amateur radio bands) 80% Am at 1kHz	150KHz to 80MHz: 3Vrms 6Vrms (in ISM and amateur radio bands) 80% Am at 1kHz
Radiated RF IEC 61000-4-3	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_T is the a.c. mians voltage prior to application of the test level.

APPENDIX III

Guidance and manufacturer's declaration - electromagnetic Immunity							
The Sphygmomanometer (MD6300) is intended for use in the electromagnetic environment specified below. The customer or the user of the Sphygmomanometer (MD6300) should assure that it is used in such an environment.							
Radiated RF IEC61000-4-3 (Test specifications for ENCLOSURE PORT IMMUNITY to RF wireless communica-tions equipment)	Test Frequency (MHz)	Band (MHz)	Service	Modulation	Modulation (W)	Distance (m)	IMMUNITY TEST LEVEL(V/m)
	385	380-390	TETRA 400	Pulse modulation 18Hz	1,8	0.3	27
	450	430-470	GMRS 460, FRS 460	FM ± 5 kHz deviation 1 kHz sine	2	0.3	28
	710	704-787	LTE Band 13, 17	Pulse modulation 217 Hz	0,2	0.3	9
	745						
	780						
	810	800-960	GSM 800/900, TETRA 800, iDEN 820, 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	5100-5800	WLAN 802.11 a/n	Pulse modulation 217 Hz	0,2	0.3	9
	5500						
	5785						

APPENDIX IV

Recommended separation distances between
portable and mobile RF communications equipment and the Sphygmomanometer
(MD6300)

The Sphygmomanometer (MD6300) is intended for use in an electromagnetic environment in which radiated RF disturbances are controlled. The customer or the user of the Sphygmomanometer (MD6300) can help prevent electromagnetic interference by maintaining a minimum distance between portable and mobile RF communications equipment (transmitters) and the Sphygmomanometer (MD6300) as recommended below, according to the maximum output power of the communications equipment.

Rated maximum output power of transmitter (W)	Separation distance according to frequency of transmitter (m)	
	3 V_{rms}	10 V/m
0.01	0.200	0.060
0.1	0.632	0.190
1	2.000	0.600
10	6.33	1.90
100	20.0	6.00

For transmitters rated at a maximum output power not listed above, the recommended separation distance d in meters (m) can be estimated using the equation applicable to the frequency of the transmitter, where P is the maximum output power rating of the transmitter in watts (W) according to the transmitter manufacturer.

NOTE These guidelines may not apply in all situations. Electromagnetic propagation is affected by absorption and reflection from structures, objects and people.

APPENDIX V

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 technician for help.

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.
- 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.

Any changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.
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.
This transmitter must not be co-located or operating in conjunction with any other antenna or transmitter.
The device has been evaluated to meet general RF exposure requirement. The device can be used in portable exposure condition without restriction.

Symbols	Function
	WARNING / ATTENTION Indicates a potentially hazardous situation which, if not avoided, could result in death or serious injury.
	PRECAUTION / IMPORTANT INFORMATION
SN	Serial Number
	Manufacturer
	Type BF: Device, cuff and tubing are designed to provide special protection against electrical shocks.
SYS	Systolic Blood Pressure in mmHg
DIA	Diastolic Blood Pressure in mmHg
PUL	Pulse
	EC Directive Medical Device Label
	WEEE Label
	Refer to instruction manual / booklet
	Keep dry
	This item is a medical device

Symbol for the marking of electrical and electronics devices according to Directive 2002/96/EC. The device, accessories and the packaging have to be disposed of waste correctly at the end of the usage. Please follow Local Ordinances or Regulations for disposal.

Grandway Technology (Shenzhen) Limited
No. 5, the Second Industrial Zone, Zhukeng Community,
Longtian Street, Pingshan District, Shenzhen, 518118
The People's Republic of China
www.grandway.com.hk

MedNet EC-REP GmbH
Borkstrasse 10, 48163 Munster, Germany

iOS 9.0 or above
Andriod 5.0 or above

P/N: 83-M6300-SEN00A-R
MADE IN CHINA