

DAILY MEASUREMENT ENJOY HEALTHY LIFE



Portable Wrist Blood Pressure Monitor

Portable Wrist Blood Pressure Monitor

Model: 3000



• Fuzzy LOGIC •

- ★ Pulse Rate Measurement
- ★ 128 Automatic Memories
- ★ Date & Time Display



PRODUCT MAN

MEDICAL & HEALTHCARE SPECIALIST

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INTRODUCTION

Thank you for purchasing the Portable Wrist Blood Pressure Monitor. This remarkable instrument is ideal for people who frequently monitor their own blood pressure because it's so compact and easy to use. There is no tricky arm cuff, just a small, pre-formed wrist cuff that is easy to apply. With the push of a button the portable wrist monitor measures your blood pressure and pulse and displays the reading on a clear digital panel. Perfect for quick, easy readings at home, at work, almost anywhere!

The Portable Wrist Monitor uses the oscillometric method of blood pressure measurement. This means the monitor detects your blood's movement through the artery in your wrist and converts the movements into a digital reading. An oscillometric monitor does not need a stethoscope so the monitor is simple to use and measurements are easy to obtain.

Clinical research has proven a direct relationship between blood pressure in the wrist and blood pressure in the arm. Changes in wrist blood pressure reflect changes in arm blood pressure because the arteries in the wrist and the arm connect. Frequently measuring the blood pressure in your wrist will provide you and your doctor with an accurate indication of changes in your actual blood pressure.

The product complies with the electromagnetic compatibility requirement of EN60601-1-2 and safety standards of 60601-1 as specified in EEC directive 93/42/EEC.



Please read this instruction manual thoroughly before using the Portable Wrist Blood Pressure Monitor. For specific information on your own blood pressure, CONTACT YOUR DOCTOR.

NOTES ON SAFETY



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

Examples of signs



The  icon indicates prohibitions (what you should not do). Matters involving actual prohibitions are indicated by text or pictures in or near . The left icon refers to "general prohibition".



The  icon indicates something that is compulsory (What must always be observed). Matters involving actual compulsory actions are indicated by text or pictures in or near . The left icon refers to "general compulsion".



Type BF Applied part



Attention and read before use

Caution

Self-diagnosis of measured results and treatment are dangerous. Please follow the instructions of your doctor.



Self-diagnosis may worsen the disease.

Do not use the unit for infants or person who cannot express one's intention.

May cause accident or trouble.

Do not use the unit for purpose other than measuring blood pressure.



May cause accident or trouble.

Do not use cellular phone near the unit.

The main unit may operate erroneously.

Do not disassemble, repair, or remodel the main unit or the cuff of the blood pressure monitor.



Will cause the unit to function erroneously.

Requests from Manufacturer

Used batteries may leak and damage the main unit. Please observe the following points.

- * If you are not going to use the unit for a long period of time (approximately three months or more), remove the batteries.
- * Replace worn batteries with the same battery type as specified in the specifications.
- * Do not insert the batteries with their polarities in the wrong direction.

Do not use force to bend or pull the cuff.

Do not knock or drop the main unit.

Do not inflate the wrist cuff when it is not wrapped on the wrist.

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

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

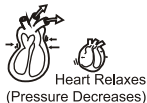
A FEW WORDS ABOUT BLOOD PRESSURE

Blood pressure is the force exerted on the walls of your blood vessels as blood flows through them.



Heart Contracts
(Pressure Increases)

Your heart is like a pump. When it contracts, or beats, it sends a surge of blood through the blood vessels and pressure increases. This is called your systolic pressure.



When your heart relaxes between beats, your blood pressure decreases. This is called your diastolic pressure.

When a doctor takes your blood pressure, he or she measures both your systolic and diastolic pressures and records them as numbers. For example, if your blood pressure reading is 126/76 (126 over 76), your systolic is 126 and your diastolic is 76. The numbers are calculated in millimetres of mercury and recorded as 126/76 mm Hg.

