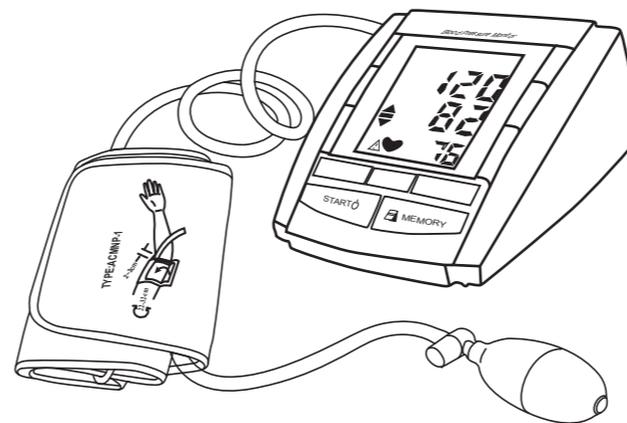


# UPPER ARM SEMI-AUTOMATIC BLOOD PRESSURE MONITOR

Model: 2004



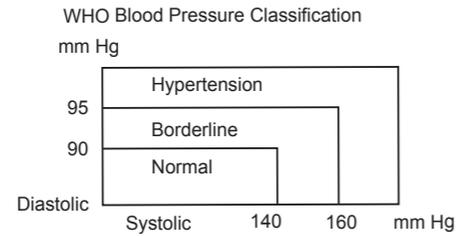
**INSTRUCTION MANUAL**

## INTRODUCTION

Thank you for purchasing the upper arm Semi-Automatic Blood Pressure Monitor. This remarkable instrument is ideal for people who frequently monitor their own blood pressure because it's easy to use.

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

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 DOCTOR TO DETERMINE YOUR NORMAL BLOOD PRESSURE.



	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

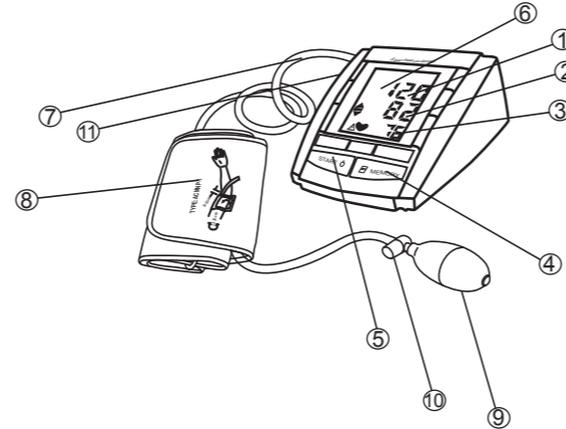
**Note:** There is not an universally accepted definition of hypotension (low blood pressure), but a systolic pressure below 99 mmHg is usually regarded as hypotension.

## FEATURES OF THE PRODUCT

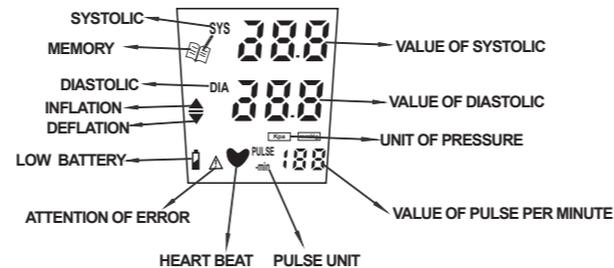
- Using the fuzzy-logic measurement.
- Memory can store 128 measurements.
- Easy to use buttons.
- Large and clear display.
- Upper arm cuff is easy to wrap correctly.
- Desktop style for easy measurement.
- Automatically turns off (within 2.5 minutes) to save power.

## MAIN UNIT

- Systolic Value
- Diastolic Value
- Pulse/min Value
- MEMORY Button
- ON/OFF/START Button
- Blood pressure Display
- Air Tube
- Upper Arm Cuff
- Inflation Bulb
- Exhaust Valve
- Air Tube Hole



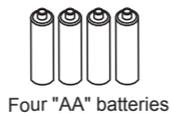
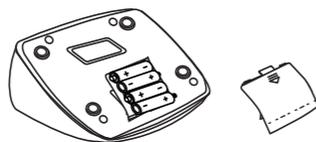
## SYMBOLS ON DISPLAY



## INSTALL BATTERIES

During the battery symbol appears on the display or nothing is display while inflation during measurement, you should replace with new batteries.

1. Slide the battery cover in the direction of the arrow to open.
2. Insert four "AA" batteries in the correct polarity direction.
3. Replace the battery cover.
4. With the use of four new "AA" batteries, you can measure approximately 250 times at room temperature of 22°C and inflating to around 170mmHg once a day. But the included batteries only for test purpose may not last as specified long period.
5. When the battery low icon displays on the LCD, please replace four new "AA" batteries, please do not mix the new and old battery together.
6. If the unit will not be used for a long period, please take out all batteries to avoid liquid leakage damaging the unit.



