When using your blood pressure monitor, basic precautions should always be followed. Please read and follow all instructions and warnings before using this product. These refer to:

- 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 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 women with pre-eclampsia.
- 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 wrist. In those, these symptoms should not last long. However, if you do not recover in time, 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 (e.g., mobile phones, microwave ovens). These may lead to temporary impairment of measurement accuracy.
- When using medical electronic equipment on the same limb, the pulse reading may be affected by the other equipment. It is recommended that you check the heart rate separately.
- Please do not use this device indoors only, in a healthcare environment.
- Replace batteries at least once every 3 years to ensure accuracy and effectiveness.
- Date and time must be reset if batteries are replaced.
- When using the device, be sure to follow these instructions: the device will not operate if the battery is not inserted correctly.
- Blood pressure measurements determined with this device are equivalent to those obtained by a trained observer using the cuff/thoracic auscultatory method within the accuracy limits prescribed by the American National Standard for manual, automated, or semiautomated sphygmomanometers.

### 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 through the arteries is called systolic blood pressure. The pressure measured when the heart diaphragms 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 have very serious consequences to your health. Blood pressure can be a major risk factor for 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. The readings may change depending on your and your doctor’s readings are not necessarily inaccurate. The average of several readings taken while using the same arm, is preferred for accurate blood pressure readings.

#### Why are my readings different than those taken at my doctor’s office?

Blood pressure is a body parameter that is subject to normal variations throughout the day. The readings may change depending on your and your doctor’s readings are not necessarily inaccurate. The average of several readings taken while using the same arm, is preferred for accurate blood pressure readings.

### BLOOD PRESSURE STANDARD

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#### Risk Category Index

- Systolic pressure: Higher than 160
- Diastolic pressure: Higher than 100

### IRREGULAR HEARTBEAT DETECTOR

The appearance of the **IRREGULAR HEARTBEAT DETECTOR** icon indicates that a pulse irregularity consistent with an irregular heartbeat is detected during measurement. Usually, this is not a cause for concern. However, if the symbol appears often, we recommend you seek medical advice. Rare cases have been reported in which the condition may not move or the movement may be abnormal. Movement, shaky, or talking during the measurement can result in pulse irregularities that may cause the appearance of this icon. Please do not move or talk during measurement.

### DATE AND TIME SET

Press the **DATE/TIME SET** button and the display will show a blinking [DATE/TIME]. Once the display, the clock will begin operating. To turn off the display, press the **DATE/TIME SET** button again and the HOUR will flash briefly. Press the **+** button to increase to the desired time; press **DATE/TIME SET** button to confirm. Repeat steps for **MONTH, DAY, and YEAR**.

### MEMORY AVERAGE

This monitor comes equipped with a Risk Category Index that automatically compares each reading to the defined levels and provides helpful cues 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.

### BATTERY INSTALLATION

1. Slide the battery cover to open. 2. Insert batteries in the battery compartment. 3. Replace the batteries if: - The back of the monitor appears on the display - Nothing appears on the display when the power is switched on. 4. Note: When using the device for the first time, please use the 1.5V AAA alkaline batteries for power supply.

### Replacement Batteries

- DO NOT use this device indoors only, in a healthcare environment.
- Replace batteries at least once every 3 years to ensure accuracy and effectiveness.
- Date and time must be reset if batteries are replaced.
- When using the device, be sure to follow these instructions: the device will not operate if the battery is not inserted correctly.
- Blood pressure measurements determined with this device are equivalent to those obtained by a trained observer using the cuff/thoracic auscultatory method within the accuracy limits prescribed by the American National Standard for manual, automated, or semiautomated sphygmomanometers.

### MEASUREMENT PROCEDURE

#### IMPORTANT: BEFORE MEASUREMENT

- Wait 30 minutes after exercising, bathing, eating, drinking anything with alcohol or caffeine, or smoking before using the blood pressure monitor.
- Sit quietly and rest for 15 minutes before each reading.
- Emphy your bladder, as a full one can temporarily raise blood pressure.
- Take your blood pressure at normal body temperature.

