

AUTOMATIC ARM Blood Pressure Monitor

• 5-Year Limited Warranty



WGNBPA-220A
WIC 899709
Doc # L-01536, Rev. A1

BLOOD PRESSURE STANDARD

The table below contains defined levels for hypertension that are publicly available from the American Heart Association® (AHA 2017). Users can compare their own blood pressure readings against these defined levels to determine if they may be potentially at increased risk. This table is applicable to most adults aged 18 and older.

Blood Pressure Category	Systolic mmHg (upper number)	and	Diastolic mmHg (lower number)	Indicator Color
Normal	<120	and	<80	Green
Elevated	120-129	and	<80	Yellow
High Blood Pressure (hypertension) Stage 1	130-139	or	80-89	Red
High Blood Pressure (hypertension) Stage 2	140-180	or	90-120	
Hypertensive Crisis (consult your doctor immediately)	>180	and/or	>120	

*Source: AHA 2017

Blood pressure tends to go up and down, even in people who normally don't have high readings. If your numbers stay above the normal range most of the time, you may be at increased risk and should consult your physician.

Although one can easily find where their own blood pressure readings fall on this table, this monitor comes equipped with a Risk Category Index that automatically compares each reading to the defined levels and provides a helpful cue if your reading falls into one of the stages that could potentially indicate increased risk. See Risk Category Index section for more information on this feature.

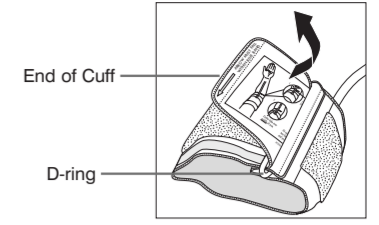
Display Symbols:

	Low Battery Symbol: Appears when batteries should be replaced, or +/- polarities have been positioned incorrectly.
	Pulse Symbol: Shows the heart rate per minute.
	Irregular Heartbeat Detector: See Irregular Heartbeat Detector section for more information.
	Risk Category Index: See Risk Category Index section for more information.
AVG.3	Memory Average: Displays average of last 3 readings.
	Excessive Body Motion Detector: Appears when excessive body movement, especially of the arm the cuff is worn, is detected during the measurement. See Excessive body Motion Detector section for more information. Note: The measured blood pressure reading may not be accurate if the icon is displayed. Properly wrapping the arm cuff is important. If the circumference of the upper arm differs largely from the circumference of the forearm, an excessive gap may occur between the arm and the arm cuff, and result in the false detection of excessive body motion.
	Check-with-Confidence™: Appears upon first use and then every 30th use, during the self-check function. See Check-with-Confidence for Accuracy Assurance section for more information.

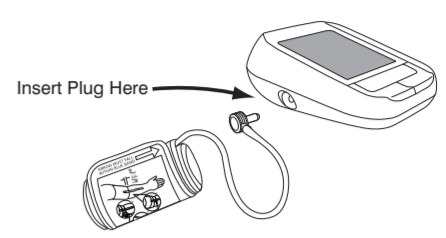
If **ERROR** and any of the following letters and numbers appear in the area that systolic pressure should be displayed, an error has occurred with your reading. See Troubleshooting section of this manual for more information.

EE	Measurement Error: Wrap the cuff correctly and keep arm steady during measurement. Measure again.
E1	Air Circuit Abnormality: Check cuff connection. Measure again.
E2	Pressure Exceeding 300 mmHg: Turn the unit off to clear, then measure again.
E3	Error Determining Measurement Data: Wrap the cuff properly, keep steady, and measure again.
EP	System Error: Turn off monitor and measure again. If EP error still appears on the display, please call a Consumer Relations representative.

- If the cuff is not assembled, pass the end of the cuff furthest away from the tubing through the metal D-ring in order to form a loop. The smooth side without the felt material should be on the inside of the cuff loop.



- Plug the cuff tube into the left side of the unit.



- Open the arm cuff so that your arm may be placed through it.
- Remove tight-fitting clothing from your upper left arm so that the cuff can be wrapped around your exposed arm.

NOTE: It is recommended to wrap the cuff on a bare arm or over thin clothing to ensure accuracy. Thick clothing or a rolled up sleeve will cause inaccurate blood pressure measurements.

IMPORTANT PRODUCT NOTICES AND SAFETY INSTRUCTIONS

When using your blood pressure monitor, basic precautions should always be followed. Please read and follow all instructions and warnings before using this product. Save these instructions for future reference.

