WARRANTY

All Trakr Products are covered with a 30 day money back guarantee. If the product is broken or defects within 2 years from the purchase date, it may be replaced. This warranty does not include:

- Damaged Caused by abuse or transport
- Devices Subject to unauthorized repair
- Devices not used in accordance with the user manual instructions
- Damage exceeding the cost of the products
- Deterioration of the delivered product as a result of abnormal storage and/or protection conditions
- Packaging and transportation return costs
- Proof of purchase must be provided with all warranty claims

For guarantee/warranty related enquiries please contact: warranty@trakrhealthcare.com

For general enquiries please contact: support@trakrhealthcare.com

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Designed In The United Kingdom
Manufactured In China

RoHS CE 0123 FC

Trakr®
Healthcare

Smart Blood Pressure Monitor

User Manual

Please read this user manual before use.

Table of Contents

♥ Product Description

Thank you for purchasing the Trakr Smart Blood Pressure Monitor. Please read the manual thoroughly before using the product. It provides step-by-step instructions for proper use. This manual contains important safety and care information, including guidelines for using the product. Readings taken with this monitor are equivalent to those obtained by other traditional methods such as the stethoscope auscultation method.

Features:

Rechargeable Battery
2x199 memory
Irregular heartbeat detection
USB Type C charging

Digital LCD Display
Systolic,Diastolic Bood Pressure Display
Pulse Rate Display
Track Vesults Via Our App

♥ Indications of Use

This Smart Blood Pressure Monitor is a digital device intended for measuring blood pressure and pulse rate in adults with an arm circumference ranging from 22 cm to 42 cm (about 8¾″-16½″). It is intended for adult indoor use only.

♥ Measurement Principle

This product uses the Oscillometric Measuring method to detect blood pressure. It determines the systolic and diastolic pressure, as well as the pulse rate, by detecting pressure oscillations generated by beat-to-beat pulsatile flow. Before every measurement, the unit establishes a 'zero pressure' equivalent to the atmospheric pressure. Then, it starts inflating the arm cuff.

♥ Receiving and Inspecting your Monitor

Before use, ensure that there is no visible damage to the device or accessories, and that all packaging materials have been removed. Check that the device packaging has not been tampered with and make sure all contents are present. If you have any doubts, please contact your retailer.

Safety Information

The signs below might be in the user manual, labeling or other component. They are the requirement of standard and using.

	Manufacturer		Type BF applied part
	Date of manufacture		Direct Current
			Class II Equipment
	Recyclable	MD	Medical Device
	For indoor use only		
	Refer to instruction manual/booklet To signify that the instruction manual/ booklet must be read. Note: The background color of the symbol is blue.		
	Indicates that caution is necessary when operating the device or control close to where the symbol is placed, or that the current situation needs operator awareness or operator action in order to avoid undesirable consequences.		
	Indicates that the product should not be discarded as unsorted waste but must be sent to separate facilities for recyling.		
RoHS	ROHS indicates that Restriction of Hazardous Substances". A large range of chemicals is forbidden in the product due to their toxicity or hazard to the environment.		
CE 0123	CE marking indicates that a product meets EU safety, health and environental protection requirements.		
EC REP	Authorized representative in the European Community/ Europpean Union.		
FC	FCC marking indicates that the unit is in accordance with the rules for emitted electromagnetic radiation in the USA		

Precaution

This device is intended for indoor, home use and is not intended for self-use in public areas. It is portable but not designed for use during patient transport. This device is not suitable for continuous monitoring during medical emergencies or operations. It is intended for non-invasive measurement and monitoring of arterial blood pressure and should only be used on the arm. It is not intended for use on other extremities or for any purpose other than obtaining a blood pressure measurement.

This device is for adults. Do not use it on neonates or infants, and do not use it on children or adolescents unless instructed by a medical professional. Consult with your physician before using this monitor if you suffer from conditions such as common arrhythmias (e.g., premature ventricular beats or atrial fibrillation), peripheral arterial disease, pregnancy, preeclampsia, have implanted electrical devices, or are undergoing intravascular therapy, have an arteriovenous shunt, or have had a mastectomy. These conditions, as well as patient motion, trembling, or shivering, may affect measurement readings.

Do not use this device for the diagnosis or treatment of any health problem or disease. Contact your physician if you have or suspect any medical condition. Do not change your medications without the advice of your physician or healthcare professional. If you are taking medication, consult your physician to determine the proper time to measure your blood pressure.

This device may only be used for the intended purposes described in this manual. The manufacturer shall not be liable for any incidental, consequential, or special damages caused by misuse or abuse. Please use the device in the environment specified in the user manual, as failure to do so may impact its performance and reduce its lifespan.