#### DURING MEASUREMENT

- DO NOT talk or move your arm or hand muscles.
- DO NOT touch the monitor or use it in a wet floor.
- DO NOT touch cuff or monitor during measurement.
- Place your elbow on the table and rest the back of your hand on the device (including the hand, the arm, and the chest) to ensure accuracy.
- Make sure the wrist is at the same height as your heart.
- For best measurements, adjust your hand to a comfortable position.
- DO NOT use this device if your wrist has any wound or injury.
- DO NOT wrap the cuff around body parts other than your wrist.
- DO NOT use the device 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.

1. Press **START/STOP** to turn the monitor ON.
2. Press **USER button** to choose User 1 or 2.
3. With the cuff wrapped around your wrist, press the **START/STOP** button. Do not inflate the cuff unless it is wrapped around your wrist. If your wrist is not in the ideal position, the screen will suggest moving your wrist up or down, or rotating to the left or right. **NOTE:** Even if the measurement was taken while your wrist is not at its ideal position, the measurement will still begin. If this occurs, the wrist symbol will appear and be stored in the memory with the other measurement. When the Wrist Positioning Guide function is turned off, the wrist position instruction will not appear.
4. All digits will light up to check the display function. The checking procedure will be completed after about 15 seconds.

5. After all symbols disappear, the display will show “00”. The monitor is “Ready to Measure” and will automatically inflate the cuff to begin measurement.

6. When the measurement is completed, the cuff will deflate entirely. **SYMBOL ACTION**

- Move your wrist up.
- Move your wrist down.
- Rotate your wrist to the left.
- Rotate your wrist to the right.

7. The cuff will deflate, the display will flash and the measurement will begin.
1. Press \( \text{STOP button} \) to select User 1 or 2.
2. Press \( \text{MEM button} \) to access the Memory.
3. Press and hold the \( \text{DATE/TIME SET buttons} \) \((\text{O})\) at the same time while in memory recall mode and enter the data for the selected user will be erased automatically.

Note: Once deleted, your readings cannot be restored.

**CLEANING VALUES FROM MEMORY**

- Press \( \text{STOP button} \) to select User 1 or 2.
- Press \( \text{MEM button} \) to access the Memory.
- Press and hold the \( \text{DATE/TIME SET buttons} \) \((\text{O})\) at the same time while in memory recall mode and enter the data for the selected user will be erased automatically.

**SPECIFICATIONS**

- **Measurement Method:** Oscilometric
- **Rated Range of Cuff Pressure:** 0-280 mmHg
- **Measurement Range:** Pressure: 40-280 millimeters Mercury (mmHg) Pulse: 40-199 beats/minute
- **Rated Range of Determination:** 40-280 mmHg
- **System Error:** Remove batteries. After 1 minute, re-insert the battery. If reading is still the same, take new measurement.

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

**GUIDANCE AND MANUFACTURER’S DECLARATION**

- **Electromagnetic compatibility – electromagnetic emissions**
  - The device is intended for use in the electromagnetic environments listed below, and should only be used in such environments:
  - **Class B digital device, pursuant to Part 15 of the FCC rules.** Such 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 – immunity**
  - The device is intended for use in the electromagnetic environments listed below, and should only be used in such environments:
  - **In all environments**

**PRODUCT DESCRIPTION**

- **Blood Pressure Monitor**
- **Blood Pressure Monitor Model Numbers:** BPW-0301, BPW-0300

**FCC Compliance Statement**

- **FCC Compliance Statement**
  - This device complies with Part 15 of the FCC Rules. Operation is subject to the following two 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.

- **E1 error symbol shown on display:** Air circuit abnormality. **Cuff tube may not be plugged into monitor properly.**
  - **Check cuff connection. Take new measurement. See ‘Using the Wrist Cuff’ section.**
  - **E2 error symbol shown on display:** Blood pressure exceeding 300 mmHg **Switch the cuff off and then turn back on. Take new measurement.**
  - **E3 error symbol shown on display:** Error determining measurement data. **Re-wrap the cuff properly so that it is positioned correctly. Take new measurement.**

**EP error symbol shown on display:** System error. **Remove batteries. After 1 minute, re-insert the battery.** If reading is still the same, take new measurement.