- This is a home health care product only and it is not intended to serve as a substitute for the advice of a physician or medical professional.
- This device uses the oscillometric method to measure systolic and diastolic blood pressure, as well as heart rate.
- DO NOT** use this device for diagnosis or treatment of any health problem or disease. Measurement results are for reference only. Consult a health care professional for interpretation of pressure measurements. Contact your physician if you have or suspect any medical problem. Do not change your medications without the advice of your physician or health care professional.
- Proper cuff size is critical for accurate measurements. Follow the instructions in this manual and printed on the arm cuff to ensure the appropriate size cuff is being used.
- For those who have undergone mastectomy surgery (especially those who have had lymph nodes removed), it is recommended to take a measurement on the unaffected side.
- Wearing the arm cuff properly is critical for accurate measurements. If the circumference of the upper arm differs largely from the circumference of the forearm, an excessive gap may occur between the arm and the arm cuff, which could result in an inaccurate measurement. Please consult your healthcare professional if you have questions on how to properly wear the arm cuff.
- This product is not suitable for people with arrhythmias, those undergoing intravenous injections on any limb, or those currently on dialysis treatment. This device may have difficulty determining the proper blood pressure for pregnant women and for users with irregular heartbeat, diabetes, poor circulation of blood, kidney problems, or for users who have suffered from a stroke.

Please note that cues provided by this monitor are only intended to assist you in using this table. The table and cues are only provided for convenience to help you understand your noninvasive blood pressure reading as it relates to the American Heart Association® information. They are not a substitute for a medical examination by your physician. It is important for you to consult with your physician regularly. Your physician will tell you your normal blood pressure range as well as the point at which you may actually be considered to be at risk.

HOW THIS BLOOD PRESSURE MONITOR WORKS

This monitor uses innovative GentleInflate® technology to measure your blood pressure. With one touch of a button, the monitor automatically takes the reading during inflation, then deflates, delivering a quick, comfortable, and quiet measurement every time.

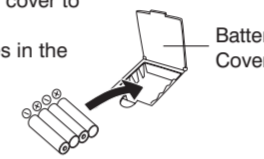
Please note that any muscle movement during inflation will cause measurement error. When measurement is complete, the monitor will display your systolic pressure, diastolic pressure, and pulse readings.

The monitor automatically finds where your measurement results fall on the American Heart Association (AHA 2017) table and provides a cue if your reading falls into one of the stages that could potentially indicate increased risk. Please refer to Risk Category Index section for more information on this feature.

The appearance of the icon indicates that a pulse irregularity consistent with an irregular heartbeat was detected during measurement. See Irregular Heartbeat Detector section.

INSTALLING BATTERIES

- Press down on latch and lift the battery cover to open the battery compartment.
- Install or replace 4 "AAA" sized batteries in the battery compartment according to the indications inside the compartment.
- Close the battery cover by pushing in the top end of the battery door.



Replace the batteries if:

- The low battery symbol appears on the display.
- When any button is pressed and nothing is displayed on the screen.

NOTE:

- Date and time will need to be reset if batteries are removed or replaced.
- Replace all batteries at one time (as simultaneous set). Do not mix old and new batteries.
- Use only 1.5V "AAA" alkaline batteries. Do not mix alkaline, standard (carbon-zinc) or rechargeable (Ni-Cad, Ni-MH, etc.) batteries.
- When installing batteries, observe proper +/- polarities. Incorrect installation of batteries may cause damage to the unit.
- Remove batteries when unit is not in use for extended periods of time.
- When the batteries are removed, the measurement values stored in memory are retained. However, the date and time must be reset.
- Clean contacts on battery and in battery compartment with a soft dry cloth each time you install batteries.
- Keep batteries away from children as they could pose a choking hazard.
- Recycle or dispose of properly in accordance with all local, state, province, and country regulations.
- Batteries are hazardous waste. Do not dispose of them together with the household garbage.**
- DO NOT** dispose of batteries in fire. Batteries may explode or leak.

- Position cuff edge 0.8-1.2 inches (2-3 cm) above elbow.



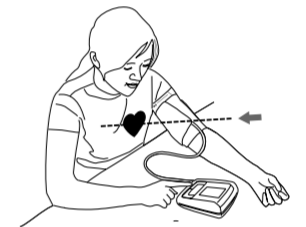
- Center tube over middle of arm.



- Pull the end of the cuff so that it tightens evenly around your arm. Press the hook and loop material together to secure, ensuring the cuff does not slip during measurement. Allow room for 2 fingers to fit between the cuff and your arm.