The device may require up to 30 minutes to warm up or cool down from the minimum or maximum storage temperature before it is ready for use. The blood pressure monitor, its adapter, and the cuff are suitable for use within the patient environment. Do not wash the cuff in a washing machine or dishwasher.

The device contains sensitive electronic components. To avoid measurement errors, do not take blood pressure measurements near strong electromagnetic fields, radiated interference signals, or electrical fast transient/burst signals. Wireless communication equipment, such as wireless home network devices, mobile phones, cordless telephones and their base stations, and walkie-talkies, may cause interference that could affect measurement accuracy. A minimum distance of 1 foot (30 cm) should be maintained from such devices during a measurement.

The blood pressure monitor is intended for use by medical staff and laypersons, and the patient is also an intended user or operator. The maximum temperature that the applied part can reach is 41.8°C when the environmental temperature is 40°C, and contact time with the cuff should be less than 10 minutes.

⚠ Warning

Do not attempt to repair the unit yourself if it malfunctions. Repairs should only be carried out by authorized service centers. It is recommended that the device's performance be checked after any repair, maintenance, and every two years of use. This includes retesting the limits of error in cuff pressure indication and checking for air leakage (testing should be done at least at 50 mmHg and 200 mmHg). Please contact the manufacturer or distributor for authorized service personnel. Store your device, cuff, and adapter in a clean, dry place, and protect them from extreme moisture, heat, lint, dust, and direct sunlight. Never place any heavy objects on the device. Dispose of accessories, detachable parts, and the device in accordance with local guidelines.

⚠ Warning

Do not apply the cuff to an arm that has an intravenous drip or a blood transfusion attached. Taking blood pressure measurements too frequently could disrupt blood circulation and cause injuries.

Do not apply the cuff to areas where the patient's skin is delicate or damaged. Check the cuff site frequently for irritation.

Do not place the cuff on the arm of a person undergoing medical treatment involving the arteries or veins, such as intravascular access, intravascular therapy, or an arteriovenous (A-V) shunt, as this could disrupt blood circulation and cause injuries.

Do not place the cuff on the arm on the same side as a mastectomy, especially when lymph nodes have been removed. It is recommended to take measurements on the unaffected side.

Do not wrap the cuff around the same arm to which another monitoring device is applied, as one or both devices may temporarily stop functioning if used simultaneously. Ensure that the operation of the device does not result in prolonged impairment of the patient's blood circulation (for example, by observing the affected limb). In the rare event of a fault causing the cuff to remain fully inflated during measurement, loosen and remove the cuff immediately. Prolonged high pressure applied to the arm (cuff pressure >300 mmHg or constant pressure >15 mmHg for more than 3 minutes) may lead to bruising and discoloration of the skin.

Do not use this device in conjunction with high-frequency (HF) surgical equipment. This device is not intended for use in oxygen-rich environments, with flammable anesthetics, or in conjunction with flammable agents.

Do not touch the output of the batteries/adapter and the user simultaneously. The power cord is considered the disconnect device for isolating this equipment from the supply mains.

Do not position the equipment in a way that makes it difficult to reach or disconnect.

Do not use this device if you are allergic to polyester, nylon, or plastic.

Only use accessories approved by the manufacturer. Using unapproved accessories may cause damage to the unit and injure users. If you experience discomfort during a measurement, such as pain in the arm or other complaints, press the Power button immediately to release the air from the cuff.

Do not use the device while it is under maintenance or being serviced. ensor degradation or looseness may reduce the performance of the device or cause other problems.

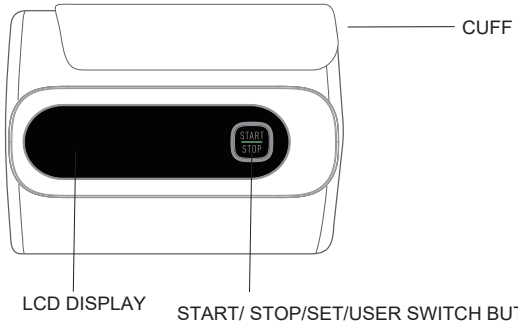
Notice

You can use this device to take your own measurements; no third-party operator is required.
The adapter is specified as a part of the ME EQUIPMENT. At the request of authorized service personnel, circuit diagrams, component part lists, descriptions, and calibration procedures will be made available by the manufacturer or distributor. The expected lifetime of the cuff may vary depending on the frequency of washing, skin condition, and storage state. Please report any serious incidents related to this device to the manufacturer and relevant authorities.