Systolic
(Upper Number)

126 / 76

Diastolic
(Lower Number)

These two numbers provide important information about your health. The more difficult it is for your blood to flow through your blood vessels, the higher both numbers will be. When blood pressure is consistently above normal it is called hypertension (High blood pressure).

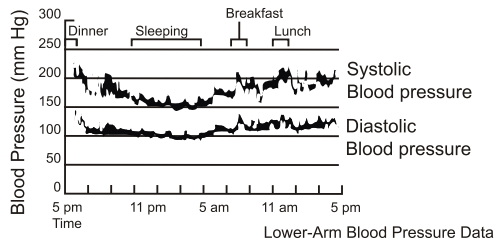
Our new Portable Wrist Blood Pressure Monitor automatically measures your systolic and diastolic blood pressure for you, then displays the results on easy-to-read digital panel!

People with a condition that causes circulatory problems (diabetes, kidney disease, arteriosclerosis, or poor peripheral circulation) may get lower readings with wrist type monitor than with a blood pressure monitor that is used on the upper

arm. Please consult your physician to determine if your wrist blood pressure accurately reflects your actual blood pressure.

Your blood pressure changes constantly. Blood pressure fluctuates from day to day and minute to minute according to your body's needs. For example, when you are exercising or angry your blood pressure increases, but when you are relaxing or sleeping your blood pressure decreases. These fluctuations are completely normal. This portable wrist blood pressure monitor is especially helpful when tracking changes in your blood pressure because it travels anywhere and takes just seconds to use.

Fluctuation Within a Day
(Example: 35-year old male)



FACTORS THAT MAY CAUSE THE BLOOD PRESSURE TO FLUCTUATE

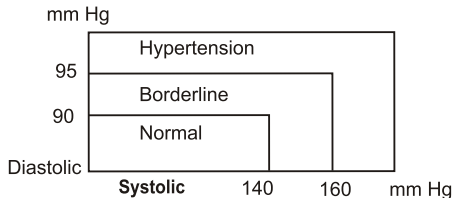
- * Breathing
- * Exercise
- * Mental stress
- * Worries
- * Environmental and/or temperature change
- * Eating
- * Urination and bowel movement
- * Talking
- * Taking a bath
- * Drinking alcohol
- * Smoking, etc.

Note:

One or two readings will not provide a true indication of your normal blood pressure. It is very important to take regular, daily measurements and to keep accurate records. In partnership with your doctor, an accurate record of your blood pressure over a period of time can be a valuable aid in diagnosing and preventing potential health problems.

The World Health Organisation (WHO) developed the following Blood Pressure Classification. This classification, however, is only a general guideline because blood pressure varies from person to person according to age, weight, and health status. **CONSULT YOUR PHYSICIAN TO DETERMINE YOUR NORMAL BLOOD PRESSURE.**

WHO Blood Pressure Classification



	Systolic (mmHg)	Diastolic (mmHg)
Normal	less than 139	less than 89
Borderline	140 to 159	90 to 94
Hypertension	more than 160	more than 95

Note: There is not an universally accepted definition of hypotension (low blood pressure), but a systolic pressure below 99 mmHg is usually regarded as hypotension.

