

## **7.0 *Instruction Manual***

Attached is a draft instruction manual for the device. Note the required FCC warning information on the third to last page.

♥  
**USER  
GUIDE**  
♥

**HP© Home Rhythm Strip Recorder Unit**

**Model M3816**

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**Professional-quality instruments for home health care**

♥NOTICE

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**WARNING!:** Failure on the part of the responsible Health Care Provider prescribing the use of this equipment to implement satisfactory training for installation, use, and maintenance may cause undue equipment failure and possible health hazards.

**INTRODUCTION**

Welcome to Hewlett-Packard’s© line of professional-quality instruments for home health care. HP© and your Health Care Provider have joined together to provide medical monitoring instruments that allow you to take your vital statistics in the convenience and comfort of your own home!

In less than a minute, the HP Home Rhythm Strip Recorder Unit measures your heart rhythm. Then the Recorder Unit transmits your rhythm measurement to the Health Care Provider, who records and interprets your vital statistics.

The Health Care Provider will assist you in learning how to install, operate, and maintain your Recorder Unit. Afterwards, please refer to this guide when using your Recorder Unit.

Take your heart rhythm on a daily basis or as instructed by your Health Care Provider.

♥PRECAUTIONS

- Use the Rhythm Strip Recorder Unit only as directed by your Health Care Provider. Use of this instrument is not a substitute for medical care. Only your Health Care Provider is qualified to interpret the results.
- If you feel unwell, contact your Health Care Provider or call 911.
- Because this Recorder Unit is intended for your personal medical history, please do not allow others to use the Recorder Unit.
- Do not attempt to service or repair the Recorder Unit yourself. If a mechanical problem occurs, contact your Health Care Provider.
- Clean the Recorder Unit with a dry, soft cloth or a cloth dampened with tap water and mild detergent, if desired. **Never use alcohol, benzene, thinner, or other harsh chemicals** to clean the Recorder Unit.
- Avoid using the Recorder Unit in standing water.
- Avoid storing the cable tightly folded or twisted.

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*©RHYTHM STRIP RECORDER UNIT COMPONENTS*

The Rhythm Strip Recorder Unit is made up of a monitor assembly and two wristbands.

The monitor assembly consists of a monitor and an attached split-cord cable with snap-on connectors. The monitor face has a START button, a power light marked RELAX, and a Radio Test button. The monitor back has a battery compartment.

The metal wristbands each have a black plastic pad with a metal snap on one side of the pad and a flat metal piece on the other side of the pad.

*©BEFORE YOU START*

The only setup required is to insert alkaline batteries, perform the Radio Test, and attach the snap-on connectors to the wristband pads.

**Insert four type AA (1.5 volt) alkaline batteries**

**CAUTION: Use alkaline batteries only. Replace all four batteries at the same time. Do not replace them individually. Always follow instructions on the battery package when handling batteries.**

1. Remove the battery compartment cover on the back of the monitor by gently pushing down on the arrow symbol ( $\Delta$ ) and popping the cover off.
2. Place the batteries in the compartment with the positive (+) and negative (-) terminals matching those shown in the compartment. Be sure that the battery terminals make contact with the compartment terminals.
3. Replace the cover by sliding it into the compartment and gently pressing it into place.

4. The first time you insert batteries into the Rhythm Strip Recorder Unit, the monitor emits a series of beeps, indicating that the batteries were inserted correctly.

### **Perform a Radio Test**

Perform a Radio Test when you install batteries or change the testing location.

1. The Radio Test button appears as a shadowy dot to the left of the RELAX light on the front of the monitor. Press and hold the Radio Test button for at least two seconds until the Hub starts beeping (at a rate of one beep per second).
  - a. If the Hub does not beep, determine if there are any obstacles (such as large metal objects) between Recorder Unit and the Hub.
  - b. If no obstacles are present, move the Recorder Unit closer to the Hub.
  - c. Press the Radio Test button again. If the Hub beeps, the Recorder Unit is operating properly. If the Hub does not beep, replace the Recorder Unit as instructed by your Health Care Provider.

**NOTE: If you accidentally press the Radio Test button, there are no negative results.**

**Attach the snap-on connectors to the wristbands**

Press a snap-on connector to the metal snap on the plastic pad of each wristband. Once you attach the snap-on connectors to the wristbands, you can leave them on.

**The Home Rhythm Strip Recorder Unit is now ready for use!**

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©HOW TO TAKE YOUR HEART RHYTHM

Before you take your heart rhythm, do the following:

- Sit within 20 feet of the Hub.
- Relax for about 15 minutes.
- Sit very still during the measurement.
- Do not eat, drink, smoke, or talk during the measurement.

