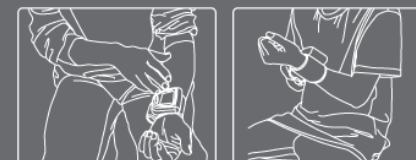


bioland[®]
We Love to Care



Portable Wrist
Blood Pressure Monitor

Model: 3001-1



User Instruction Manual

CONTENTS

Preface	2
Safety Information	2
Blood Pressure Information	4
Important Note	8
Main Unit	9
LCD Display Symbol	10
Accessories	10
Product Features	11
Installing / Changing The Batteries	11
Correct Using Wrist Cuff	12
Important Remind Before Measurement ..	13
Function Setting	14
Taking A Measurement	15
Checking Memory Results	16
Repair & Maintenance	17
Avoid Breakdown	18
Specification	19
Trouble Shooting	20

PREFACE

Dear Customer,

Thank you for choosing our blood pressure monitor. This wrist type electric blood pressure monitor provides convenience, reliable and accuracy measurements for daily use. Only one simple operating button, the blood pressure results can quickly display on the large LCD monitor. help to check personal health status anytime, anywhere.

This product is fully automatic adopts oscillometric method to detect blood pressure and pulse rate. Blood pressure constantly fluctuates, different measurement results are quite normal no matter taken by your doctor, pharmacy store or those taken at home. It is highly recommend to always consulting your doctor of your values for any unusual circumstances.

The following instructions will lead you step by step to understand all functions and important information. Please read it carefully and wish you a happy using experience.

SAFETY INFORMATION

- Please read this section thoroughly to learn the definition of each symbols.

SYMBOLS



Prohibited



Important to read and understand at all times



BF Type Product



Failure to follow directions noted by this symbol could result in bodily harm or damage to equipment.

⚠ ATTENTION

Always consult your doctor. Self-diagnosis of measurement results and self-treatment are dangerous.



Do not leave the unit unattended with infants or persons who cannot express their consent.

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



Do not use a mobile phone or other devices that emit electromagnetic fields near the unit, this may result incorrect measurement of the unit.

Do not disassemble the unit or wrist cuff, this may result incorrect operation of the unit.



ADVISE

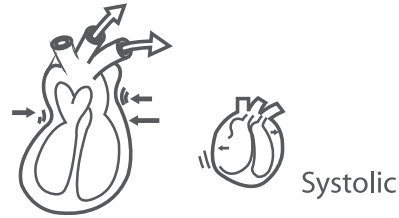
Battery fluid may damage the inner spare parts, please note below information :

- * Remove the batteries if the unit will not be used for three months or more.
- * Replace old batteries with new ones immediately. Replace all batteries at the same time.
- * Do not insert the batteries with their polarities incorrectly aligned.
- * Do not forcibly bend the wrist cuff or bend the air tube excessively.
- * Do not inflate the wrist cuff when it is not wrapped around your wrist.
- * Use only the approved accessories for this unit to avoid incorrect measurement results.
- * Do not subject the unit to strong shocks or vibrations (for example, dropping the unit on the floor).
- * Please contact your local dealer to get information of diagram and accessories.

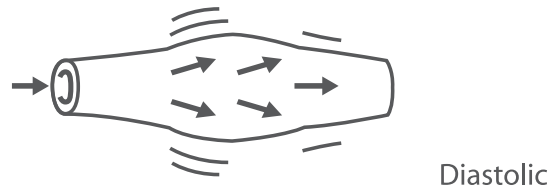
BLOOD PRESSURE INFORMATION

Blood pressure is a measure of the force of blood flowing against the walls of the arteries.

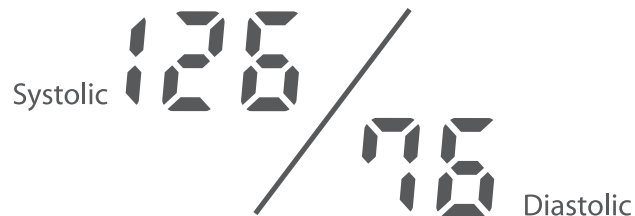
Systolic pressure (the high pressure) occurs when the heart contracts.



Diastolic pressure (the low pressure) occurs when the heart expands.