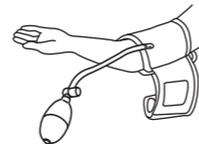
Four "AA" batteries



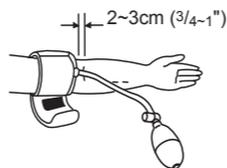
Disposal of empty battery to the authorized collecting party subject to the regulation of each individual territory.

## HOW TO USE THE UPPER ARM CUFF

1. Push the cuff over the left upper arm so that the tubes point in the direction of the lower arm and palm.

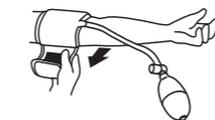


2. Lay the cuff on the arm as illustrated. Make certain that the lower edge of the cuff lies approximately 2 to 3 cm (3/4-1") above the elbow and that the rubber tube leaves the cuff on the inner side of the arm.

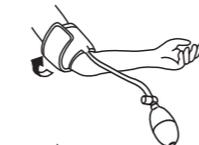


**Important!** The mark (about 3 cm long bar) must lie exactly over the artery which runs down the inner side of the arm.

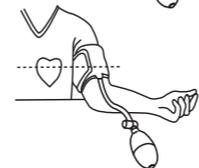
3. Tighten the free end of the cuff and close the cuff with the closer.



4. There must be no free space between the arm and the cuff as this would influence the result. Clothing must not restrict the arm. Any piece of clothing which does (e.g. a pullover) must be taken off.



5. Secure the cuff with the Velcro closer in such a way that it lies comfortably and is not too tight. Lay the arm on the table (palm upwards) so that the cuff is at the same height as the heart. Make sure that the tube is not kinked.



6. Remain seated quietly for two minutes before you begin the measurement.



## A FEW SUGGESTIONS BEFORE MEASUREMENT

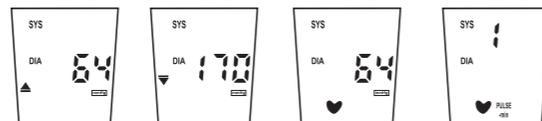
1. Avoid eating, smoking, and exercising for at least 30 minutes before taking a measurement. Also rest for at least 15 minutes before taking a reading.
2. Stress raises blood pressure. Avoid taking measurements during stressful times.
3. You would better apply the cuff on your left upper arm.
4. Measurement should be taken in a quiet place and you should be relaxed, seated position. Rest your left arm on a table.
5. Remain still and do not talk during the measurement.

## HOW TO MEASURE BLOOD PRESSURE

1. Set up the cuff to your upper arm as previous section of "How to use the upper arm cuff".
2. Press down the exhaust valve on the top of bulb to completely deflate the remaining air pressure in the cuff.
3. Press the " START ◊ " button, all icons appear two seconds on LCD, and switch to last measurement record, then display "0" and the "▲" symbol.



4. Squeeze the inflation bulb repeatedly to inflate the pressure to the cuff up to around 150 - 200 mmHg (you will see the arrow symbol change from "▲" to "▼"), stop pumping the air immediately.
5. To wait the cuff decreasing pressure automatically, when it senses the heart beat, the ( ♥ ) icon will flash on LCD.



6. After complete measurement the screen will display systolic, diastolic value, and pulse value per minute, meanwhile will automatically store the data in memory.
7. Press down the exhaust valve on the top of bulb to completely deflate the remaining air pressure in the cuff.

**Note: In some cases, if the result of measurement display with Error message, please make sure release the cuff pressure completely, then turn power off and on again, and repeat from the step 2 to make a new measurement.**

### Note:

- \* You should inflate the pressure up to about 30 mmHg above your regular systolic pressure value, so as to get a correct measurement result.
- \* The value measured will be too low if you hold your cuff higher than heart level, or will be too high if you hold your cuff lower than heart level.
- \* The unit may store 128 measurement values, if more than 128 records, it will delete the earliest data.

\* During measurement do not speak or shake as which may affect the accuracy of the result.

\* If you want to stop the measurement during measurement process, just press the " START ◊ " button to stop, and press down the exhaust valve to release the pressure in the cuff.

## REVIEW MEMORY

1. After completed a measurement, press "Memory" button to review the previous memory data. Or while at "Off" mode, press both "START ◊ " and "Memory", then release "START ◊ " first, continue hold "Memory" until 5 seconds to release, to enter the memory review mode.
2. Repeat to press "Memory" button to review memory data in ascending order.
3. Press " START ◊ " button turn off unit after completing review of data.

## SPECIFICATIONS

Operation Voltage	6V DC
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\* Specifications may be changed without notice in the event of improvement being made.

## TROUBLESHOOTING

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 cuff with new one
E2, E7, E8, E9: Measurement failure	Arm cuff not properly adjust or placement, hand or body shaking	Renew adjust 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	Readjust cuff and measure again
E6: Automatically pressure release too slow	Cuff too loose	