

DELUXE WRIST Blood Pressure Monitor

• 5-Year Limited Warranty



WGNBPW-210A
WIC 787918
Doc# L-03424, Rev.1

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 device is intended for indoor, home use.
- This device is not intended for public use.
- This device is portable, but it is not intended for use during patient transport.
- This device is not suitable for continuous monitoring during medical emergencies or operations.
- This device is intended for non-invasive measuring and monitoring of arterial blood pressure. It is not intended for use on extremities other than the wrist, or for any purpose other than obtaining a blood pressure measurement.
- This device is for adults. Do not use this device on neonates or infants. Do not use it on children unless otherwise instructed by a medical professional.
- Not for use on pregnant women, especially those in preeclampsia.
- The device is not suitable for use on patients with implanted, electrical devices, such as cardiac pacemakers, defibrillators.
- The effectiveness of this device has not been established for use:
 - on users with common arrhythmias such as atrial or ventricular premature beats or atrial fibrillation,
 - on users with peripheral arterial disease,
 - on users undergoing intravascular therapy, or with arteriovenous (AV) shunt. Consult a medical professional before use.
- DO NOT** use this device for diagnosis or treatment of any health problem or disease. 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.
- If you are taking medication, consult your physician to determine the proper time to measure your blood pressure.
- This device may be used only for the intended use described in this manual, the manufacturer shall have no liability for any incidental, consequential, or special damages caused by misuse or abuse.
- Report any unexpected operation or events to the manufacturer.
- DO NOT** apply the cuff on a wrist that has an intravenous drip or a blood transfusion attached.
- WARNING:** Taking blood pressure measurements too frequently could disrupt blood circulation and cause injuries.
- WARNING:** Do not apply cuff to areas on patient where skin is delicate or damaged. Check cuff site frequently for irritation.
- WARNING:** Do not place the cuff on the wrist of a person whose arteries or veins are undergoing medical treatment, i.e. intra-vascular access or intra-vascular therapy or an arteriovenous (A-V) shunt, which could disrupt blood circulation and cause injuries.
- DO NOT** place the cuff on the wrist on the same side of a mastectomy (especially when lymph nodes have been removed). It is recommended to take measurements on the unaffected side.
- DO NOT** wrap the cuff on the same wrist to which another monitoring device is applied. One or both devices could temporarily stop functioning if you try to use them at the same time.
- Please check that the operation of the device do not result in prolonged impairment of patient blood circulation.
- WARNING:** On the rare occasion of a fault causing the cuff to remain fully inflated during measurement, loosen and remove the cuff immediately. Prolonged high pressure applied to the wrist (cuff pressure >300 mmHg or constant pressure >15 mmHg for more than 3 minutes) might lead to bruising and discolored skin.
- WARNING:** Do not use this device with high-frequency (HF) surgical equipment at the same time.
- WARNING:** This device is not AP/APG equipment. Do not use the device where flammable anesthetic are present, or in environments with a mixture of air with oxygen or nitrous oxide.
- The device contains sensitive electronic components. To avoid measurement errors, avoid taking blood pressure measurements near a strong electromagnetic field radiated interference signal or electrical fast transient/burst signal.
- Wireless communication equipment, such as wireless home network devices, mobile phones, cordless telephones and their base stations, walkie-talkies may cause interference that may affect the accuracy of measurements. A minimum distance of 1 foot (30 cm) should be kept from such devices during a measurement.
- You can use this device to take your own measurement, no third-party operator is required.

