**PRODUCT INFORMATION 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.

**WARNING:**

- Do not wrap the cuff on the same wrist to which another monitoring device is applied. One or both devices could temporarily stop the flow of blood.
- Do not use this device for diagnosis or treatment of any health condition.
- The effectiveness of this device has not been established for use on extremities that are sensitive, or damaged or have limited arterial blood flow.
- This device should not be used when there is a possibility of a blood transfusion attached.
- Please use the device under the environment which is provided in the user manual.

**NOTE:**

- The device is not intended to be weatherproof.
- The blood pressure monitor and the cuff are suitable for use within defined levels of arterial blood pressure. It is not intended for use on extremities that are sensitive, or damaged or have limited arterial blood flow.
- Do not use this device if you are allergic to any of the materials contained in the product.
- Do not use the device if there are no batteries available.

**APPLYING THE CUFF**

1. Remove all watches, wrist jewelry, etc., from the wrist to which the cuff will be applied.
2. Clean the skin with a mild soap and water solution.
3. Place the cuff around the right wrist, ensuring that the arm is resting comfortably on a flat surface.
4. Fasten the hook and loop fasteners to secure the cuff.
5. The monitor automatically finds where your measurement results fall on this table, this monitor comes equipped with a Risk Category Index that automatically sits at the top of the defined level that your results fall in. Please refer to Risk Category Index section for more information.

**DISPLAY SYMBOLS:**

- *Systolic* pressure
- *Diastolic* pressure
- *Pulse* rate
- *Heart Rate* indicator
- *Heart Rate Detector*
- *Blood Pressure Category*
- *Risk Category*
- *Hypertensive Crisis*
- *Hypertension*
- *Hypotension*
- *Systolic and Diastolic*
- *Pulse Pressure*
- *Heart Rate Detector*
- *Blood Pressure Category*
- *Risk Category Index*
- *Hypertensive Crisis*
- *Hypertension*
- *Hypotension*
- *Systolic and Diastolic*
- *Pulse Pressure*

**APPLICATIONS:**

1. Ensure all batteries are working properly.
2. Apply the cuff to the right or left arm, whichever the doctor has determined.
3. If you have a history of irregular heart rhythms, please consult your doctor for specific instructions.

**INTERPRETATION:**

- Blood pressure readings obtained with this device are intended to be used for personal use only. They are not intended for diagnosis or treatment of any health condition.
- If you experience discomfort or pain while using this device, please stop using it immediately and consult your doctor.

**NAME/FUNCTION OF EACH PART**

- **Wrist Cuff:**
  - **LCD Display:**
  - **Battery:**
  - **Memory Recall:**
  - **Start/Stop:**
  - **Date & Time Set:**

**DISPLAY EXPLANATIONS**

- **Symptomatic Pressure**
  - **Diastolic Pressure**
  - **Systolic Pressure**

**BLOOD PRESSURE STANDARD**

The table contains defined levels for hypertension that are in public use. However, some users may experience different blood pressures readings against these defined levels to determine if there is a potential increased risk. This table is applicable to most adults aged 18 and older.

<table>
<thead>
<tr>
<th>Blood Pressure Category</th>
<th>Systolic</th>
<th>Diastolic</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Normal</strong></td>
<td>&lt;120 mmHg</td>
<td>&lt;80 mmHg</td>
</tr>
<tr>
<td><strong>Pre-Hypertension</strong></td>
<td>120-129 mmHg</td>
<td>80-89 mmHg</td>
</tr>
<tr>
<td><strong>Stage 1 Hypertension</strong></td>
<td>≥130 mmHg</td>
<td>≥90 mmHg</td>
</tr>
<tr>
<td><strong>Stage 2 Hypertension</strong></td>
<td>≥160 mmHg</td>
<td>≥100 mmHg</td>
</tr>
</tbody>
</table>

**Hypertensive Crisis**

- **Systolic:** ≥180 mmHg
- **Diastolic:** ≥120 mmHg

**Blood Pressure Category**

1. **Normal:**
   - Systolic: <120 mmHg
   - Diastolic: <80 mmHg
2. **Pre-Hypertension:**
   - Systolic: 120-129 mmHg
   - Diastolic: 80-89 mmHg
3. **Hypertension Stage 1:**
   - Systolic: ≥130 mmHg
   - Diastolic: ≥90 mmHg
4. **Hypertension Stage 2:**
   - Systolic: ≥160 mmHg
   - Diastolic: ≥100 mmHg
5. **Hypertensive Crisis:**
   - Systolic: ≥180 mmHg
   - Diastolic: ≥120 mmHg

**DISPLAY CONFIGURATION**

- **Date & Time**
- **Start/Stop**
- **MEMO**
- **BLOOM**
- **BLOOM**
- **SYNC**
- **ՅՍԲԲ**

**DATE & TIME SET PROCEDURE**

1. To set the date and time, press the *Date & Time Set* button.
2. The display will show a blinking number representing the current month. Change the month by pressing the *START/STOP* button. Repeat process to set day, year, hour, and minutes as shown in Fig. A.
3. When you have set the correct date and time, press the *Date & Time Set* button to confirm the entry.