A doctor usually detect both the systolic and diastolic pressure. For example : when measure results appear as 126/76mmHg, your systolic is 126mmHg and diastolic is 76mmHg.



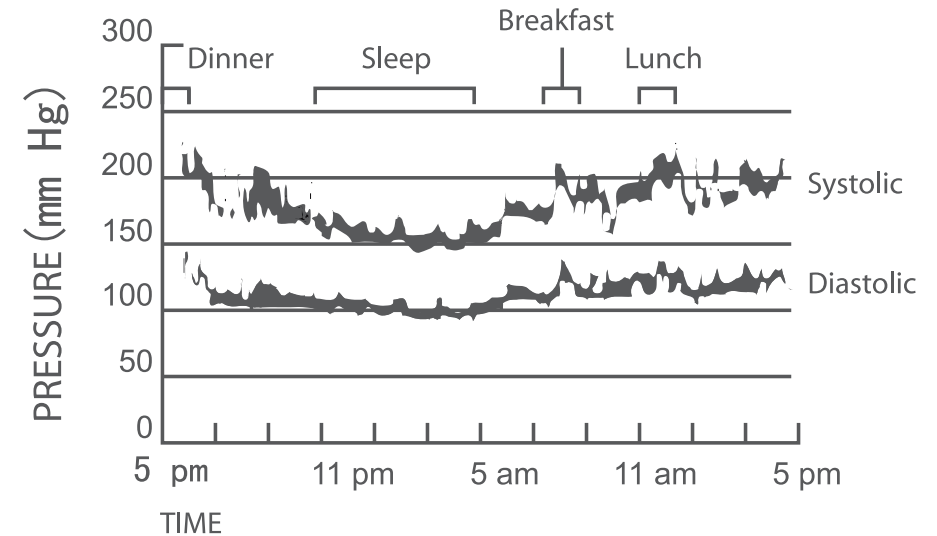
This numbers react the health status of your blood pressure, when blood flow has difficulty through blood vessel, this numbers will increase as hypertension.

This wrist type electric blood pressure monitor can automatically measure your systolic, diastolic pressure and easy to read the data.

People with diabetes, nephropathy, arteriosclerosis or trauma will have abnormal measure results. It is recommend taking daily measurement to find out unusual status and consult the physician at an early date.

An individual's blood pressure varies greatly on a daily and seasonal basis. So, do not be overly concerned by the results of one measurement. Consult your doctor to interpret your blood pressure data.

Blood pressure varies within one day. (Man's age 35)

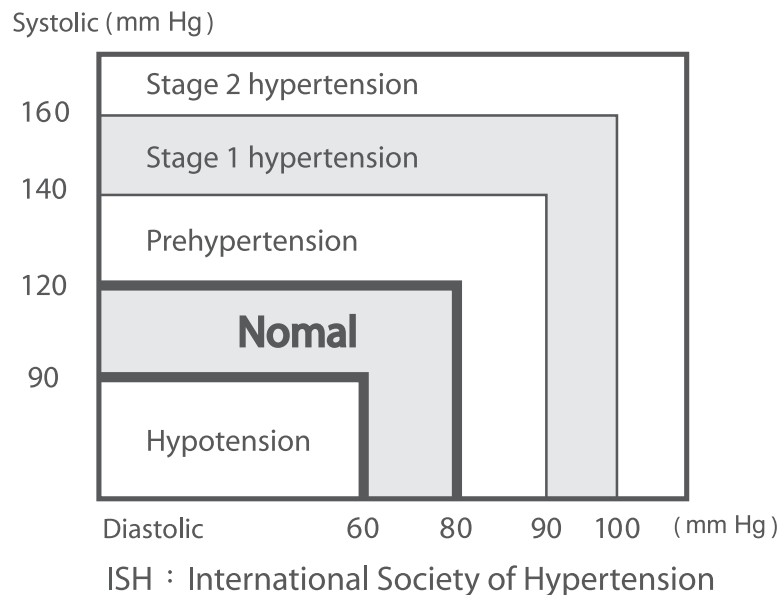


FACTORS MAY AFFECT BLOOD PRESSURE

- *panting
- *cessation of exercise
- *stress
- *emotional state
- *temperature changing
- *after dine
- *full bladder
- *talking
- *after bathing
- *drinking
- *smoking

Below the “Classification of blood pressure for adults” is a reference data which adopted By ISH(International Society Hypertension) to evaluate your blood pressure.