**NOTE: It is important for you to remain very still during the rhythm measurement.**

**Please make sure that you do not lean forward or move to look at the monitor or to listen to the beeps.**

**Take your heart rhythm**

1. Sit back in a chair with your arms resting at your sides or on the chair arms. Do not cross your legs and keep your feet flat on the floor. If you desire, you may lie down while someone else takes your heart rhythm. Place the monitor on a table next to you.

**NOTE: If you find that you have to move to look at or listen to the monitor, place the monitor in your lap. This may prevent the need to move during the measurement.**

**NOTE: It is important to be consistent in the way you take your heart rhythm (either sitting or lying down). If you normally sit in a chair, but one day you are lying down because you do not feel well – report any changes immediately to your Health Care Provider. Do not force yourself to sit up if you are not feeling well.**

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2. Place the wristband with the **white** snap-on connector on your right wrist. Make sure that the flat side of metal (on the other side of the black plastic pad) inside the wristband is in firm contact with the inside of your wrist.

**NOTE: If the flat side of the wristband pad’s interior does not fit snugly on the inside of your arm, it is acceptable to turn the band so the flat side is on top of the arm. Just make sure that the flat side is in firm contact with your skin.**

3. Place the wristband with the **red** connector on your left wrist.
4. Make sure that there is good contact between the wristbands and your skin.

**If the wristbands are loose, push them up each forearm until the wristbands feel snug. Take care not to snag the hair on your arms.**

**Do not put wristbands over clothing, bandages, or jewelry.**

5. Press the START button. The RELAX light flashes on and off, and the monitor beeps on and off.

**NOTE: If the RELAX light is too small you to see and/or the volume is too low for you to hear, ask someone to watch/listen for you. The other person can let you know when the monitor activity stops. OR you can watch your clock and remove the wristbands one minute after you press the START button.**

6. After a short pause, the RELAX light flashes on and off, and then the monitor beeps for about half a minute.

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**NOTE: The beeps do not reflect your heart rate. They just indicate that the Recorder Unit is in operation.**

7. After a short pause, the RELAX light flashes on and off twice as the monitor quickly beeps twice.
8. Remove the wristbands. The Recorder Unit has taken your heart rhythm.

#### ♥ MAINTENANCE

Store the Rhythm Strip Recorder Unit so that the cable is not twisted or folded tightly.

Replace the batteries when instructed by your Health Care Provider.

*NOTE: It is important to take the heart rhythm as instructed by your Health Care Provider. Your Health Care Provider may contact you if they do not receive rhythm measurements as scheduled.*

## **TROUBLESHOOTING**

Perform the Radio Test as described in your User Guide to ensure that the Hub is receiving a signal from the Recorder Unit. Otherwise, your Health Care Provider will advise you of malfunctions.

♥SPECIFICATIONS

|                              |  |
|------------------------------|--|
| <b>Model</b>                 | <b>M3816A</b>  |
| <b>Type</b>                  | <b>1-channel lead</b>  |
| <b>Display</b>               | LED light  |
| <b>Accuracy</b>              | %QRS identifiable on strip:<br>95% average                       |
| <b>Power source</b>          | <b>Four type AA (1.5 volt) alkaline batteries (not included)</b> |
| <b>Battery life</b>          | <b>Approximately 1 year with 2 measurements per week</b>         |
| <b>Operating environment</b> | <b>(10° to 40°C)</b><br>Less than 85% relative humidity          |
| Storage environment          | <b>(-9° to 45°C)</b><br>Less than 85% relative humidity          |
| Dimension (approx.)          | <b>Length: (16.5 cm)</b><br>Width: (10.8 cm)<br>Height: (7.0 cm) |
| Weight (approx.)             | <b>(.326 kg) without batteries</b>                               |

## **FCC REGULATIONS**

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. If it is not installed and used in accordance with the instructions, it might 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 separation between equipment and receiver.
- Connect equipment to an outlet on a circuit different from that to which the receiver is located.
- Consult your reseller or an experienced radio/TV technician.

**NOTE: Any changes or modifications to the equipment that are not expressly approved by HP could void the user’s authority to operate this equipment.**

♥ **CONCLUSION**

HP and your Health Care Provider appreciate your efforts to participate in your home health care plan. By using the HP Home Rhythm Strip Recorder Unit as directed, you provide your Health Care Provider with your up-to-date vital statistics.

If you have any problems or questions, please contact your Health Care Provider.

*Place Health Care Provider label here*

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