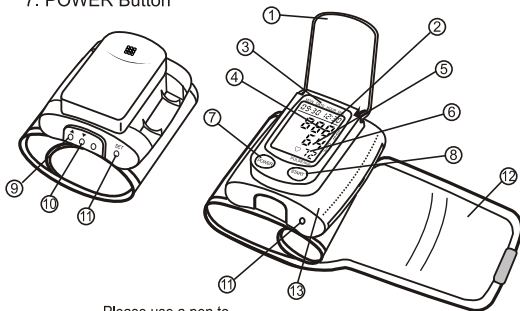
PRECAUTIONS BEFORE USE

1. Do not confuse self-monitoring with self-diagnoses. Blood pressure measurements should only be interpreted by a health professional who is familiar with your medical history.
2. If you are taking medication, consult with your doctor to determine the most appropriate time to measure your blood pressure. NEVER change a prescribed medication without first consulting with your doctor.
3. For people with irregular or unstable peripheral circulation problems due to diabetes, liver disease, hardening of the arteries, etc., there may be fluctuation in blood pressure values measured at the upper arm versus at the wrist.
4. This device is designed for adults to use. If use this device on a child patient, old people or toddlers, consult with your physician or measure with relative aid.
5. Measurements may be impaired if this device is used near televisions, microwave ovens, X-ray mobile phone equipment or other devices with strong electrical fields. To prevent such interference, use the meter at a sufficient distance from such devices or turn them off.
6. This device is not suitable for disease diagnoses, urgent treatment, continuous monitoring during medical emergencies or operations.
7. Before using, should wash your hands.

8. If there is too much pressure or you feel uncomfortable, please press "POWER" button immediately for quick deflation.

MAIN UNIT

1. LCD cover
2. Clear digital display
3. Date and time display
4. Systolic blood pressure
5. Diastolic blood pressure
6. Pulse/min.
7. POWER Button
8. START Button
9. ▲ Button (up)
10. ▼ Button (down)
11. SET Button
12. Wrist cuff
13. Battery cover



Please use a pen to press through the pin hole)

ACCESSORIES PARTS



2 "AAA" alkaline Batteries



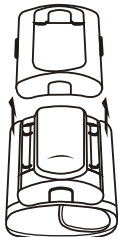
Storage Box

FEATURES OF THE PRODUCT

1. Uses the fuzzy-logic measurement.
2. Memory can store 128 measurements.
3. Easy to use buttons.
4. Large and clear display.
5. Fan-shaped wrist cuff that is easy to wrap.
6. Compact size for easy carry.
7. Easy to use, press a button to automatically measure, record measurement values and time in the memory.
8. Automatically turns off (within 2.5 minutes) to save power.

BATTERY INSTALLATION/REPLACEMENT

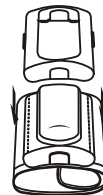
1. Using 2 fingers press the bulges (as the shadow in figure) parts on both sides of battery cover, and pull the battery cover off in the direction as the arrow indication.



2. Install 2 "AAA" size alkaline batteries into battery compartment make sure in correct polarity direction (as indicated in the bottom of battery compartment).

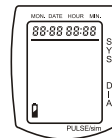


3. Replace the battery cover.



Note:

- * If the Low Battery Indicator appears on the display, replace both batteries. Long-life alkaline batteries are recommended.
- * Remove the batteries if the monitor will not be used for an extended period of time.
- * With the use of two alkaline "AAA" batteries, you can measure approximately 200 times at room temperature of 22°C and inflating to around 170mmHg once a day. But the included batteries only for test purpose, it may not last as specified long period.
- * When the battery icon flashing, the device will turn off automatically. Please replace with new battery immediately



HOW TO REMOVE OLD BATTERY :

Depress at (+) positive side of battery so as the battery to flip up at the other side then remove it.



TIME AND DATE OF SYSTEM SETUP

1. Press "POWER" key to enter the measurement mode.
2. Slide the battery cover off, press and hold "START" key until the year number appear and flash on LCD, then the unit enter date and time of system setting mode.



3. Press "▲" or "▼" button to adjust the number of year.
4. Press "START" key again to adjust month, date, hour and minute by repeating step 3 and 4.
5. After completing setup, press "START" key again to enter to measurement mode.

Note: Please check and re-set Date/Time after replacing of new batteries. The "START" button please use a pen to press through the pin hole on the upper side of battery cover.

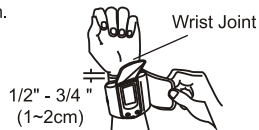
HOW TO APPLY THE WRIST CUFF

1. Put off your watch and any jewel from your left hand.



2. Hold your left wrist with your palm facing up, apply the cuff so that the display of monitor is in easy to view.

3. The cuff's edge should be approximately 1/2 to 3/4 inch (1~2cm) from your palm.



4. Wrap the cuff snugly around your wrist., the top and bottom edges of the cuff should be tightened evenly around your wrist and lower arm.
5. When the cuff is positioned correctly, secure it in place by pressing the pile material firmly against the sewn hook material.



