**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.

- **Please note that this is a home healthcare product only and it is not intended to serve as a substitute for the advice of a physician or medical professional.**
- **This device uses oscillometric method to measure systolic and diastolic blood pressure as well as heart rate.**
- **High blood pressure dangerously correlates with heart disease, diabetes, stroke, and other serious problems, or for users who have suffered a stroke.**
- **Blood pressure tends to go up and down, even in people who normally don’t have high readings. If your numbers above the “normal” range most of the time, you may be at increased risk and should consult your physician.**
- **Please note that cues provided by this monitor are only intended to assist you in recognizing hypertension.**

**BLOOD PRESSURE STANDARD**

The table below contains defined levels of hypertension that are publicly available from the American Heart Association (AHA) 2017. Please consult with a healthcare professional for interpretation of pressure measurements. Contact your physician if you have any suspect or medical problem. Do not change your medications without the advice of your physician or healthcare professional.

- **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 heartbeats, diabetes, poor circulation of blood, kidney problems, or for users who have suffered a stroke.**
- **Not suitable for those undergoing intravenous injection on any limb or with pre-eclampsia.**
- **For those who have undergone mastectomy or lymph node surgery, it is recommended to take a measurement on the unaffected side.**
- **Excessive use may result in blood flow interference with pressure measurement, which is likely to cause uninterpretable results.**
- **The appearance of the display is for reference only.**

**MEASUREMENT PROCEDURE**

- **Do not move or move your hand or muscles.**
- **Do not cross your legs. Sit your legs on the floor.**
- **Do not touch cuff or monitor during measurement.**
- **Position the blood pressure monitor on your wrist.**
- **Place your elbow on the table and rest the back of your hand on the device storage case or other object.**
- **Rest your wrist on the armrest until it’s at the same height as your heart.**
- **Relax your hand and turn your palm upward.**
- **Do not use this device if your wrist is injured or for users who have suffered a stroke.**
- **Once the measurement has started, keep your wrist steady until the measurement is complete.**

1. **Press START/STOP button to turn on the monitor.**
2. **Press USER+ button to choose User 1 or 2.**

**DISPLAY EXPLANATIONS**

- **Measurement Error: Adjust the cuff and keep wrist steady during measurement.**
- **Measurement Error: The measurement error is indicated if the measurement is not accurate.**
- **Risk Category Indicator: See Blood Pressure Standard for more information.**
- **Irregular Heartbeat Detector: See below for more information.**
- **Blood Pressure Unit:**
  - **mm Hg** (millimeters of mercury)
  - **KPa** (kilopascals)
- **Memory Average:**
  - **Displays average of last 3 readings.**

**BATTERY INSTALLATION**

1. Slide the battery cover to open.
2. Install or replace 2 AAA alkaline batteries in the battery compartment. Make sure the polarities “+” and “−” ends coincide with similar markings inside the battery compartment.
3. Close the battery cover by sliding back into place.

**DATE AND TIME SET**

Press the DATE/TIME SET button and the YEAR will flash on the screen. Press USER+ button to increase to desired YEAR, press DATE/TIME SET button to confirm. Repeat steps for MONTH, DAY, HOUR, and MINUTE.

**NAME/FUNCTION OF EACH PART**

- **LCD Display:**
  - Shows the heart rate per minute.
  - Shows the pressure and pulse will be shown simultaneously on the screen.
- **Risk Category Indicator:**
  - Shows Blood Pressure Standard for more information.
- **Irregular Heartbeat Detector:**
  - See below for more information.
- **AVG. 3:**
  - Memory Average:
  - Displays average of last 3 readings.
- **EE:**
  - Measurement Error:
  - Adjust the cuff and keep wrist steady during measurement.

**INREGULAR HEARTBEAT DETECTOR**

The appearance of the icon indicates that a pulse irregularity 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 medical examination, but serves to detect pulse irregularities at an early stage.

1. 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 to check the display function. The checking procedure will be completed after about 1.5 seconds.
2. After all symbols disappear, the display will show “00”. The monitor is “Ready to Measure” and will automatically inflate the cuff to begin measurement.
3. 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:**

- **The monitor automatically turns off approximately 1 minute after last operation. You may also press the START/STOP button to turn off the unit.**
- **To interrupt the measurement, you may press the START/STOP button. The cuff will deflate immediately after a button is pressed.**
HOMEDICS

RECALLING VALUES FROM MEMORY

This monitor can be used by 2 individuals. Each user can store up to 30 measurements.

1. Press USER/+ button to select User 1 or 2.

2. Press MEM button to access the Memory.

3. If there is no data stored in memory, nothing (except for month, date, and time) will appear on display. If there is data, the first reading will be the average of the last 3 measurements.