**INSTRUMENT CARE**

- **Care of the Wrist Monitor:**
  - **Cleaning:**
  - **Storage:**
  - **Temperature:**

**BATTERY MANAGEMENT**

- **Replace the batteries:**
  - **Alkaline batteries**
  - **Carbon-zinc (carbon) batteries**
  - **Rechargeable batteries**

**DISPLAY FUNCTION**

- **Date and Time Indicator:**
  - **Alarm:**
  - **Battery Level:**
  - **Error Determination:**
  - **Troubleshooting:**

**SPECIAL FEATURES**

- **Heart Rate Detector:**
- **Blood Pressure Category:**
- **Risk Category Index:**
- **Hypertensive Crisis:**
- **Hypertension:**
- **Hypotension:**

**RISK CATEGORY INDEX**

- **Categories:**
  - **Normal:**
  - **Pre-Hypertension:**
  - **Stage 1 Hypertension:**
  - **Stage 2 Hypertension:**
  - **Hypertensive Crisis:**

**WARRANTY**

- **Limited Warranty:**
  - **Year:**
  - **Month:**

**MISCELLANEOUS**

- **LCD Display:**
  - **Battery Indicator:**
  - **Memory Recall:**
  - **Start/Stop Button:**
  - **Date & Time Set Button:**

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**ABOUT THE AUTHOR**

- **Biography:**
  - **Professional Background:**
  - **Research Interests:**
Measurement Procedure

**Important Notes:**
- Blood pressure changes with every heartbeat and is in constant Evaluation throughout the day.
- Blood pressure measurement can be affected by the position of the user, the rate or physical condition, and other factors.

Before measurement:
- To ensure accurate readings, follow these instructions before taking a measurement:
  - Wash your hands with soap.
  - Your arm should be in line with your heart.
  - Wrap the cuff around your upper arm, leaving 1 to 2 inches space between the cuff and your clothing.

During measurement:
- The monitor will calculate and display the result after 1 second.

**Note:**
- If you are taking blood pressure medication, do not take it within 15 minutes before your measurement.

Movement, shaking, or talking during the measurement can result in inaccurate readings that may cause the appearance of this icon. Therefore, it is of great importance to move or talk during the measurement.

During each measurement, the blood pressure monitor will keep a record of the pulse intervals inside the average value of them. If there are 2 or more pulse intervals with 25% or greater difference from the average interval, the measurement will be cancelled. If the error is within the display with the symbol shown on the display.

**Important Information:**
- The blood pressure meter is not designed for use by people with arrhythmia nor for diagnosing or treating an arrhythmia problem. For safety reasons, we recommend that you use either atrial or ventricular premature beats and atrial fibrillation or any other arrhythmia, you should consult with your physician, before using your blood pressure monitor.

**EXCESSIVE BODY MOTION DETECTOR**
- The monitor will display “Body Movement Detector” and “Body Movement Motion” if excessive body motion is detected during measurement.
- The display will be cancelled and the measurement will be terminated.

**Recalling Values from Memory**
- Press the “MEM” button to recall the memory.

**Clearing Values from Memory**
- Press and hold the “MEM” and “Date & Time Set” button at the same time in memory recall mode, and the data will be erased automatically.

**NOTE:**
- This monitor automatically clears 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 “MEM” button. 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 below. This Risk Category Indicator is designed to help you determine how the significance of each measurement, and also to one of the categories that could potentially indicate increased risk.
- Please note that the results provided by this monitor are not intended to be used for clinical or medical purposes.