6. Sit in a chair with your feet flat on the floor and place your left arm on a table with your palm facing upward. The cuff should be at the same level as your heart.

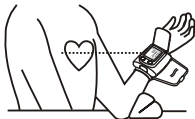


Note: Your heart is located slightly below your armpit.

7. If the cuff is not at the same level as your heart or if you cannot keep your arm completely still throughout the reading, use the store box or other soft object to support your arm.

A FEW SUGGESTIONS BEFORE BLOOD PRESSURE MEASUREMENT

1. Avoid eating, smoking, and exercising for at least 30 minutes before taking a measurement. Also rest for at least 15 minutes before taking a reading.
2. Stress raises blood pressure. Avoid taking measurements during stressful times.
3. The cuff should be applied on your left wrist.
4. Measurement should be taken in a quiet place and you should be relaxed, seated position. Rest your left arm on a table so that the cuff is at the same height level as your heart.



5. Remain still and do not talk during the measurement.
6. Keep a record of your blood pressure and pulse for your doctor. Remember, a single measurement does not provide an accurate indication of your true blood pressure. You need to take and record several measurements over a period of time. Try to measure your blood pressure at the same time each day for consistency. Blood pressure measurements fluctuate considerably.
7. Wait 5-10 minutes between successive measurements. Waiting allows the engorged blood vessels to return to normal. You may require more rest time depending on your individual physical conditions.

WRIST MONITOR QUICK REFERENCE GUIDE

1. Avoid eating, smoking, and exercising for at least 30 minutes before taking a measurement. Also rest at least 15 minutes before taking your first measurement.
2. Apply the cuff so that the monitor is on the inside of your left wrist with the digital display in easy view.
3. Wrap the cuff snugly around your wrist so that the top and bottom edges of the cuff are tightened evenly around your wrist. Secure the cuff in place by pressing the pile material firmly against the sewn hook material.
4. Sit in a chair with your feet flat on the floor and place your left arm on a table and using the store box or other object as a support so that the cuff is at the same level as your heart.
5. Press the "POWER" button to enter.
6. After all marks display two seconds on LCD, enter the measurement mode, press the "START" button to start measurement.
7. Finally the LCD displays systolic value, diastolic value, and pulse/min value.
8. Wait for 5-10 minutes before taking another blood pressure measurement. You may require more rest time depending on your individual physical conditions.

HOW TO TAKE A MEASUREMENT

Please read "A few suggestions before blood pressure measurement" and "How to apply the wrist cuff" before taking a measurement.

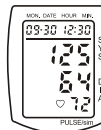
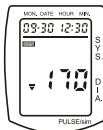
1. Taking measurements while sitting down

- 1) Place your elbow on a table.

- Using the store box or other object as a support Position your wrist at heart level.
- Relax your hand and keep palm facing up.
- Press the "POWER" button, icons appear in two seconds on LCD, then switch to measurement mode, And display "0" or last measurement record.



- Push the "START" button to start measurement. the pressure cuff in the strap will automatically inflate. When the value that LCD display increase to around 150-200mmHg, it start to decrease and the air pressure cuff is then automatically released, when it senses your pulse, the mark (♥) displays on LCD.
- After measurement the screen will display systolic value, diastolic value, pulse/min value, it will automatically store the measured results.



- Press "POWER" button to turn off the unit.



- Even if you forget to press the "POWER" button, power will turn off automatically in approximately 2.5 minutes.
- This monitor can be stored with the air plug. Do not apply force on the air tube.

Note:

- The value measured will be too low if you hold your hand higher than your heart lever or too high if you hold your hand lower than your heart lever.
- Do not bend your wrist inward.
- The unit may store 128 measurement records, if more than 128 records, it will only store latest 128 memories.
- During measurement avoid speaking and body/hand shaking which may affect the accuracy of record.
- During measurement process, If you want to stop, just press the power button to stop.