LCD display signal

SYMBOL	DESCRIPTION	EXPLANATION
SYS	Systolic blood pressure	High pressure result
DIA	Diastolic blood pressure	Low pressure result
PULSE /min	Pulse display	Pulse in beats per minute
mmHg	mmHg	Measurement unit of blood pressure
OK	Cuff wearing	The cuff is secured.
	Pulse rate	Pulse rate dectetion during measurement
	Hand shaking	Hand shaking makes results inaccurate
	Battery Indicator	Indicate the current battery
	Irregular pulse rate	Irregular pulse rate
	Data transmitting	Data is transmitting
	Bluetooth icon	Indicate the bluetooth is working.

Functions Layout



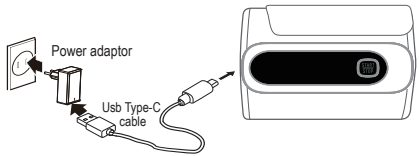
♥ Package Contents

- **Smart Blood Pressure Monitor**
- **Upper arm cuff: 22 - 42CM**
- **User manual**
- **Type-C cable**

♥ Power Supply and Charging

1. The battery is a built-in rechargeable 1000mAh li-polymer battery.
2. To charge the battery,Insert the USB Type-C cable directly into a Usb Type A port or alternatively use a power adaptor (not included).

Please note: Do not use the blood pressure monitor while it is charging.



Charging the power under following circumstances:

- + bAt Lo displays on the LCD
- The LCD display is dim
- When powering on the monitor, the LCD doesn't light up

⚠ CAUTION

Please do not disassemble this device by unauthorized personnel.

If the battery cannot charge properly or the blood pressure monitor cannot be used normally, please contact authorized maintenance personnel. When fully charged, the battery can be used approximately 100 times.

Store and use the blood pressure monitor in a cool, dry, and well-ventilated environment. Avoid exposure to fire or heat sources, as this may cause the battery to explode.

If the device is not used for a long time, it should be fully charged. It is recommended to charge the device once every three months. When charging, do not touch the charging connector and the patient simultaneously. During the charging process, the LED indicator on the START/STOP button will stay on. When charging is finished, unplug the device to maintain battery health.

Avoid excessive heat such as direct sunlight, fire, or similar conditions.

Avoid charging your blood pressure monitor in extremely high or low temperatures.

Batteries (whether a battery pack or installed batteries) should not be exposed to excessive heat as they may explode, causing injury or death.

Do not use the blood pressure monitor while it is charging.

Do not dispose of your blood pressure monitor in a fire, as the battery could explode.

Always unplug the charger before cleaning the blood pressure monitor.

Do not clean the blood pressure monitor while it is charging.

Only charge the battery in accordance with the user instructions provided.

Do not attempt to replace the battery in your blood pressure monitor; it is built-in.

♥ Activate Your Blood Pressure Monitor

When you receive the Blood Pressure Monitor, the first thing you must do is activate it. Press and hold the 'START/STOP' button for about 5 seconds to activate the device.

♥ Pair a smart device with the monitor

1. You can measure your blood pressure and then save and send the measurement data via Bluetooth to an app (Apple/Android) on a smart device.

2. When the monitor is off, press and hold the “START/STOP” button to start. The Bluetooth symbol will flash.

3. If **successful**, the Bluetooth symbol will stop flashing, and the monitor will display "Done" before automatically shutting off after several seconds.

If **unsuccessful** within 60 seconds, it will be judged as a timeout, and the monitor will display "Done" before automatically shutting off after several seconds.

The date and time will automatically synchronize after successfully pairing with the smart device.

Note:

You may measure your blood pressure manually and display the results directly on the screen if you wish to not use a smart device/app. (please check pages 12-15)

Specifications for Bluetooth Transmission		
Bluetooth	Throughput	2.5K-5K
	Latency	50ms
	PER	＜10%
	Operating Frequency	2400-2480MHz
	Transmission Power	0dBm
	Transmission Distance	10m

Note:

1. The necessary Quality of Service (QoS) is fully considered here for wirelessly enabled functions.
2. Interference may occur in the vicinity of equipment marked with the following symbol .
3. Keep the monitor at least 20 centimeters away from the human body (especially the head) when data transmission is proceeding after measurement.
4. To enable the data transmission function, this device has to be paired to a device.

Warning

Wireless communication interference

The monitor operates in the ISM band at 2.4 GHz. If it is used too close to other wireless devices, such as a microwave or wireless LAN, which operate on the same frequency band, there is a possibility of interference between the monitor and these devices. If such interference occurs, please stop the operation of the other devices or relocate the monitor before using it again.