Considering individual’s age,weight and health status is varied,blood pressure might varied as well.It is recommend to consult a doctor for more detail blood pressure status.



	(High Pressure)	(Low Pressure)
Category	Systolic (mmHg)	Diastolic (mmHg)
Hypotension	< 90	< 60
Normal	≤ 119	≤ 79
Prehypertension	120-139	80-89
Hypertension stage 1	140-159	90-99
Hypertension stage 2	≥ 160	≥ 100

NOTE :There is no universally accepted definition of hypotension. However,those having the systolic pressure below 99mmHg are assumed as hypotensive.

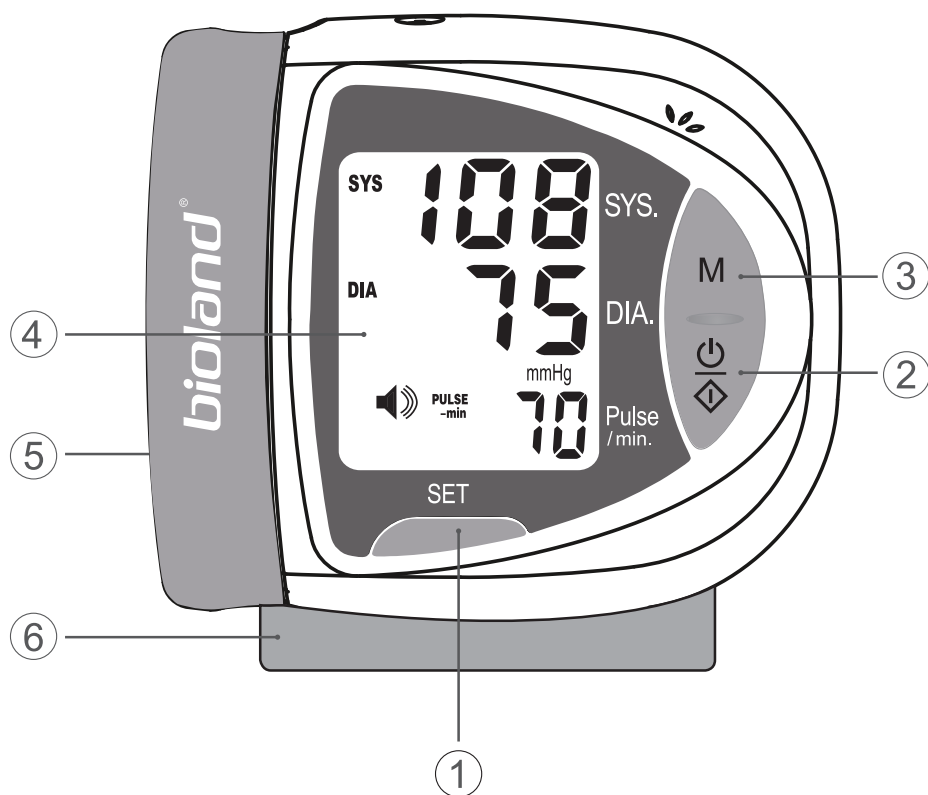
IMORTANT NOTE

Important Note

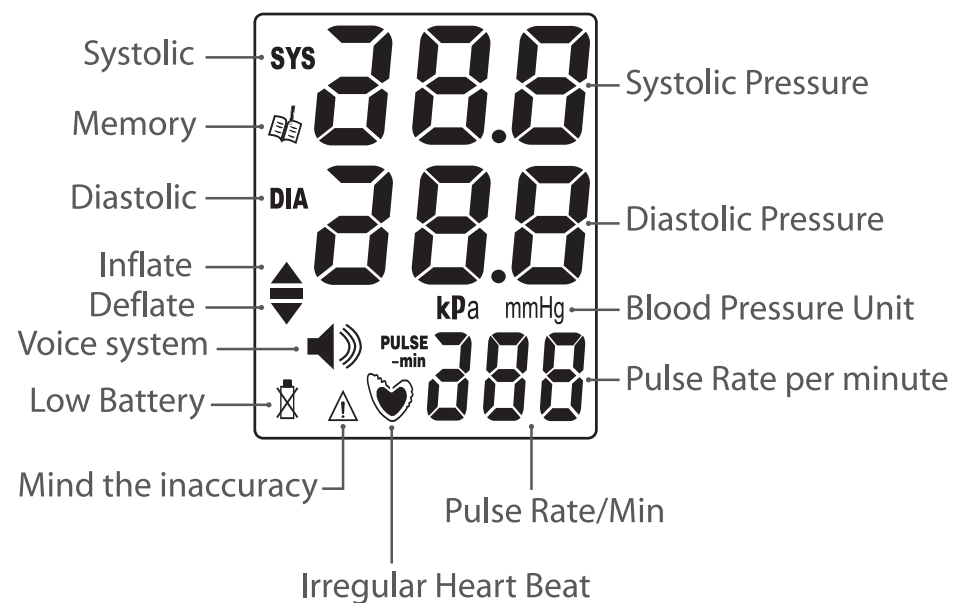
1. Always consult your blood pressure measure result to a profession physician.
2. Consulting a physician for the proper time of blood pressure measurement when you’re taking medicine.
3. People with diabetes, hepatitis and arteriosclerosis may have varies blood pressure results from wrist and arm.
4. This product can be use for adults above 12 years old. Do not leave the product unattended with Infants. Patience, handicap, senior or children should consult a physician before to take measurement.
5. Do not use a mobile phone, microwave oven, X-Ray or other devices that emit electromagnetic fields near the unit, this may result incorrect measurement of the unit.
- . This product cannot diagnosis disease or connects as surgical monitors.
7. Before measurement, please wash your hands.
8. When uncomfortable occurs during measurement, please push the “Power” button to turn off.

MAIN UNIT

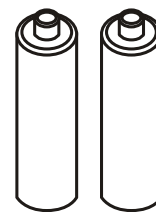
