Bluetooth Blood Pressure Monitor + Kit

Model Number: 0040

Getting Started

QUICK START GUIDE

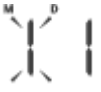
INSTALL THE BATTERIES

1. Open the battery cover on the back of your monitor.
2. Install the included batteries by matching the correct polarity, as shown.
   - NOTE: Always use AAA batteries.
3. Close the cover.

SET UP YOUR MONITOR

You'll need to set the clock before using your blood pressure monitor so that a time stamp can be assigned to each saved reading.

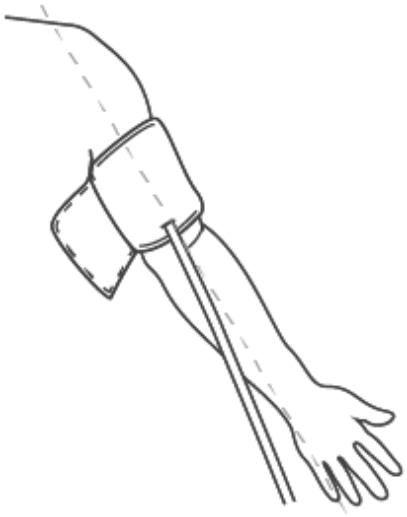
1. When the display is off, hold the START/STOP button for about 3 seconds to enter setup mode.
2. The following selections will appear on the screen. Use the UP ▲ and DOWN ▼ arrows to change each one to the correct value, and then press the SET button to confirm:

Year	Month / Day	Hour / Minute	Completed
			

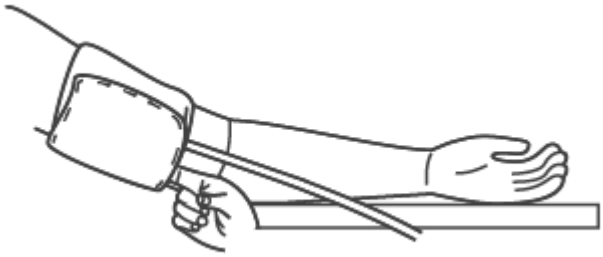
3. After setup is complete, the screen will display "done," cycle through the settings you entered, and turn off. Your monitor is now ready to use.

FASTEN THE CUFF

1. Fasten the cuff on your upper arm and position the tube off-center toward the inner side of your arm, in line with your little finger.



2. The cuff should be snug, but not too tight. You should be able to insert one finger between the cuff and your arm.
3. Sit comfortably with your arm resting on a flat surface.



4. The middle of the cuff should be level with the right atrium of your heart. Before starting the measurement, sit comfortably with your legs uncrossed, feet flat on the floor, and back and arm supported.

TAKE A MEASUREMENT

1. With the monitor off, press the START/STOP button to turn on the monitor. It will begin the reading and finish the entire measurement.
2. Press the START/STOP button to power it off. Otherwise, the monitor will automatically turn off within 1 minute of the reading.

AND, REMEMBER...

- Rest for 5 minutes before measuring to get the best reading.
- Wait at least 3 minutes between measurements to allow your blood circulation to recover.
- For a meaningful comparison, try to measure under similar conditions. For example, take daily measurements at approximately the same time with the same arm position, or as directed by a physician.

FAQs

My monitor says “Lo” even after changing the batteries and plugging it into the wall.

Sometimes, the monitor’s power switch can get stuck—but we’ve found that this is usually pretty easy to fix.

1. Remove all of the batteries from the monitor and unplug it from the wall.
2. Press the START/STOP button a few times to cycle the power switch.
3. Once you've done that, try inserting the batteries or plugging the monitor back in.