List of compatible devices:

For iOS devices:

The operating system must be iOS 13.0 or more.

For Android devices:

The operating system must be Android 5.0 or more.

♥ Setting a user ID

There are 2 user IDs available: User 1 and User 2. Each user ID has 199 memory spaces, allowing two different people to save their measured values separately.

1. When the monitor is off, press the “START/STOP” button to display the current user ID, which will start flashing. Press the “START/STOP” button again to switch the user ID between User 1 and User 2.

User 1

User 2

2. After confirming the selected user ID, the User ID will not flash any more and the monitor will display the measurement automatically after 2 seconds.

♥ Tie the Cuff

Before use, please confirm that the cuff fits your arm circumference. Remove all accessories (watch, bracelet, etc.) from your arm. If your physician has diagnosed you with poor circulation in one arm, use the other arm.

Roll or push up your sleeve to expose the skin. Apply the cuff to your arm with your palm facing up. Position the edge of the cuff about 2-3 cm from your elbow.

Fasten the cuff around your arm, leaving no extra room between the cuff and your skin. If the cuff is too loose, the measurement will not be accurate. Sit comfortably with the arm being tested resting on a flat surface.

Place your elbow on a table so that the cuff is at the same level as your heart. Turn your palm upwards. Sit upright in a chair and take 5-6 deep breaths.

Helpful tips for accurate results:

Rest for 5 minutes before the first measurement.

Wait at least 3 minutes between measurements to allow your blood circulation to recover.

Take the measurement in a quiet room.

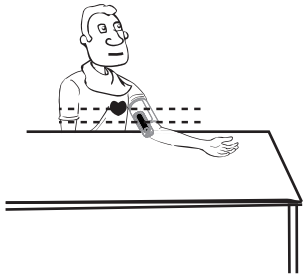
Rlax as much as possible and should not move or talk during the measurement procedure.

The cuff should remain at the same level as the right atrium of the heart.

Please sit comfortably. Do not cross your legs and keep your feet flat on the ground.

Keep your back against the backrest of the chair.

For a meaningful comparison, try to measure under similar conditions. For example, take daily measurements at approximately the same time, on the same arm, or as directed by your physician.



♥ Start the Measurement

1. When the monitor is off, press the "START/STOP" button, the current user ID will flash.

You can press the "START/STOP" button to switch the User 1 or User 2, the monitor will enter the measurement automatically after about 2 seconds.

Remain still and do not talk until the full measurement is complete. (Take User 1 for example.)

Select user ID

Cuff wrap detection.
symbol " " flash.

Cuff wrap ok.
Inflating and measuring.

Display and save the measurement result

2.Press and hold the Start/Stop button to turn off the monitor, or it will automatically turn off after 60 seconds.

3. If your monitor is already paired with your smart device and both Bluetooth and the app are ON, the results will start transmitting once the measurement is completed. If data transmission is successful, the symbol will disappear first, followed by the disappearance of the Bluetooth symbol after several seconds, and then the monitor will turn off automatically.

If transmission is unsuccessful within 60 seconds, the monitor will turn off.

Note: A. If you want to stop the measurement, you can press the Start/Stop button manually.

B. If there is untransmitted data, the symbol will display at the beginning of the measurement.

C. Both User 1 and User 2 can store a maximum of 199 records on the monitor. You can view your records on the app if your monitor is already paired with your smart device.

4. Irregular pulse rate and excessive body motion during measurement:

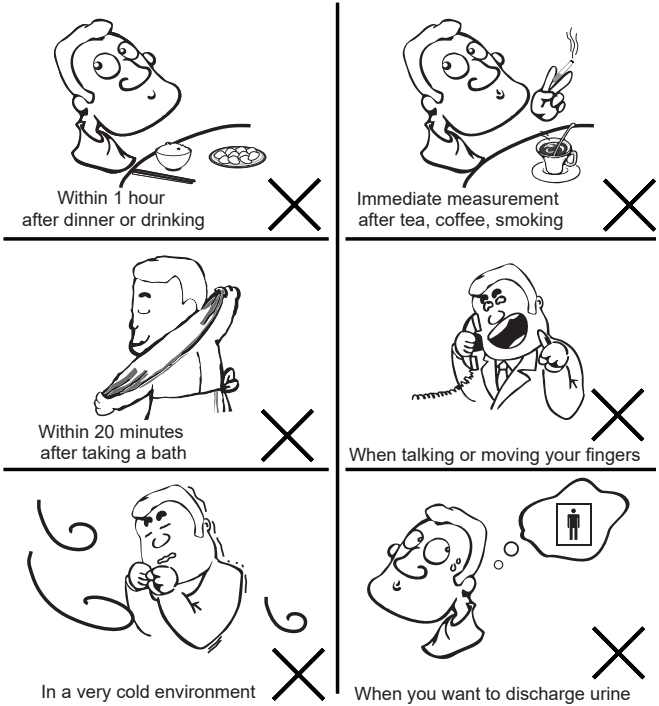
Irregular Pulse Rate and Excessive Body Motion During Measurement:
During a measurement, if an irregular pulse rate is detected, the symbol will display in the measurement result. See page 17 for more information.