- Please use the device under the environment which is provided in the user manual. Otherwise, the performance and lifetime of the device will be impacted and reduced.
- The device may require up to 30 minutes to warm up / cool down from the minimum / maximum storage temperature before it is ready for use.
- WARNING:** Do not touch output of the batteries and the user simultaneously.
- WARNING:** The power cord is considered the disconnect device for isolating this equipment from supply mains. Do not position the equipment so that it is difficult to reach or disconnect.
- The blood pressure monitor and the cuff are suitable for use within the patient environment.
- WARNING:** Do not use this device if you are allergic to polyester, nylon, or plastic.
- WARNING:** Only use accessories approved by manufacturer. Using unapproved accessories might cause damage to the unit and injure users.
- WARNING:** If you experience discomfort during a measurement, such as pain in the wrist or other complaints, press the Power button immediately to release the air from the cuff.
- No calibration is required within two years of reliable service.
- DO NOT** attempt to repair the unit yourself if it malfunctions. In the event that the device needs to be checked for calibration or replaced, contact the distributor.
- Store your device, cuff in a clean and dry place, protect it against extreme moisture, heat, lint, dust and direct sunlight. Never place any heavy objects on it.
- WARNING:** Keep the device, cuff, and batteries away from children as they may pose a risk of choking or strangulation if used improperly.
- Clean both device and cuff with a soft, dry cloth. If necessary use a dampened cloth and natural detergent. Do not use alcohol, benzene, or other harsh chemicals.
- DO NOT** wash the cuff in a washing machine or dishwasher!
- The service life of the cuff may vary by the frequency of washing, skin condition, and storage state. The typical service life is 10000 times.
- Dispose of accessories, detachable parts, and the device according to the local guidelines.
- Use only 1.5V "AAA" alkaline batteries for power supply.

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.

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.

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 diseases. 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.

BLOOD PRESSURE STANDARD

This table 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 potentially be at an 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)	LED 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	or	≥90	
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.

Please note that cues provided by this monitor are only intended to assist you in using the table on the previous page. 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 detect 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.

To help guide your wrist into the ideal position, this blood pressure monitor comes equipped with an optional wrist positioning guide to help you take an accurate blood pressure reading. Please see Wrist Positioning Guide section for more information on this feature.

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

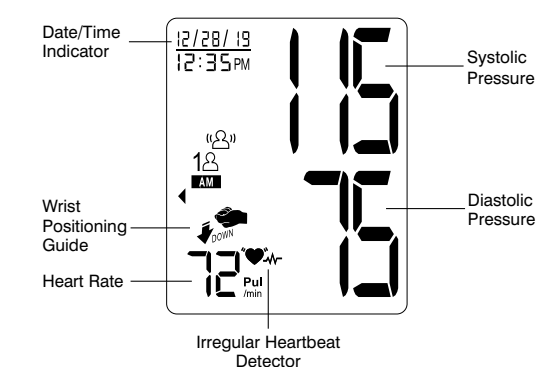
The monitor automatically finds where your measurement results fall on the American Heart Association (AHA 2017) table and provides a cue if your reading falls into one of the stages that could potentially indicate increased risk. See Risk Category Index section for more information on this feature.

The appearance of the icon indicates that a pulse irregularity consistent with an irregular heartbeat was detected during measurement. Refer to Irregular Heartbeat Detector section for more information on the Irregular Heartbeat Detector.

NAME/FUNCTION OF EACH PART



DISPLAY EXPLANATIONS



Display Symbols:

	User 1: Appears when the monitor is operated by User 1.
	User 2: Appears when the monitor is operated by User 2.
	Low Battery Symbol: Appears when batteries should be replaced, or +/- polarities have been positioned incorrectly.
	Pulse Symbol: Shows heart rate in beats per minute.
	Wrist Positioning Guide: See Wrist Positioning Guide section for more information.
	Irregular Heartbeat Detector: Irregular heartbeat detected during measurement. See Irregular Heartbeat Detector section for more information.
	Risk Category Index: Indicates the blood pressure level. See Risk Category Index section for more information.
AVG.3	Memory Average: Displays average of last 3 readings.
AVG.3 AM	AM Averaging: Indicates the reading being displayed is an average from the last 3 mornings measurements.
AVG.3 PM	PM Averaging: Indicates the reading being displayed is an average from the last 3 evening measurements.