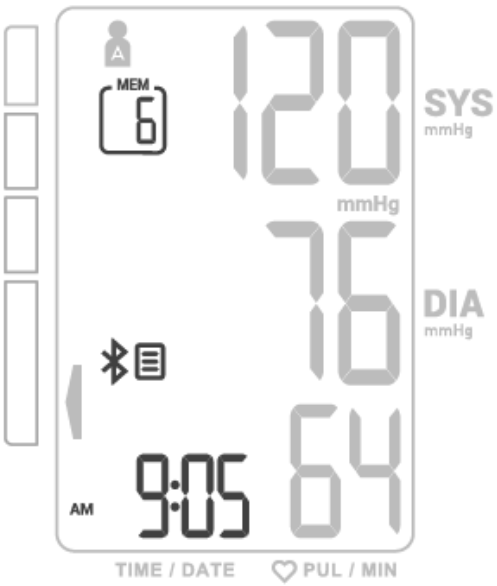
This should get the monitor working again. If not, contact us and we’ll be happy to help.

How do I view my past readings?

Your monitor will store up to 60 past results. To view them, press the DOWN ▼ arrow when the monitor is off. The first thing you’ll see is the average of your last three measurements. Use the arrows to quickly scroll through the rest of your previous records. (As always, you should consult with your doctor about what your results mean for you.)

What information is stored in a record on my monitor?

NOTE: The date and time will show alternately.



	The current memory number

	Bluetooth icon flashes if any measurement has not been synced to the connected device
	The corresponding time is 9:05 A.M.
	The corresponding date is May 10th

What do all of the symbols mean?

SYMBOL	DESCRIPTION	MEANING
	Systolic blood pressure	High pressure result
	Diastolic blood pressure	Low pressure result
	mmHg (millimeters of mercury)	Measurement unit of blood pressure
	Pulse per minute	Beats per minute (BPM)
	Pulse detected	Flashes when heartbeat has been detected
	Arrhythmia	See "How does the “irregular heartbeat detector” function work?" for more information.
	Pressure Range	Color bar indicates a range from normal to high pressure
	Low Batteries	Batteries are low and need to be replaced
	Memory	The displayed measurement value is stored in the monitor’s memory
	Current time	Month/Day/Year, Hour/Minute
	Deflating	Cuff air is deflating

	Bluetooth connection	Measurements are transferring

How tightly should I fasten my cuff?

When uninflated, the cuff should be snug but not constricting. A good rule of thumb (literally) is that the cuff should be loose enough to fit a thumb under, but not much looser.

Does it matter which arm I use when measuring?

You can use either arm when measuring. However, you should use the same arm each time to get the most consistent readings.

Why do my blood pressure measurements fluctuate from reading to reading, even if I take them close together?

Your blood pressure varies throughout the day—even from minute to minute—due to exercise, emotions, medications, and many other factors. It is also affected by the way you fasten your cuff and your measurement position. For these reasons, make sure you measure your blood pressure under the same conditions each time, and wait at least 3 minutes between measurements.

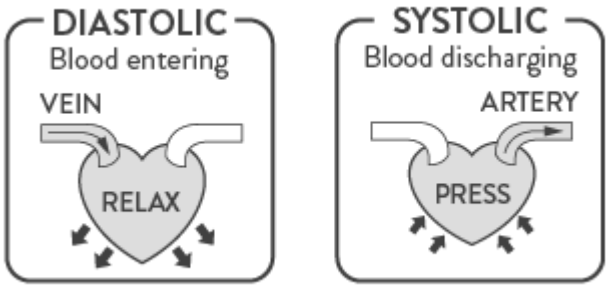
Why is the reading I get at home different from the one I get at the hospital?

Some variation is normal, since your blood pressure is affected by many factors such as the stress of a clinical setting, weather, etc. However, make sure you're avoiding the following situations that can cause false readings:

- The cuff is too loose or too tight.
- The cuff is not secured properly.
- Not placing the cuff correctly around the arm.
- If you feel anxious, nervous, or are not relaxed.
- Not resting your arm correctly.
- Measuring too quickly after a previous reading.
- Measuring within 1 hour of eating or drinking.
- Measuring after tea, coffee, or smoking.
- Measuring within 20 minutes after taking a bath.
- Measuring when talking or moving your fingers.
- Measuring in a very cold environment.
- Measuring when needing to use the restroom.