1. Set Button
2. Power/Measure Button
3. Memory Button
4. LCD Display
5. Battery Cover
6. Wrist Cuff



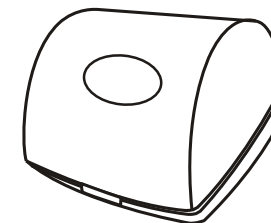
LCD DISPLAY SYMBOL



ACCESSORIES



2pcs AAA Alkaline Batteries



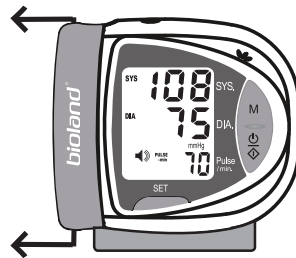
Storage Box

PRODUCT FEATURES

1. Adopts oscillometric theory
2. Large LCD monitor
3. Measuring systolic, diastolic and pulse rate.
4. 1.5min. auto switch-off, power saving function.
5. Detect irregular heart beat.
6. 10 memory capacity.
7. Voice Function (Optional).

INSTALLING / CHANGING THE BATTERIES

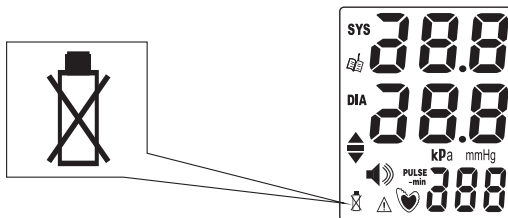
1. Slide the battery cover up to open it.



2. Remove the used batteries and insert new batteries into the battery compartment as shown, taking care that the polarities (+) and (-) are correct. Always use the AAA Alkaline battery.

3. Slide the battery cover down to close.

*When "low battery" symbol blinks in the display, replace all batteries with new ones. Do not mix old and new batteries. It may shorten the battery life, or cause the device to malfunction.



*Remove the batteries if the device is not to be used for a long time. The batteries may leak and cause a malfunction.

*Alkaline batteries around temperature 22°C will last 250 measurements, when used to take one measurement a day. The supplied batteries are for monitoring use only, they may have a shorter life and do not last for 250 measurements.

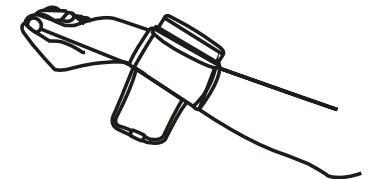
*When "low battery" symbol remain blinks, the unit automatically shut off, replace new batteries at once.