Display Symbols, cont.:

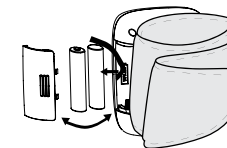
	Excessive Body Motion Detector: Appears when excessive body movement, especially of the wrist the cuff is worn, is detected during the measurement. See Excessive Body Motion Detector section for more information. NOTE: The measured blood pressure reading may not be accurate if the icon is displayed.
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If **ERROR** and any of the following letters and numbers appear in the area that systolic pressure should be displayed or the wrist icon appears, an error has occurred with your reading. See Troubleshooting section of this manual for more information.

E1	Incorrect cuff placement: Correct and measure again.
E2	Error Determining Measurement Data: Relax, do not move, and measure again.
E3	Pulse signal not detected: Measure again.
E4	Error Determining Measurement Data: Relax for 3 minutes, measure again.
EExx	System Error: Turn off monitor and measure again. If EExx error still appears on the display, call a Consumer Relations representative.
OUT	Pressure Measurement Out of Range: Switch the unit off to clear, then measure again.

INSTALLING BATTERIES

- Slide off the battery cover to open the battery compartment.
- Install or replace the 2 "AAA" alkaline batteries according to the indications inside the battery compartment.



NOTE: When removing batteries, pull black ribbon forward. Replace the battery cover.

Replace the batteries if:

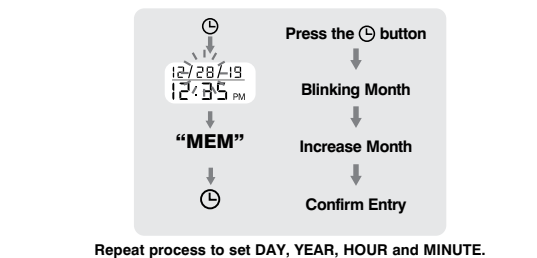
- The low battery symbol appears on the display.
- When any button is pressed and nothing is displayed on the screen.

- 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.**

DATE & TIME SET PROCEDURE

It is important to set the Date & Time before using your blood pressure monitor, so that a time stamp can be assigned to each record that is stored in the memory.

- To set the date and time, press the **"Date & Time Set"** button.
- The display will show a blinking number representing 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 again 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"** to change the numbers and the button to confirm the entries.



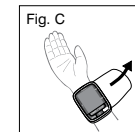
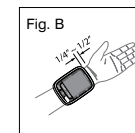
IMPORTANT: IF YOU ARE USING THIS BLOOD PRESSURE MONITOR FOR THE FIRST TIME, PLEASE REMOVE THE PROTECTIVE FILM FROM THE DISPLAY SCREEN.

APPLYING THE CUFF

- Remove all watches, wrist jewelry, etc. prior to attaching the wrist monitor. Clothing sleeves should be rolled up and the cuff should be wrapped around bare skin for correct measurements.
- Apply cuff to left wrist with palm facing up as shown in Fig. A.



- Make sure the edge of the cuff is about 1/4"-1/2" (1cm-1.5cm) from the palm as shown in Fig. B.
- In order to ensure accurate measurements, fasten the hook and loop strap securely around your wrist so there is no extra space between the cuff and the wrist. If the cuff is not wrapped tight enough, the measurement values will not be accurate.
- If your physician has diagnosed you with poor circulation in your left arm, place the cuff around your right wrist as shown in Fig. C.

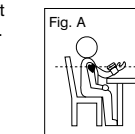


NOTE:

- This device should not be used when your wrist is wounded or injured.
- If it is not possible to use the cuff on your left wrist, it can also be used on your right wrist. However, all measurements should be made using the same wrist.

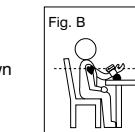
CORRECT MEASUREMENT POSTURE

- Place your elbow on a table so that the cuff is at the same level as your heart as shown in Fig. A. Relax your entire body, especially between your elbow and fingers.

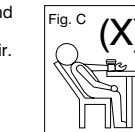


NOTE: Your heart is located slightly below your armpit.