4. Every new press of the MEM button will recall a previous reading. The latest reading will be recalled first.

5. To stop recalling readings from memory, press the START/STOP button.

CLEARING VALUES FROM MEMORY

1. Press USER/+ button to select User 1 or 2.

2. Press MEM button to access the Memory.

3. Press and hold the USER/+ button (MEM button) at the same time while in memory recall mode, and the data for the selected user will be erased automatically.

Note: Once deleted, your readings cannot be restored.

CARE, MAINTENANCE, AND CLEANING

• Clean the blood pressure monitor body and cuff carefully with a slightly damp, soft cloth. Do not press. Do not wash with any 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 sealed for a long time to prevent internal temperature buildup, 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 can be found on the 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 block the cuff and tubing 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 shocks (do not drop on floor).

• Do not inflate the cuff unless wrapped around wrist.

• Do not wrap the cuff around body parts other than wrist.

• Do not pull or insert any object into any opening or hose.

• Always store the unit in the storage case between uses. This monitor is not water resistant if specifications if stored outside these temperature and humidity ranges:

<table>
<thead>
<tr>
<th>Storage/Transportation Environment</th>
<th>Operating Environment</th>
</tr>
</thead>
<tbody>
<tr>
<td>Temperature: -13°F to 113°F (-25°C to 70°C)</td>
<td>Temperature: 41°F to 104°F (5°C to 40°C)</td>
</tr>
<tr>
<td>Humidity: less than 85%</td>
<td>Humidity: 135% to 265%</td>
</tr>
</tbody>
</table>

Note: These specifications are subject to change without notice.

POTENTIAL FOR ELECTROMAGNETIC INTERFERENCE

To avoid any 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 (3.3 m) in order to avoid electromagnetic interference.

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)

Guidance and manufacturer’s declaration – electromagnetic emissions

The device is intended for use in the electromagnetic environments listed below, and should only be used in such environments:

<table>
<thead>
<tr>
<th>Emissions Class</th>
<th>Compliance</th>
<th>Environmental immunity guidance</th>
</tr>
</thead>
<tbody>
<tr>
<td>IEC 61000-4-3</td>
<td>Applicable</td>
<td>Consider using transmitters that have been properly shielded.</td>
</tr>
<tr>
<td>IEC 61000-4-5</td>
<td>Not Applicable</td>
<td>Transmitters that emit RF energy are not recommended for use near medical equipment.</td>
</tr>
<tr>
<td>IEC 61000-4-6</td>
<td>Applicable</td>
<td>Recommended separation distance: r = 0.3 m (1 ft)</td>
</tr>
</tbody>
</table>

Recommended separation distances between portable and mobile RF communication equipment and the device.

The device is intended for use in an electromagnetic environment where radiated RF disturbances are under control. User can help prevent electromagnetic interference by keeping the device at a minimum distance from portable and mobile RF communications equipment (transmitters). Below table details the maximum power of transmission used in different bands:

<table>
<thead>
<tr>
<th>Frequency Range (MHz)</th>
<th>Maximum Power (W)</th>
</tr>
</thead>
<tbody>
<tr>
<td>900 MHz</td>
<td>250 mW</td>
</tr>
<tr>
<td>908 MHz to 928 MHz</td>
<td>10 mW</td>
</tr>
</tbody>
</table>

Guidance and manufacturer’s declaration – electromagnetic immunity

The device is intended for use in the electromagnetic environments listed below, and should only be used in such environments:

<table>
<thead>
<tr>
<th>Emissions Class</th>
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</tbody>
</table>

WARRANTY

LIMITED 5-YEAR WARRANTY

This product is the property of the person to whom it was originally sold; you shall have no warranty of any kind, whether express or implied, as to any products or parts thereof that are repaired, replaced, altered, or modified, and the warranties provided by the manufacturer shall not apply to such products.

This warranty provides you with specific legal rights. You may have additional rights that may vary from state to state. Because of individual state regulations, some of the above limitations and exclusions may not apply to you.

HoMedics sells its products with the intent that they are free of defects in material and workmanship for a period of 5 years from the date of original purchase, except as noted below. HoMedics warrants that its products will be free of defects in material and workmanship under normal use and service. This blood pressure monitor meets the simulated measurement cycles test requirement per EN61000-4-8, part 8.10. This warranty extends only to consumers and does not extend to retailers.

To obtain warranty service on your HoMedics product, contact a Consumer Relations representative by telephone at 1-800-466-3342 for assistance. Please make sure to have the model number of the product available.

HoMedics does not authorize anyone, including but not limited to retailers, the subsequent consumer purchaser of the product from a retailer, or any other person or entity, to modify HoMedics products in any way beyond the terms set forth herein. This warranty does not cover damage caused by misuse or abuse; accident; the attachment of any unauthorized accessory; alteration of the product; improper use of electrical/power supply; loss of power; dropped product; malfunction or damage of an operating part from failure to provide reasonable and necessary maintenance; transportation damage; theft; neglect; vandalism; or environmental conditions; loss of use during the period the product is either in for repair or awaiting parts; or any other condition whatsoever that are beyond the control of HoMedics.