- **Note:** If any abnormality arises during use, please check the following points. If any abnormality arises during use, please check the following points.
  - **Always store the unit in the storage case between uses.**
  - **DO NOT inflate the cuff unless wrapped around wrist.**
  - **If the unit is stored near freezing, allow it to acclimate to room temperature before use.**
  - **Leaky batteries can damage the unit. Remove the batteries when the unit is not in use.**
  - **Clean the blood pressure monitor body and cuff carefully with a slightly damp cloth.**
  - **Never use thinner, alcohol, or petrol (gasoline) as cleaner.**
  - **Check cuff connection. Take new measurement. See ‘Using the Wrist Cuff’ section.**
  - **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.

- **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:
  - **In all environments**

**TROUBLESHOOTING**

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

- **SYMPTOM:** The device will not turn on.
  - **POSSIBLE CAUSES:** Battery is dead.
  - **CORRECTION:** Replace with new batteries.

- **SYMPTOM:** The device displays no readings.
  - **POSSIBLE CAUSES:** The monitor is not communicating with the device.
  - **CORRECTION:** Check the connection and try again.

- **SYMPTOM:** The device displays an error message.
  - **POSSIBLE CAUSES:** The monitor is not communicating with the device.
  - **CORRECTION:** Check the connection and try again.

- **SYMPTOM:** The device displays a low battery symbol.
  - **POSSIBLE CAUSES:** The battery is low.
  - **CORRECTION:** Replace the batteries.

- **SYMPTOM:** The device displays a cuff error symbol.
  - **POSSIBLE CAUSES:** The cuff is not positioned correctly.
  - **CORRECTION:** Re-position the cuff and try again.

- **SYMPTOM:** The device displays a high blood pressure reading.
  - **POSSIBLE CAUSES:** The cuff is too small.
  - **CORRECTION:** Use a larger cuff.

- **SYMPTOM:** The device displays a low blood pressure reading.
  - **POSSIBLE CAUSES:** The cuff is too large.
  - **CORRECTION:** Use a smaller cuff.

- **SYMPTOM:** The device displays a memory error symbol.
  - **POSSIBLE CAUSES:** Memory full.
  - **CORRECTION:** Erase memory and try again.

- **SYMPTOM:** The device displays a large, bloated arm symbol.
  - **POSSIBLE CAUSES:** Arm too large for cuff.
  - **CORRECTION:** Use a larger cuff.

- **SYMPTOM:** The device displays a small, bloated arm symbol.
  - **POSSIBLE CAUSES:** Arm too small for cuff.
  - **CORRECTION:** Use a smaller cuff.

- **SYMPTOM:** The device displays a cuff error symbol.
  - **POSSIBLE CAUSES:** The cuff is not positioned correctly.
  - **CORRECTION:** Re-position the cuff and try again.

- **SYMPTOM:** The device displays a memory error symbol.
  - **POSSIBLE CAUSES:** Memory full.
  - **CORRECTION:** Erase memory and try again.

- **SYMPTOM:** The device displays a large, bloated arm symbol.
  - **POSSIBLE CAUSES:** Arm too large for cuff.
  - **CORRECTION:** Use a larger cuff.

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  - **POSSIBLE CAUSES:** Arm too small for cuff.
  - **CORRECTION:** Use a smaller cuff.

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  - **CORRECTION:** Re-position the cuff and try again.

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  - **POSSIBLE CAUSES:** The cuff is not positioned correctly.
  - **CORRECTION:** Re-position the cuff and try again.

- **SYMPTOM:** The device displays a memory error symbol.
  - **POSSIBLE CAUSES:** Memory full.
  - **CORRECTION:** Erase memory and try again.