What is the difference between systolic pressure and diastolic pressure?

When ventricles contract and pump blood out of the heart, blood pressure reaches its maximum value in the cycle (systolic pressure). When the ventricles relax, blood pressure reaches its minimum value in the cycle (diastolic pressure).



Why does my monitor come with two power supply options?

We recommend plugging your monitor in using the power cord to save batteries while at home, and running on batteries while you're on the go. Using these two power sources in combination will give you maximum mobility while also conserving battery life.

Troubleshooting

SYMPTOM	REASON	SOLUTION
Display doesn't light up	Batteries are exhausted	Replace with new batteries
	Batteries are inserted incorrectly	Insert the batteries correctly
Lo + (or dim display)	Low batteries	Open the battery door on the back of the monitor, and insert 4 new AAA batteries
E1 shows on screen	The cuff is not secure	Refasten the cuff and then measure again
E2 shows on screen	The cuff is too tight	Readjust cuff to a comfortable fit and measure again

E3 shows on screen	The pressure of the cuff is excessive	Relax for a moment and then measure again
E10 or E11 shows on screen	The monitor detected motion, talking, or poor pulse while measuring	Relax for a moment and then measure again
E20 shows on screen	Cannot detect pulse signal	Loosen the clothing on your arm and then measure again
E21 shows on screen	The treatment of the measurement failed	Relax for a moment and then measure again
EExx shows on screen	A calibration error occurred	Retake the measurement. If the problem persists, contact our customer service department for further assistance
"Out" shows on screen	Out of measurement range	Relax for a moment. Refasten the cuff and then measure again. If the problem persists, contact your physician.