This warranty is effective only on the product purchased and operated in the country of purchase. Any product purchased in a country where HoMedics does not manufacture the product will be covered by the warranty of the authorized distributor in that country. If you are not sure whether your product is covered by the warranty, please contact an authorized distributor in your country for assistance.

The WARRANTY PROVIDED HEREBY SHALL BE THE SOLE AND EXCLUSIVE WARRANTY FOR THE PRODUCT AND NO OTHER WARRANTY, EXPRESSED OR IMPLIED, INCLUDING ANY IMPLIED WARRANTY OF MERCHANTABILITY OR FITNESS OR ANY OTHER OBLIGATION OR LIABILITY ON THE PART OF THE COMPANY WITH RESPECT TO PRODUCTS COVERED BY THIS WARRANTY. HOMEDICS SHALL HAVE NO LIABILITY FOR ANY INCIDENTAL, CONSEQUENTIAL, OR SPECIAL DAMAGES. IN NO EVENT SHALL THIS WARRANTY BE CONSTRUED TO IMPLY THE SALE OF ANY OTHER RIGHTS, FOR THE SALE OF WHICH THE COMPANY IS NOT EXPRESSLY AUTHORIZED, OR THE SALE OF ANY OTHER RIGHTS, FOR THE SALE OF WHICH THE COMPANY IS NOT EXPRESSLY AUTHORIZED, OR THE SALE OF ANY OTHER RIGHTS, FOR THE SALE OF WHICH THE COMPANY IS NOT EXPRESSLY AUTHORIZED, OR THE SALE OF ANY OTHER RIGHTS, FOR THE SALE OF WHICH THE COMPANY IS NOT EXPRESSLY AUTHORIZED, OR THE SALE OF ANY OTHER RIGHTS, FOR THE SALE OF WHICH THE COMPANY IS NOT EXPRESSLY AUTHORIZED, OR THE SALE OF ANY OTHER RIGHTS, FOR THE SALE OF WHICH THE COMPANY IS NOT EXPRESSLY AUTHORIZED, OR THE SALE OF ANY OTHER RIGHTS, FOR THE SALE OF WHICH THE COMPANY IS NOT EXPRESSLY AUTHORIZED, OR THE SALE OF ANY OTHER RIGHTS, FOR THE SALE OF WHICH THE COMPANY IS NOT EXPRESSLY AUTHORIZED, OR THE SALE OF ANY OTHER RIGHTS, FOR THE SALE OF WHICH THE COMPANY IS NOT EXPRESSLY AUTHORIZED, OR THE SALE OF ANY OTHER RIGHTS, FOR THE SALE OF WHICH THE COMPANY IS NOT EXPRESSLY AUTHORIZED, OR THE SALE OF ANY OTHER RIGHTS, FOR THE SALE OF WHICH THE COMPANY IS NOT EXPRESSLY AUTHORIZED, OR THE SALE OF ANY OTHER RIGHTS, FOR THE SALE OF WHICH THE COMPANY IS NOT EXPRESSLY AUTHORIZED, OR THE SALE OF ANY OTHER RIGHTS, FOR THE SALE OF WHICH THE COMPANY IS NOT EXPRESSLY AUTHORIZED, OR THE SALE OF ANY OTHER RIGHTS, FOR THE SALE OF WHICH THE COMPANY IS NOT EXPRESSLY AUTHORIZED, OR THE SALE OF ANY OTHER RIGHTS, FOR THE SALE OF WHICH THE COMPANY IS NOT EXPRESSLY AUTHORIZED, OR THE SALE OF ANY OTHER RIGHTS, FOR THE SALE OF WHICH THE COMPANY IS NOT EXPRESSLY AUTHORIZED, OR THE SALE OF ANY OTHER RIGHTS, FOR THE SALE OF WHICH THE COMPANY IS NOT EXPRESSLY AUTHORIZED, OR THE SALE OF ANY OTHER RIGHTS, FOR THE SALE OF WHICH THE COMPANY IS NOT EXPRESSLY AUTHORIZED, OR THE SALE OF ANY OTHER RIGHTS, FOR THE SALE OF WHICH THE COMPANY IS NOT EXPRESSLY AUTHORIZED, OR THE SALE OF ANY OTHER RIGHTS, FOR THE SALE OF WHICH THE COMPANY IS NOT EXPRESSLY AUTHORIZED, OR THE SALE OF ANY OTHER RIGHTS, FOR THE SALE OF WHICH THE COMPANY IS NOT EXPRESSLY AUTHORIZED, OR THE SALE OF ANY OTHER RIGHTS, FOR THE SALE OF WHICH THE COMPANY IS NOT EXPRESSLY AUTHORIZED, OR THE SALE OF ANY OTHER RIGHTS, FOR THE SALE OF WHICH THE COMPANY IS NOT EXPRESSLY AUTHOR