Disposal of this product and used batteries should be carried out in accordance with the national regulations for the disposal of electronic products.

CORRECT USING WRIST CUFF

1. Take off the watch on the left wrist.



2. Hold your hand open with palm up to see the display easily.



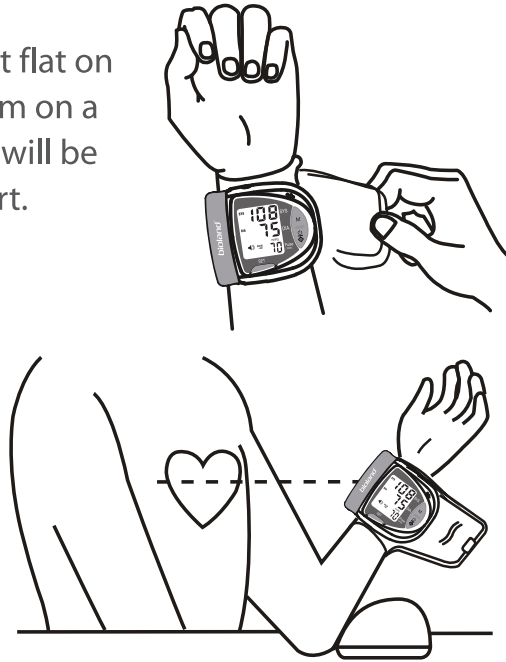
3. Maintain a distance of about 1/2" - 3/4" (1~2cm) between the unit and your wrist line.

4. Place the wrist cuff over your wrist and turn it upward. Fasten the wrist cuff snugly with the Velcro tape.

5. Fold the remaining part of the wrist cuff back out of the way.

6. Sit on a chair with your feet flat on the floor and place your arm on a table so that the wrist cuff will be the same level as your heart.

7. When you feel tired or the unit is not the same level as your heart, use the supplied storage box to support your wrist.



IMPORTANT REMIND BEFORE MEASUREMENT

1. Avoid eating, drinking alcohol, smoking, or exercising for at least 30 minutes before taking a measurement. Rest for at least 15 minutes before taking the measurement.

2. Stress raises blood pressure. Avoid taking measurements during stressful times.

3. The cuff can be applied to your left wrist.

4. Measurements should be taking in a quiet place. Position the unit at heart level throughout the measurement.



5. Remain still and do not talk during the measurement.

6. Keep a record of your blood pressure and pulse readings for your physician. A single measurement does not provide an accurate indication of your true blood pressure. You need to take and record several readings over a period of time. Try to measure your blood pressure at the same time each day for consistency.

7. Remain 5-10 minutes between measurements. The wait time allows the arteries to return to the condition prior to taking the blood pressure measurement. You may need to increase the wait time depending on your individual physiological characteristic.

FUNCTION SETTING

1. Press and hold the SET button in 5 seconds, "mmHg" flashing, then enter to the set mode.

2. Press the MEMO button to select the pressure unit, mmHg or Kpa, press the SET button to confirm then enter to the next setting.

3. The speaker icon blinks, press the MEMO button to select "YS" or "NO". "YS" the initial state of the speaker is on, "NO" the speaker is off.

4. Then display heartbeat icon, "NO" is flashing, press MEMO to select "NO" or "YS", press MEMO to set the voice of heartbeat. Press SET button to confirm the selection. The initial state of heartbeat voice is off.

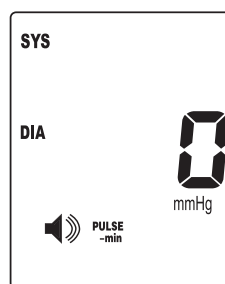
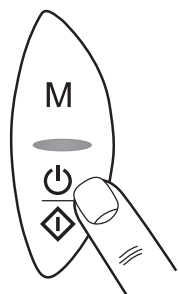
5. Then notebook icon is flashing, press MEMO to select "NO" or "YS", press SET button to confirm the selection. ("NO" is save the records, "YS" is delete all the records, factory default is "NO").