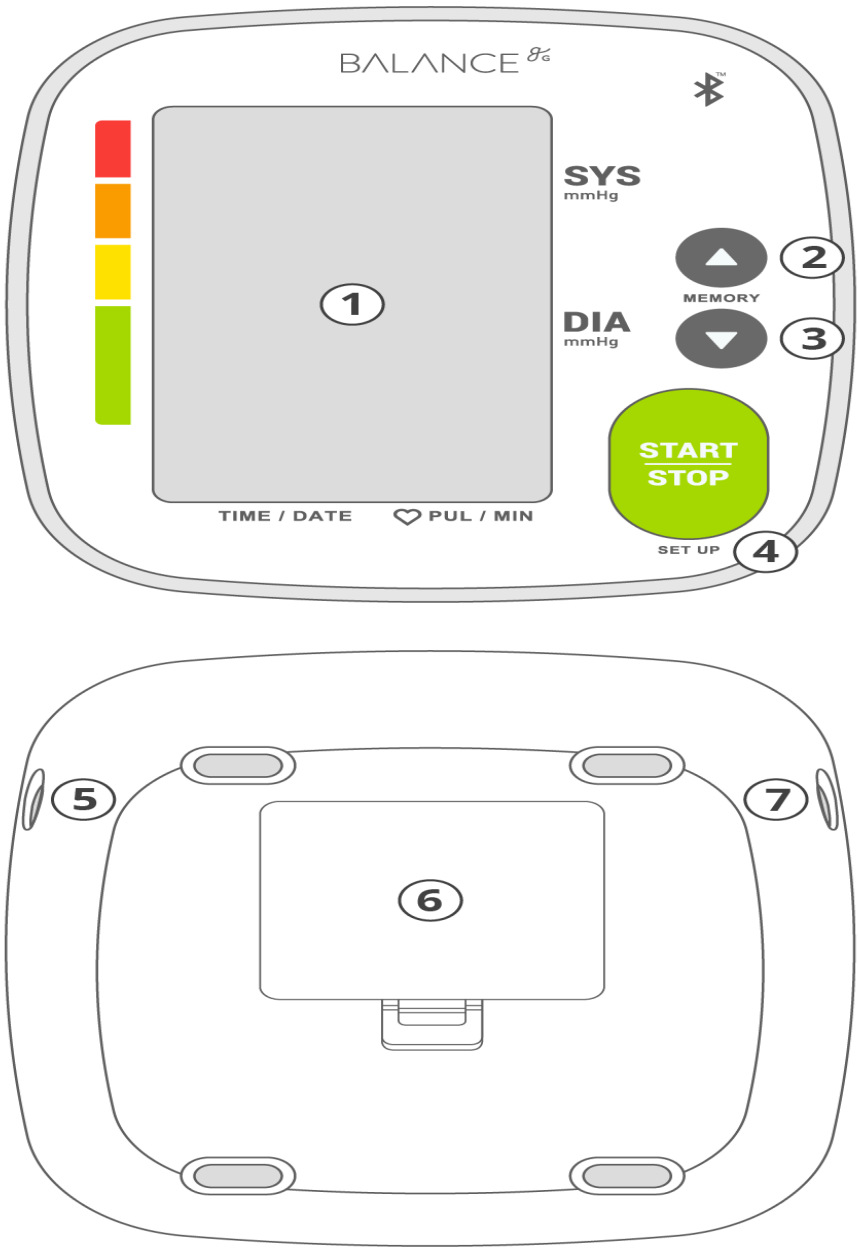
Typical Results

This chart reflects the blood pressure categories defined by the American Heart Association (AHA)

Blood Pressure Category	Systolic mmHg (upper #)		Diastolic mmHg (lower #)
Normal	less than 120	and	less than 80
Elevated	120-129	and	less than 80

High Blood Pressure (Hypertension) Stage 1	130-139	or	80-89
High Blood Pressure (Hypertension) Stage 2	140 or higher	or	90 or higher
Hypertensive Crisis (Emergency care needed)	Higher than 180	and/or	Higher than 120

Tech Specs



1. LCD Display
2. Up Button
3. Down / Memory Button
4. Start, Stop / Set Button
5. DC Power Outlet
6. Battery Compartment
7. Air Cuff Connector

Power Supply	Battery powered mode: 4 AAA batteries
	AC power adapter: 6V
Display Mode	Digital LCD display with blue backlight, 60.5 x 92.5mm
Measurement Mode	Oscillographic testing mode
Measurement Range	Rated cuff pressure: 0mmHg ~ 300mmHg
	Measurement pressure: 40mmHg - 230mmHg
	Pulse Value: (40-199) beat/minute
Accuracy	Pressure: 5°C - 40°C within ± 3mmHg
	Pulse value: ± 5%
Normal Working Conditions	Temperature: 5°C - 40°C
	Relative Humidity: ≤85%
	Atmospheric pressure: 645 - 795 mmHg
Storage & Transportation Conditions	Temperature: -20°C - 60°C
	Relative Humidity: 10% - 93%
	Atmospheric Pressure: 375 - 795 mmHg
Measurement Perimeter of the Upper Arm	About 22cm ~ 42cm
Net Weight	Approx. 248g (Excluding the dry cells)
External Dimensions	Approx. 140 x 130 x 49.7mm
Included Contents	4 AAA batteries, user manual, storage bag, DC power cord
Mode of Operation	Continuous operation

Degree of Protection	Type BF applied part
Protection Against Ingress of Water	IP21
Software Version	V01

Warnings & Standards

Warnings

- Consult your physician before measuring blood pressure, especially if you have any of the following conditions: hypertension, diabetes, arteriosclerosis, kidney or vascular disease, or any conditions affecting circulation.
- Do not change medication use or dosage based on measurement from this device. Take medication as prescribed by your physician. Only a physician is qualified to diagnose and treat high blood pressure.
- This device is not intended to be a diagnostic device.
- This device is intended for adult use only. Keep the unit out of reach of infants, children, or pets.
- This device is not intended for use on extremities other than the upper arm or for functions other than obtaining a blood pressure measurement. Do not use this device for any other purpose.
- Do not confuse self-monitoring with self-diagnosis. If you are taking medication, consult your physician to determine the most appropriate time to measure your blood pressure.
- If the cuff pressure exceeds 300 mmHg, the unit will automatically deflate. Should the cuff not deflate when pressures exceeds 300 mmHg, detach the cuff from the arm and press the START/STOP button to stop inflation.
- The equipment is not AP/APG equipment and not suitable for use in the presence of a flammable anesthetic mixture of air with oxygen or nitrous oxide.
- Do not touch battery output and the patient simultaneously.
- Avoid strong electromagnetic field radiated interference signals or electrical fast transient/burst signals.