RECALLING RECORD

- Open LCD cover, press power button to enter the measurement mode.
- Press "▼" button to review the first measurement in the memory. Repeatedly Press "▼" button to review memory data in a descending order .
- Press "▲" button to review the last measurement in memory. Repeatedly press "▲" button to review memory data in ascending order.

HOW TO MAINTAIN AND STORE THE UNIT

- Use a dry , soft cloth to clean the unit. If desired, use a cloth lightly dampened with tap water.



2. Do not use alcohol, benzene, thinner or other harsh chemicals to clean the device or cuff.



3. Before measuring please wash your hand. Do not wash or wet the wrist cuff.



4. Store the unit in places far from direct sunlight, high humidity or dust.



5. Fold the pressure cuff and put the unit into the store box.



Note: When the unit will not be used for a long time, be sure to remove the batteries. Otherwise, the batteries may leak and damage the unit.

HOW TO PREVENT A MALFUNCTION

1. Do not drop the device and avoid sudden jars or shocks.
2. Do not insert any objects into any holes.
3. Do not attempt to disassemble the unit.
4. Do not crush the pressure cuff.
5. If the unit has been stored at below 0°C, put it in a warm place for about 15 minutes before using it. Otherwise, the cuff may not inflate properly.

SPECIFICATIONS



Measuring Method:	Oscillometric System
Indication:	Digital LCD Display
Measuring Range:	Pressure: 0~300 mmHg; Pulse: 40~200 Beat/min.
Accuracy:	Pressure: ± 3 mmHg; Pulse $\pm 5\%$
Inflation	Electric Pump Inflation
Deflation:	Pressure Release Valve
Memory:	128 Memories
Power Source:	1.5V "AAA" x 2 Alkaline Battery
Battery Life:	Approx. 200 Times (Once a Day, Room Temperature 22°C)
Working Temp. & Humidity:	40~104°F (5~40°C), 30~85% RH
Storage Temp. & Humidity:	4~140°F (-20~60°C), 10~95% RH
Dimensions:	77mm(W) x 72mm(D) x 38mm(H)
Weight:	Approx. 140g (Apparatus and Battery)
Accessories:	Wrist Cuff, Instruction Manual

Operation Voltage	3V
Standby Current	OFF: 20~40uA ON: 8~12mA
Operation Current	Inflation: 370~430mA Deflation: 60~70mA

* Specifications may be changed Without notice in the event of Improvement being made.

TROUBLESHOOTING

If you have trouble while using the unit, please check the following points first.

ERROR DISPLAY	POSSIBLE CAUSE	HOW TO CORRECT
Nothing is displayed when you push the POWER button or  battery icon flash	No battery installation	Insert batteries
	Battery worn out	Replace new batteries
	The polarities of batteries placed wrongly	Insert battery in the correct polarities
E1: Can't normally increase pressure	Check your cuff if any air leakage	Replace wrist cuff with new one
E2, E7, E8, E9 Measurement failure	Wrist cuff not properly adjust or placement, hand or body shaking.	Renew adjust wrist cuff position and tightness, and keep hand still
E3. Inflate pressure too high		Re-measurement or send back dealer for re-calibrate pressure
E4: Have shaking while measurement	Hand or body shaking while measurement	Keeping static and correct gesture to measure again
E5: Automatically pressure release too fast	Cuff too tight	
E6: Automatically pressure release too slow	Cuff too loose	Readjust cuff and measure again
"  " Battery icon on	Battery low power	Replace battery, and measure again
The systolic pressure value or diastolic pressure value too high	1. The hand with the cuff was held lower than your heart	Keeping correct position and gesture to measure again
	2. The cuff was not attached properly	
	3. You moved your body or spoke during measurement	
The systolic pressure value or diastolic pressure value too low	1. The hand with the cuff was held higher than your heart	Keeping correct position and gesture to measure again
	2. You moved your body or spoke during measurement.	

Note:

- 1) Relax for at least 10 minutes and then take another measurement.
- 2) If correct measurement is not possible even after checking the above points.
 - * Please consult at the store where you have purchased the unit or the nearest dealer.
 - * In some very rare cases, there may be error due to the physical condition of the person. In such cases, please consult your doctor.