6. After set, turn off the unit.

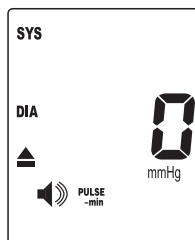
TAKING A MEASUREMENT

Please read below information carefully :

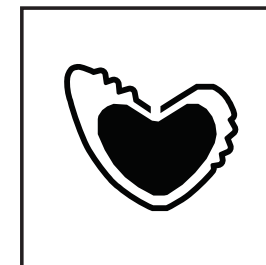
1. Sit down to take measurement.
2. Put your elbow on the table, and place the unit over your left wrist.
3. Use the supplied storage box to support your wrist, so the wrist and heart are in the same level.
4. Relax your arm and put the palm upward.
5. Press SET button to start, wrist cuff start to inflate while voice guiding the correct posture and measurement.



6. During the voice guiding the cuff is fully inflated, it will automatically start to deflate and the heart symbol will appear to indicate that measurement is in progress, once the symbol stop flashing and detect systolic, diastolic and pulse then the voice will announce the measure result.



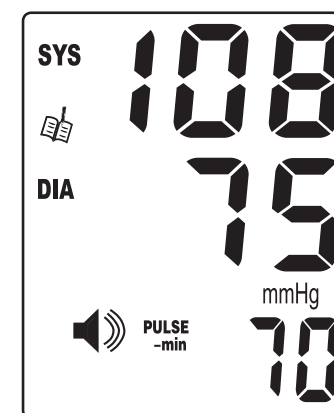
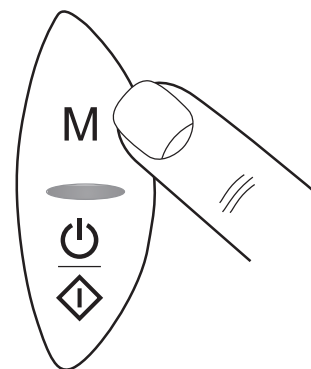
When the monitor detects an irregular rhythm that varies by less than 25% from the average rhythm two or more times during the measurement, the Irregular Heartbeat Symbol will appear on the display with the measurement values, we recommend you consult your physician.



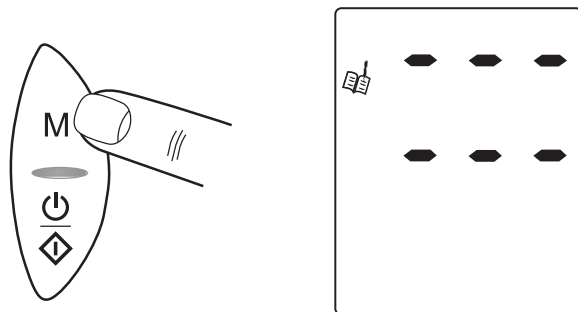
- *Remain still and do not talk during the measurement. Position your arm higher than the heart will get lower measure result, contrarily the measure result will get higher. This unit can intelligently adjust the cuff pressure and inflate to a higher-pressure level when needed, so its normal when the unit re-inflate during one measurement.

CHECKING MEMORY RESULTS

1. Press MEMO button, notebook icon is flashing.

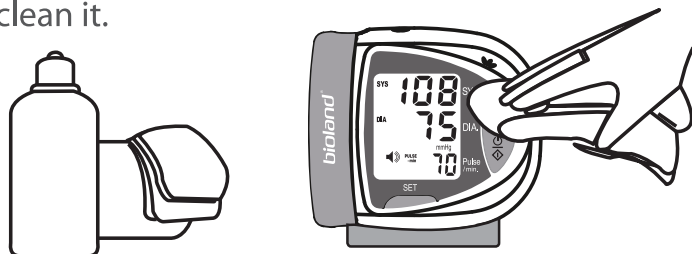


2. Press MEMO and SET button to review the memory results in ascending order.
3. If there is no memory, it will display “—” and then turn off in one second.



REPAIR & MAINTENANCE

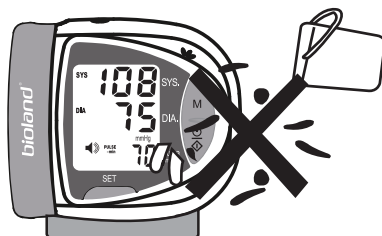
1. Do not wash or immerse the unit in water, use a soft and dry cloth to clean it.