- 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 a soft object, such as a folded towel, to support your wrist as shown in Fig. B.
- Turn your palm upwards.



- Sit upright in a chair with feet flat on the floor and take 5-6 deep breaths. Do not cross your legs. Keep your back against the backrest of the chair. Avoid leaning back while the measurement is being taken as shown in Fig. C.



WRIST POSITIONING GUIDE

- When using wrist blood pressure monitors, it is important to take the measurement while relaxing your wrist at heart level. This will help ensure an accurate reading will be taken. Because it is difficult to find the ideal location for a wrist measurement, we have included an optional Wrist Positioning Sensor that will assist in directing your wrist to the ideal location for a blood pressure measurement.
- After you press **"START/STOP"** button, the display will illuminate with different icons that are designed to help you move your wrist. Once the ideal location is found, the wrist symbol will flash twice and measurement will begin. Keep your arm still until measurement is completed.

SYMBOL	ACTION
	Move your wrist up.
	Move your wrist down.
	Rotate your wrist to your left.
	Rotate your wrist to your right.
	Wrist is in ideal position, do not move.
	Wrist was <u>NOT</u> in ideal position, this symbol will be saved in the measurement memory if this occurs.

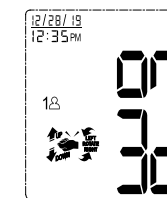
- Even if the monitor is not in the ideal position after 10 seconds, the measurement will still begin. If this occurs, the wrist symbol will appear and be stored in the memory with the measurement.

NOTE:

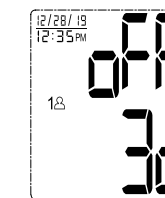
- Due to differences in individual sizes and physique, this feature may not be helpful in all cases and you may wish to turn this feature OFF. If you feel the suggested wrist position does not match your heart level, please turn this feature OFF and follow your judgment. To turn the Wrist Positioning Guide OFF, press and hold the **"START/STOP"** button for 3 seconds.

WRIST POSITIONING GUIDE SETTINGS

- To turn the Wrist Positioning Guide OFF or ON, press and hold the **"START/STOP"** button for 3 seconds.



Wrist Positioning Guide is ON



Wrist Positioning Guide is OFF

NOTE:

- By default, the Wrist Positioning Guide is ON.
- When the Wrist Positioning Guide is OFF, the instruction will not appear at the start of the measurement.

MEASUREMENT PROCEDURE

IMPORTANT NOTES:

- Blood pressure changes with every heartbeat and is in constant fluctuation throughout the day.
- Blood pressure measurement can be affected by the position of the user, his or her physiologic condition, and other factors.

Before Measurement:

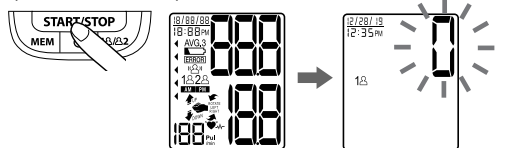
To help ensure an accurate reading, follow these instructions before taking a measurement:

- Wait 1 hour after exercising, bathing, eating, drinking beverages with alcohol or caffeine, or smoking to measure blood pressure.
- Sit quietly and rest for 15 minutes.
- Stress raises blood pressure. Avoid taking measurements during stressful times.
- Take your reading in a comfortable environment as measurements can be affected by hot or cold temperatures. Take your blood pressure at normal body temperature.

During Measurement:

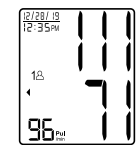
- DO NOT** talk or move your arm or hand muscles.
- DO NOT** cross your legs. Sit with feet flat on the floor.
- DO NOT** touch cuff or monitor during measurement.

- Press the “12/3” button and select User 1 or User 2.
- With the cuff wrapped around your wrist, press the “START/STOP” button. Do not inflate the cuff unless it is wrapped around your wrist. All digits will light up, checking the display functions. The checking procedure will be completed after about 3 seconds.