- This device is contraindicated for any female who may be suspected of being, or is, pregnant. Besides providing inaccurate readings, the effects of this device on the fetus are unknown.
- This unit is not suitable for continuous monitoring during medical emergencies or operations.
- Do not disassemble or attempt to repair this device or any of its components. Doing so will void the warranty.
- Do not use this device near flammable gasses (anesthetic gas, oxygen, hydrogen) or flammable liquids (alcohol).
- Use only Greater Goods authorized parts and accessories. Parts and accessories not approved for use with this device may damage the unit.
- Remove batteries if the device is not likely to be used for some time.
- The old battery is harmful to the environment. Do not dispose with other daily trash.
- Remove the old battery from the device and follow your local recycling guidelines.
- Do not dispose of batteries in fire. Batteries may explode or leak.
- Store monitor in a dry place.
- Avoid contact with water. Clean it with a dry cloth if needed.
- Do not attempt to clean the resizable cuff with water.
- Never submerge monitor or cuff in water.

Cautions

- When using this device, pay attention to the following situations, which may interrupt blood flow and influence blood circulation of the patient, thus causing injury to the patient: too frequent and consecutive measurements; the application of the cuff and its pressurization on any arm where intravascular access or therapy, or an arterio-venous (A-V) shunt, is present; or inflating the cuff on the arm on the side of a mastectomy.
- Do not apply the cuff over a wound, otherwise it can cause further injury.
- Do not inflate the cuff on the same limb to which other monitoring ME EQUIPMENT is applied because this could cause temporary loss of function of the monitoring ME EQUIPMENT.
- Do not link the connection tube. Otherwise, the cuff pressure may continuously increase, which can prevent blood flow and result in injury to the patient.

Complied Standards List

Risk Management	ISO/EN 14971:2012 Medical devices — Application of risk management to medical devices

Labeling	ISO/EN 15223-1:2012 Medical devices. Symbols to be used with medical device labels, labeling and information to be supplied. General requirements
User Manual	EN 1041: 2008 Medical equipment manufacturers to provide information
General Requirements For Safety	IEC 60601-1: 2005+A1： 2012 Medical electrical equipment - Part 1: General requirements for basic safety and essential performance
Electromagnetic Compatibility	IEC/EN 60601-1-2:2007 Medical electrical equipment - Part 1-2: General requirements for basic safety and essential performance - Collateral standard: Electromagnetic compatibility - Requirements and tests
Performance Requirements and Clinical Investigation	IEC 80601-2-30:2009 Medical electrical equipment- Part 2-30: Particular requirements for the basic safety and essential performance of automated non-invasive sphygmomanometers ANSI/AAMI SP10:2002/A2: 2008 Manual, electronic, or automated sphygmomanometers
Software Life-Cycle Processes	IEC/EN 62304:2006+AC: 2008 Medical device software - Software life cycle processes

FCC 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.

EMC Guidance

1. MEDICAL ELECTRICAL EQUIPMENT needs special precautions regarding EMC and needs to be installed and put into service according to the EMC information provided in the ACCOMPANYING DOCUMENTS.
2. Wireless communications equipment such as wireless home network devices, mobile phones, cordless telephones and their base stations, and walkie-talkies can affect this equipment and should be kept at least a distance d=3, 3m away from the equipment. (Note: As indicated in Table 6 of IEC 60601-1-2:2007 for ME EQUIPMENT, a typical cell phone with a maximum output power of 2 W yields d=3, 3m at an IMMUNITY LEVEL of 3V/m)