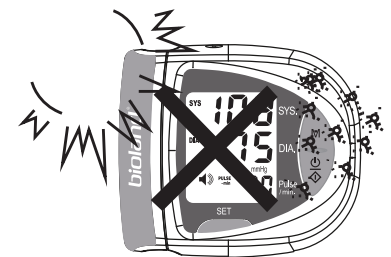
2. Do not use the volatile liquids to clean the main unit or cuff.



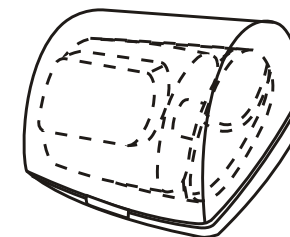
3. Do not moisten the cuff, wash hands before measurement.



4. Precision components are used in the construction of this device. Extremes in temperature, humidity, direct sunlight, shock or dust should be avoided.



5. The disassemble wrist cuff can be store in the storage box.



6. Push the MEMORY and SET buttons in a turn off mode for 6 seconds, when “ST” displays, loose both buttons, the main program version will appear then enter to the static pressure testing mode, “DIA” shows location “00”. (Only professional technician is qualified to operate.)

Remove the batteries if the device is not to be used for a long time. The batteries may leak and cause a malfunction.

AVOID BREAKDOWN

1. Do not subject the unit to strong shocks or vibrations.
2. Do not insert any tools into the unit.
3. Do not disassemble the unit.
4. Do not fold the unit or cuff tightly.
5. When the unit store in a temperature below 0°C, please take it to a warm place for 30 minutes before taking a measurement.

SPECIFICATION	
Model No.	3001-1
Description	Wrist Type Electric Blood Pressure Monitor
Dimension	Main Unit : 64(L) X 73(W) X 29(H)mm Cuff : 300(L) X 68(W)mm
Measurable Circumference of Arm	Approx. 13.5 – 19.5cm
Unit Weight	Approx. 114g
Measurement Range	Pressure : 0 – 300 mmHg Measuring Interval : 1mmHg Pulse Rate : 40 – 200/min.
Accuracy	Pressure : within ± 3 mmHg of reading Pulse Rate : within ± 5 mmHg of reading
Measurement	Oscillometric Method
Power Source	1.5V "AAA" x 2 Alkaline Batteries
Power Saving Mode	1.5min. auto power off
Working temp. & Humidity	5 – 40°C, 30 – 85% RH
Storage temp. & Humidity	-20 - 60°C, 10 – 95% RH
Memory Capacity	10
Accessories	Wrist Cuff, Instruction Manual
Display	LCD
Options	Voice System

TROUBLE SHOOTING		
TROUBLESHOOTING		
Problem	Possible Reason	Recommended Action
Nothing appears in the display, even when the power is turned on.	Batteries are drained.	Replace all batteries with new ones.
	Battery terminals are not in the correct position.	Reinstall the batteries with negative and positive terminals matching those indicated on the battery compartment.
E01 :The cuff does not or unusual inflate.	Check if the battery power is low or the cuff is leakage.	Replace new batteries or cuff.
E02,E07,E08,E09 :Measurement fault	Incorrect wrist cuff position or you moved your hand and body during the measurement.	Readjust the position of wrist cuff.
E03 : Inflate pressure too high		Try the measurement again or send back the device to your dealer for calibration.
E04 :Vibration occur during the measurement.	You moved your hand or body during the measurement.	Keep calm, stable with right position then try the measurement again.

TROUBLESHOOTING		
Problem	Possible Reason	Recommended Action
E05 : Auto inflate too fast. E06 : Auto inflate too slow.	Over tighten wrist cuff. Over loosen wrist cuff.	Readjust the wrist cuff and try the measurement again.
Low battery mark appears.	Battery power is low.	Replace all batteries with new ones.
Readings too high or too low.	1.Wrist cuff position lower or higher than your heart. 2.Incorrect position. 3.Talking or moving your body during the measurement.	1.Sit comfortably and still. Raise your hand to keep the cuff at the same level as your heart. 2.3.Make sure you remain still and quiet during the measurement. *If you have a very weak or irregular heartbeat, the device may have difficulty in determining your blood pressure.