- After all symbols disappear, the display will show “0.” The monitor is ready to measure and will automatically inflate the cuff to begin measurement.

- When the measurement is completed, the cuff will deflate entirely. Systolic pressure, diastolic pressure, and pulse will be shown simultaneously on the LCD screen. The measurement is then automatically stored into memory.



NOTE:

- This monitor automatically turns off approximately 1 minute after last operation. You may also press the “START/STOP” button to turn the unit off.
- To interrupt the measurement, you may press the “START/STOP” (recommended) or the “MEM” or “Date & Time Set” buttons. The cuff will deflate immediately after this button is pressed.

RISK CATEGORY INDEX

This monitor comes equipped with a Risk Category Indicator that automatically compares each reading to defined levels established by the American Heart Association® (AHA 2017) as described earlier in this manual, and provides a helpful cue if your reading falls into one of the stages that could potentially indicate increased risk. Please note that cues provided by this monitor are only intended to assist you in using this table.

The table is only provided for your convenience to help you understand your noninvasive blood pressure readings as it relates to the AHA 2017 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.

Blood Pressure Category	Systolic mmHg (upper number)	and	Diastolic mmHg (lower number)	LED 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	or	≥90	
Hypertensive Crisis (consult your doctor immediately)	>180	and/or	>120	

*Source: AHA 2017

IRREGULAR HEARTBEAT DETECTOR

The appearance of the icon indicates that a pulse irregularly consistent with an irregular heartbeat was detected during measurement. Usually this is not a cause for concern. However, if the symbol appears often, we recommend you seek medical advice. Please note that the device does not replace a cardiac examination, but serves to detect pulse irregularities at an early stage.

Movement, shaking, or talking during the measurement can result in pulse irregularities that may cause the appearance of this icon. Therefore, it is of great importance to not move or talk during measurement.

During each measurement, the blood pressure monitor will keep a record of all the pulse intervals and calculate the average value of them. If there are two or more pulse intervals with 25% or greater difference, or if there are four or more pulse intervals with 15% or greater difference from the average heartbeat interval, then the irregular heartbeat symbol will appear on the display with the measurement result.

Irregular Heartbeat Detector

IMPORTANT INFORMATION:

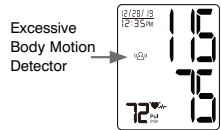
This blood pressure monitor is not designed for use by people with arrhythmias nor for diagnosing or treating an arrhythmia problem. As a safeguard, we recommend that if you have arrhythmias such as atrial or ventricular premature beats and atrial fibrillation or any other special conditions, you should check with your physician before using your blood pressure monitor.

EXCESSIVE BODY MOTION DETECTOR

The icon is displayed if body movement is detected during measurement, especially the movement of the wrist the blood pressure monitor is worn on.

NOTE:

The measured blood pressure reading may not be accurate if the icon is displayed.



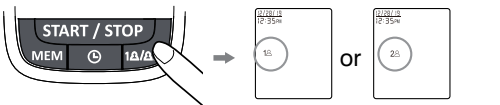
RECALLING VALUES FROM MEMORY

This monitor can be used by two individuals. Each user can store up to 100 measurements.

This monitor features an advanced memory mode to provide you with a variety of options for reviewing your measurement history, including AM/PM averaging. Reviewing your morning (AM) and nighttime (PM) measurements can provide important information about how your blood pressure changes throughout the day.

To use the memory function:

- Press the “12/3” button and select User 1 or User 2.



- Press the “MEM” button to access the memory.

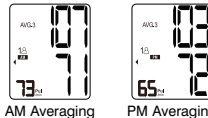


- The monitor will first display the calculated average applied to the last 3 memories.



NOTE:

- If the records are less than 3, it will display the latest record.
- The average will not include readings where excessive body motion occurred, or readings where the wrist is not in the ideal position .
- Press the “MEM” button again and the monitor will display the average of the last 3 AM readings within the last 7 days. Press the “MEM” button again to display the last 3 PM readings within the last 7 days.