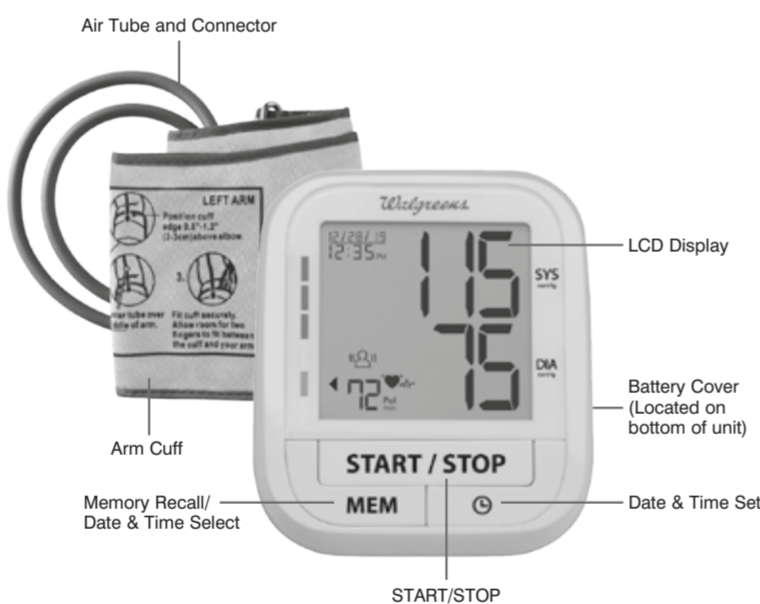
- Lay your arm on a table (palm upward) so the cuff is at the same height as your heart. Make sure the tube is not kinked.



- Excessive use may result in blood flow interference, which is likely to cause uncomfortable sensations, such as partial subcutaneous hemorrhage, or temporary numbness to your arm. In general, these symptoms should not last long. However, if symptoms persist, please seek advice from a medical professional.
- The pulse display is not suitable for checking the frequency of heart pacemakers.
- Electromagnetic interference: The device contains sensitive electronic components. Avoid strong electrical or electromagnetic fields in the direct vicinity of the device (ex. mobile telephones, microwave ovens). These may lead to temporary impairment of measurement accuracy.
- Consider the electromagnetic compatibility of the device (ex. power disturbance, radio frequency interference, etc.). Please use this device in a home healthcare environment only.
- Use blood pressure monitor only for its intended use.
- DO NOT** wrap the cuff around body parts other than your arm.
- DO NOT** touch, move, or shake the device during a measurement as this could cause an inaccurate blood pressure reading.
- DO NOT** talk or move your arm or hand muscles during a measurement as this could cause an inaccurate blood pressure reading.
- DO NOT** use this device on infants, children, or those who cannot express their own intention.
- Not for use by or on persons under the age of 18.
- Use only 1.5V "AAA" alkaline batteries for power supply.
- The patient is an intended operator.
- The applied part is the cuff.

Blood pressure measurements determined with this device are equivalent to those obtained by a trained observer using the cuff/stethoscope auscultatory method, within the accuracy limits prescribed by the American National Standard, manual, electronic, or automated sphygmomanometers. The sphygmomanometer was clinically investigated according to the requirement of ISO 81060-2: 2013.

NAME/FUNCTION OF EACH PART



NOTE:

The "MEM" button is also used to set the date and time.

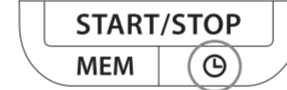
Other Accessories:

4 AAA size, 1.5V alkaline batteries (included)



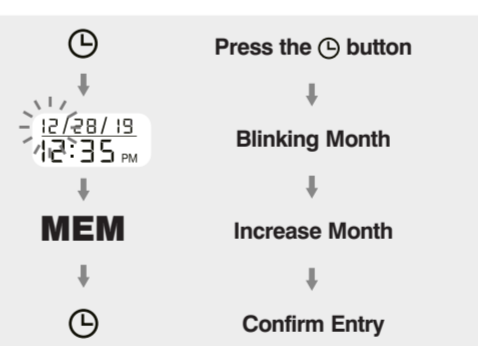
DATE & TIME SET PROCEDURE

- To adjust the date and time, press the "DATE & TIME SET" button.



- The display will show a blinking number showing the MONTH. Change the MONTH by pressing the "MEM" button. Each press will increase the number by one in a cycling manner. Press the button to confirm the entry. The screen will then show a blinking number representing the DAY.

- Change the DAY, YEAR, HOUR, & MINUTE as described in Step 2 above, using the "MEM" button to change the numbers and the button to confirm the entries.

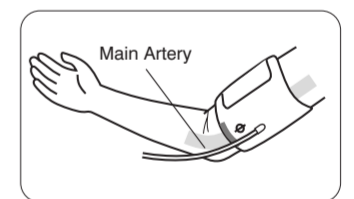


Repeat process to set DAY, YEAR, HOUR, and MINUTE.

IMPORTANT: IF YOU ARE USING THIS BLOOD PRESSURE MONITOR FOR THE FIRST TIME, PLEASE REMOVE THE PROTECTIVE FILM FROM THE DISPLAY SCREEN.