**Blood Pressure Category**
- Stage 1: Normal
  - SBP 110-119
  - DBP 80-89
  - At Risk
  - SBP 120-129
  - At Risk
  - SBP 130-139
  - Stage 2
  - SBP 140-159
  - Stage 3
  - SBP 160-179

**NOTE:**
- If you are taking blood pressure medication, do not take it within 15 minutes before your measurement.

**Important Notes Regarding Your Blood Pressure Measurement**
- It is suggested that you take your medications at the same time each day and use the same wrist for consistency.
- Users should consult a physician or other health professional before taking additional measurements. More time may be necessary depending on the condition.
- The measurement results that users receive are for reference only. If you have any blood pressure concerns, please consult a physician.
- Once the unit reaches 300 mmHg, the unit will deflate automatically for safety reasons.

**Care, Maintenance, & Cleaning**
- Clean the blood pressure monitor body and cuff repeatedly with a damp cloth. Do not use caustic, chemical cleaner, or gas cleaner.
- Make sure the device remains clean and well-maintained.

**Specifications**
- **Power Source:** Two 1.5V AAA alkaline batteries
- **Measurement Method:** Oscillometric
- **Measurement Range:**
  - SBP: 40-420 mmHg
  - DBP: 30-290 mmHg
  - Pulse: 40–220 beats per minute
- **Accuracy:**
  - SBP: ±5 mmHg or ±5% of reading
  - DBP: ±5 mmHg or ±5% of reading
- **Measurement Capacity:**
  - SBP and DBP: 200 readings
  - Pulse: 99 readings
  - Memory: 60 readings
  - Battery type: 2 AAA batteries

**WARNING:**
- Don’t be near the active HF surgical equipment and the HF equipment should be observed to verify that they are operating correctly.
- Follow instructions for use.

**Guideline and Manufacturer’s Declaration – 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,
  2. This device must accept any interference received, including interference that may cause operation.

**FEDERAL COMMUNICATIONS COMMISSION COMPLIANCE STATUTORY NOTICE**
- 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 television or radio technician for help.

**Guideline and Manufacturer’s Declaration – Electromagnetic Compatibility (EMC)**
- The equipment is designed to be used in a home environment.

**WARNING:**
- Do not expose the active HF surgical equipment and the RF equipment to an electromagnetic environment (radio frequency) that can interfere with operation.

**Guideline and Manufacturer’s Declaration – Electrostatic Discharge (ESD)**
- Electrostatic discharge (ESD) is a form of electrical energy often caused by static electricity. This device is sensitive to electrostatic discharge (ESD).

**Troubleshooting**
- **Symptom:** Blood pressure measurement out of range. **Correction:** Switch the unit off to clear, then turn it on again.
- **Symptom:** Pulse signal not detected. **Correction:** Measure again.
- **Symptom:** Did you talk or move during measurement? **Correction:** Keep arm steady during measurement.
- **Symptom:** Cuff has been placed incorrectly or wrapped around wrist. **Correction:** Properly wear the wrist cuff.

**Guideline and Manufacturer’s Declaration – Electrochemical Reagents**
- **Guideline:** These products are intended to be used by trained personnel only.

**Warranty:**
- Homedics provides a warranty for this blood pressure monitor. For more information or to request warranty service, contact Homedics Consumer Relations at 1-800-466-3342. For a list of resellers, visit www.homedics.com. Homedics is not responsible for the sale of counterfeit products. A counterfeit product can be identified by the following points:
  - **Appearance:** The counterfeit product may not have the correct color or pattern.
  - **Performance:** The counterfeit product may not function as intended.
  - **Warranty:** The counterfeit product may not be eligible for warranty service.

**Guideline and Manufacturer’s Declaration – Temperature**
- **Temperature:** 32°F to 104°F (0°C to 40°C)

**Guideline and Manufacturer’s Declaration – Atmospheric Pressure**
- **Atmospheric Pressure:** 0 mmHg to 299 mmHg (0 kPa to 39.9 kPa)

**Guideline and Manufacturer’s Declaration – Humidity**
- **Humidity:** 20% to 90% RH

**Guideline and Manufacturer’s Declaration – Signal to Noise Ratio**
- **Signal to Noise Ratio:** 0–50 dB

**Guideline and Manufacturer’s Declaration – Motion**
- **Motion:** 0–50 Hz

**Guideline and Manufacturer’s Declaration – Error Code**

**Guideline and Manufacturer’s Declaration – Electromagnetic Immunity Guidance and manufacturer’s declaration – electromagnetic emissions**
- **Guidance and manufacturer’s declaration – electromagnetic immunity**

**Guideline and Manufacturer’s Declaration – Electrochemical Reagents**
- **Guideline:** These products are intended to be used by trained personnel only.

**Guideline and Manufacturer’s Declaration – Temperature**
- **Temperature:** 32°F to 104°F (0°C to 40°C)

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