NOTE:

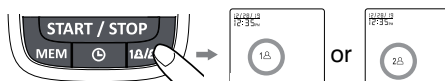
- If there are fewer than three AM or PM measurements, this average will not be displayed.
- AM is defined as 4:00 AM – 12:00 PM.
- PM is defined as 6:00 PM – 2:00 AM.
- Every new press of the “MEM” button will recall a previous reading. This latest reading will be recalled first.

NOTE:

If the wrist positioning guide is ON before the measurement, and the monitor is not in the ideal position, the icon will be displayed with the saved readings.

CLEARING VALUES FROM MEMORY

- Press and “12/3” button to select User 1 or User 2.



- Press the “MEM” button to enter into memory recall mode.



- Press and hold the “MEM” and the “Date & Time Set” buttons at the same time and the data for the selected user will be erased automatically.



NOTE:

- Once deleted, your readings cannot be restored.

IMPORTANT NOTES REGARDING YOUR BLOOD PRESSURE MEASUREMENT

- It is suggested that you take your measurements at the same time each day and use the same wrist for consistency.
- Users should wait a minimum of 5 minutes before taking additional measurements. More time may be necessary depending upon your physiology.

- The measurement results that users receive are for reference only. If users have any blood pressure concerns, please consult a physician.
- Once inflation reaches 300 mmHg, the unit will deflate automatically for safety reasons.
- This product is not suitable for people with arrhythmias.
- 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 a stroke.

CARE, MAINTENANCE, & CLEANING

- Clean the blood pressure monitor body and cuff carefully with a slightly damp, soft cloth. Do not press. Do not wash cuff or use chemical cleaner on it. Never use thinner, alcohol, or petrol (gasoline) as cleaner.
- Leaky batteries can damage the unit. Remove the batteries when the unit will not be used for a long time.
- Follow local ordinances and recycling instructions regarding disposal or recycling of the device and device components, including batteries.
- If the unit is stored near freezing, allow it to acclimate to room temperature before use.
- This blood pressure monitor is not field serviceable. You should not use any tool to open the device nor should you attempt to adjust anything inside the device. If you have any problems with this device, please contact Homedics Consumer Relations (contact information on warranty page).
- DO NOT immerse the unit in water as this will result in damage to the unit.
- DO NOT subject the monitor or cuff to extreme temperatures, humidity, moisture, or direct sunlight. Protect from dust.
- DO NOT fold the cuff tightly.
- DO NOT disassemble the monitor or cuff. If in need of repair, refer to the Warranty section of this manual.
- DO NOT subject the monitor to extreme shock (do not drop on floor).
- DO NOT inflate the cuff unless wrapped around wrist.
- DO NOT wrap the cuff around body parts other than your wrist.
- DO NOT drop or insert any object into any opening.
- This monitor may not meet its performance specifications if stored or used outside of these temperature and humidity ranges:

Storage/Transportation Environment

Temperature: -4°F~140°F (-20°C~60°C)
Humidity: ≤ 93% RH

Operating Environment

Temperature: 41°F~104°F (5°C~40°C)
Humidity: 15%~90% RH
Atmospheric Pressure: 700 hPa to 1060 hPa

POTENTIAL FOR ELECTROMAGNETIC INTERFERENCE

To avoid inaccurate results caused by electromagnetic interference between electrical and electronic equipment, do not use the device near a cell phone or microwave oven. For most wireless communication devices, it is recommended to maintain a distance of 10.8 feet (3.3m) in order to avoid electromagnetic interference. This device complies with Part 15 of the FCC Rules. Operation is subject to the following 2 conditions: (1) This device may not cause harmful interference, and (2) This device must accept any interference received, including interference that may cause undesired operation.



FEDERAL COMMUNICATIONS COMMISSION COMPLIANCE STATEMENT

Changes or modifications to this equipment not expressly approved by the manufacturer could void the user's authority to operate the equipment.