NOTE:

- This device should not be used when your arm is wounded or injured.
- Thick clothing or a rolled up sleeve will cause inaccurate blood pressure measurements. It is recommended that the cuff be wrapped on a bare arm, or over thin clothing.
- If it is not possible to fit the cuff on your left arm, it can also be placed on your right arm. However, all measurements should be made using the same arm.
- To use on the right arm, you must position the artery symbol "Φ" over the main artery. Locate the main artery by pressing with 2 fingers approximately 1 inch (2 cm) above the bend of your elbow on the inside of your right arm. Identify where the pulse can be felt the strongest. This is your main artery.



ABOUT BLOOD PRESSURE

What is Blood Pressure?

Blood pressure is the pressure exerted on the artery walls while blood flows through the arteries. The pressure measured when the heart contracts and sends blood out of the heart is systolic (highest) blood pressure. The pressure measured when the heart dilates with blood flowing back into the heart is called diastolic (lowest) blood pressure. Both the systolic and diastolic pressure are necessary for a physician to evaluate the status of a patient's blood pressure.

Why Measure Your Blood Pressure?

Among today's various health problems, those associated with high blood pressure are very common. High blood pressure dangerously correlates with cardiovascular disease. Therefore, blood pressure monitoring is important for identifying those at risk.

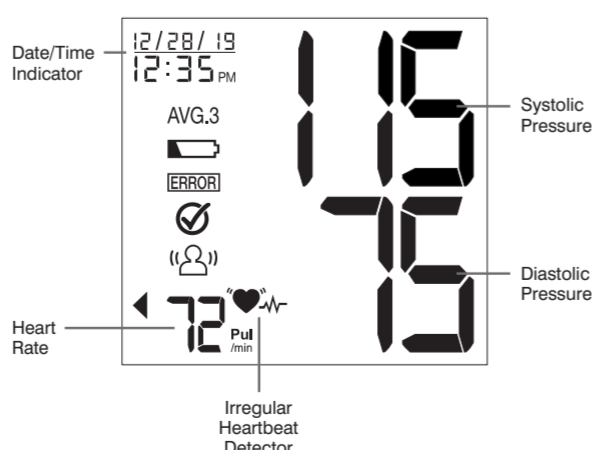
Why Do My Readings Vary?

Blood pressure is a body parameter that is subject to normal variations throughout the day. A single reading that is different from yours or your doctor's readings are not necessarily inaccurate. The average of several readings, taken under similar conditions, using the same arm, is preferred for accurate blood pressure readings.

Why Are My Readings Different Than Those Taken at My Doctor's Office?

Many experience a phenomenon called "White Coat Hypertension" when measured by a doctor. White Coat Hypertension refers to blood pressure that rises above its usual level when measured in a clinical setting, such as a doctor's office.

DISPLAY EXPLANATIONS

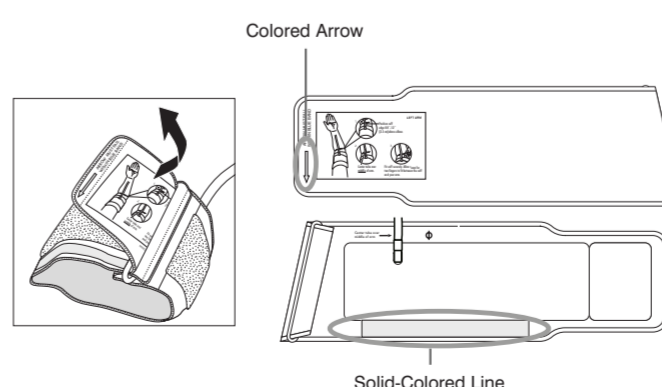


USING THE ULTRASOFT® ARM CUFF

Very Important: Proper cuff size is critical to accurate measurement.

This monitor comes with one UltraSoft Upper Arm Cuff that fits arm circumferences from 9"-17" (23cm-43cm).

The appropriate cuff is suitable for your use if the colored arrow falls within the solid color line as shown below.



CHECK-WITH-CONFIDENCE™ FOR ACCURACY ASSURANCE

This monitor includes a built-in Check-with-Confidence feature provides accuracy assurance function, which enables the device to automatically perform a self-check. It provides a convenient way to ensure the monitor is working properly.

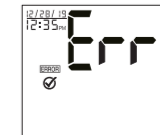
The Check-with-Confidence default setting is "ON." To turn this feature "OFF," press the "START/STOP" button for 3 seconds.



On first use, then on every 30th use, the cuff will partially inflate and then deflate. The monitor will display "OK", confirming the monitor is working properly.



If the monitor is not working properly, "Err" will be displayed on the screen. Please call Consumer Relations at the number listed in the warranty section.



NOTE: If the "MEM" and "START/STOP" buttons are pressed at the same time, erasing the values in memory, the monitor will perform the self-check feature on the next measurement.