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 and, if not installed and used in accordance with the instructions, may 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 the separation between the equipment and receiver.
- Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.
- Consult the dealer or an experienced radio/TV technician for help.

ELECTROMAGNETIC COMPATIBILITY (EMC)

The ME EQUIPMENT or ME SYSTEM is suitable for home healthcare environments.

WARNING: Don't be near the active HF surgical equipment and the RF shielded room of an ME system for magnetic resonance imaging, where the intensity of EM disturbances is high.

WARNING: Use of this equipment adjacent to or stacked with other equipment should be avoided because it could result in improper operation. If such use is necessary, this equipment and the other equipment should be observed to verify that they are operating normally.

WARNING: Use of accessories, transducers and cables other than those specified or provided by the manufacturer of this equipment could result in increased electromagnetic emissions or decreased electromagnetic immunity of this equipment and result in improper operation.

WARNING: Portable RF communications equipment (including peripherals such as antenna cables and external antennas) should be used no closer than 30 cm (12 inches) to any part of the equipment including cables specified by the manufacturer. Otherwise, degradation of the performance of this equipment could result.

Guidance and manufacturer's declaration – electromagnetic emissions	
Emissions test	Compliance
RF emissions CISPR 11	Group 1
RF emissions CISPR 11	Class B
Harmonic emissions IEC 61000-3-2	Not applicable
Voltage fluctuations/flicker emissions IEC 61000-3-3	Not applicable

Guidance and manufacturer's declaration – electromagnetic immunity		
Immunity test	IEC 60601-1-2 Test level	Compliance level
Electrostatic discharge (ESD) IEC 61000-4-2	±8 kV contact ±2 kV, ±4 kV, ±8 kV, ±15 kV air	±8 kV contact ±2 kV, ±4 kV, ±8 kV, ±15 kV air
Electrical fast transient/burst IEC 61000-4-4	Not applicable	Not applicable
Surge IEC61000-4-5	Not applicable	Not applicable
Voltage dips, short interruptions and voltage variations on power supply input lines IEC 61000-4-11	Not applicable	Not applicable
Power frequency magnetic field IEC 61000-4-8	30 A/m 50 Hz / 60 Hz	30 A/m 50 Hz / 60 Hz
Conducted RF IEC61000-4-6	Not applicable	Not applicable
Radiated RF IEC61000-4-3	10 V/m 80 MHz – 2,7 GHz 80% AM at 1 kHz	10 V/m 80 MHz – 2,7 GHz 80% AM at 1 kHz

NOTE U_T is the a.c. mains voltage prior to application of the test level.

Guidance and manufacturer's declaration – electromagnetic immunity																
Radiated RF IEC61000-4-3 (Test specifications for ENCLASURE PORT IMMUNITY to RF wireless communications equipment)	Test Frequency (MHz)	Band (MHz)	Service	Modulation	Maximum Power (W)	Distance (m)	IEC 60601-1-2 Test Level (V/m)	Compliance level (V/m)								
	385	380-390	TETRA 400	Pulse modulation 18 Hz	1.8	0.3	27	27								
									450	430-470	GMR5 460, FRS 460	FM ±5K Hz deviation 1 kHz sine	2	0.3	28	28
	870	800-960	GSM 800/900, TETRA 800, IDEN 820, CDMA 850, LTE Band 5	Pulse modulation 18 Hz	2	0.3	28	28								
									1720	1700-1990	GSM 1800, CDMA 1900, GSM 1900, DECT, LTE Band 1, 3, 4, 25, UMTS	Pulse modulation 217 Hz	2	0.3	28	28
	2450	2400-2570	Bluetooth, WLAN, 802.11 b/g/n, RFID 2450, LTE Band 7	Pulse modulation 217 Hz	2	0.3	28	28								
									5240	5100-5800	WLAN 802.11 a/n	Pulse modulation 217 Hz	0.2	0.3	9	9
	5785															

TROUBLESHOOTING

If any abnormality arises during use, please check the following points:

SYMPTOMS	POSSIBLE CAUSES	CORRECTION
Unit does not turn on when the “START/STOP” button is pushed.	Batteries have run down.	Replace them with 2 new “AAA” alkaline batteries.
	Battery polarities have been positioned incorrectly.	Re-insert the batteries in the correct positions.
[ERROR] E1 error symbol shown on display.	Cuff has been positioned incorrectly.	Wrap the cuff properly so that it is positioned correctly. Measure again.
[ERROR] E2 error symbol shown on display.	Did you talk or move during measurement?	Keep wrist steady during measurement. Measure again.
	Shaking of the wrist with the cuff on.	
[ERROR] E3 error symbol shown on display.	Pulse signal not detected.	Measure again.
[ERROR] E4 error symbol shown on display.	Error determining measurement data.	Relax for 3 minutes, measure again.

[ERROR] EEx error symbol shown on display.	System error.	Turn off monitor and measure again. If EEx error still appears on the display, call a Consumer Relations representative.
OUT error symbol shown on the display	Pressure measurement out of range.	Switch the unit off to clear, then measure again.
() Excessive body motion detector symbol shown on display.	Excessive body movement, especially of the wrist the cuff is worn, occurred during the measurement. Ex: talking, moving, or shaking of the arm with the cuff on while measurement.	Measure again. Keep arm steady during measurement.
	Cuff may not be wrapped correctly.	Ensure wrist cuff is wrapped correctly. See “Applying the Cuff” section for more information. Please consult your health care professional if you have questions on how to properly wear the wrist cuff.

NOTE: If the unit still does not work, contact Homedics Consumer Relations. Under no circumstance should you disassemble or attempt to repair the unit by yourself. Contact information for Homedics Consumer Relations Department can be found on the warranty page.

SPECIFICATIONS

Power Source:	Two 1.5V DC “AAA” Alkaline batteries
Measurement Method:	Oscillometric
Measurement Range:	Rated cuff pressure: 0 mmHg~299 mmHg (0kPa~39.9 kPa) Measurement pressure: SYS: 60 mmHg~230 mmHg (8.0 kPa~30.7 kPa) DIA: 40 mmHg~130 mmHg (5.3 kPa~17.3 kPa) Pulse value: 40~199 beats/minute
Accuracy:	Pressure: ±3 mmHg Pulse: ±5% of reading
Pressure Sensor:	Semi-conductor
Inflation:	Pump driven
Deflation:	Automatic Pressure release valve
Memory Capacity:	200 memories
Auto Shutoff:	1 minute after last button operation
Battery Life:	Approx. 250 measurements
Operation Environment:	Temperature: 41°F~104°F (5°C~40°C) Humidity: 15% ~ 90% RH Atmosphere pressure range: 700 hPa to 1060 hPa
Storage/Transportation Environment:	Temperature: -4°F~140°F (-20°C~60°C) Humidity: ≤93%
Weight:	Approx. 0.26 lbs (115 g) (without batteries)
Wrist Circumference:	5.3”-8.4” (13.5cm-21.5cm)
Accessories:	(2) “AAA” alkaline batteries, instruction manual, carrying case.
Dimensions:	2.75”(L) x 3.58”(W) x .93”(H) 70mm(L) x 91mm(W) x 23.5mm(H)
Degree of Protection	Type BF applied part
Device Classification	Internally Powered ME Equipment
IP22	IP22: The first number 2: Protected against solid foreign objects of 12.5mm \varnothing and greater. The second number: Protected against vertically falling water drops when enclosure tilted up to 15°. Vertically falling drops shall have no harmful effects when the enclosure is tilted at any angle up to 15° on either side of the vertical.
Software Version	A01
	Follow instructions for use.

Made exclusively for

Walgreens

For service or repair, do not return this unit to the retailer. Contact Homedics Consumer Relations at:

Email: cservice@homedics.com

Phone: 1-800-466-3342

Business Hours: 8:30am-7pm ET

Monday-Friday

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