During a measurement, if excessive body motion occurs, the symbol will flash for about 5 seconds and the monitor will attempt to detect again. If the motion is no longer detected, the symbol will disappear; if the motion is still detected, the symbol will be displayed in the final measurement result.

Note: The measured blood pressure reading may not be accurate if this symbol is displayed

♥ Tips for Measurement

Measurements may be inaccurate if taken in the following circumstances.



♥ Maintenance

In order to get the best performance, please follow the instructions below:

1. Cleaning Process:

Step 1: Make sure to switch off the device before cleaning.

Step 2: Use a soft cloth dampened with soapy water to clean the cuff. Then, use a soft cloth dampened with clear water to remove any residual soap until no visible contaminants remain. Take care to avoid liquid entering the cuff.

Step 3: Use a dry, soft cloth to wipe the cuff to remove any remaining moisture.

Step 4: Dry the cuff in a well-ventilated place after cleaning.

2. Disinfection Process:

Step 1: Make sure to switch off the device before disinfection.

Step 2: Use a soft cloth dampened with 70% isopropanol to disinfect the cuff for about 10 minutes. Take care to avoid liquid entering the cuff.

Step 3: Use a clean, dry cloth or towel to wipe off the disinfectant until no visible residue remains.

Step 4: Dry the cuff in a well-ventilated place after disinfection.

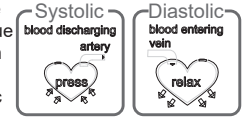
Suggestion: Frequency of Cleaning and Disinfection:

For single-patient multiple use, it's recommended to clean the device regularly.

For multiple-patient multiple use, it's recommended to clean the device before and after each use.

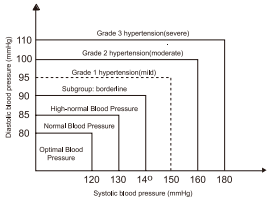
♥ What are systolic pressure and diastolic pressure?

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



♥ What is the standard blood pressure classification?

The blood pressure classification published by World Health Organization (WHO) and International Society of Hypertension (ISH) in 1999 is as follows:



LED Indicator of START/STOP Button	Green			Orange		
Blood Pressure (mmHg) \ Level	Optimal	Normal	High-normal	Mild	Moderate	Severe
SYS	<120	120~129	130~139	140~159	160~179	>180
DIA	<80	80~84	85~89	90~99	100~109	>110

♥ Irregular Pulse Rate Detector

An irregular pulse rate is detected when a pulse rate rhythm varies while the unit is measuring the systolic and diastolic blood pressure.During each measurement, the monitor records all the pulse intervals and calculate the average ; if there are two or more pulse intervals ,the difference between each interval and the average is more than the average value of ±25% , or there are four or more pulse intervals ,the difference between each interval and the average is more than the average value of ±15%,the irregular pulse rate symbol appears on the display when the measurement results are appeared.

! CAUTION

The appearance of the IHB icon indicates that a pulse irregularity consistent with an irregular pulse rate 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.

♥ Why does my blood pressure fluctuate throughout the day?

1. Individual blood pressure varies multiple times everyday. It is also affected by the way you tie your cuff and your measurement position, so please take the measurement under the same conditions.

2.If the person takes medicine, the pressure will vary more.

3.Wait at least 3 minutes between measurements.

♥ Why do I get a different blood pressure at home compared to the hospital?

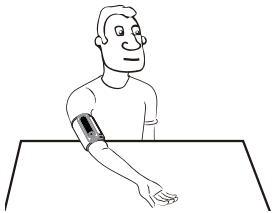
The blood pressure is different even throughout the day due to weather, emotion, exercise etc. Also, there is the “white coat” effect, which means blood pressure usually increases in clinical settings.

What you need to pay attention to when you measure your blood pressure at home:

If the cuff is tied properly.
If the cuff is too tight or too loose.
If the cuff is tied on the upper arm.
If you feel anxious.
Taking 2-3 deep breaths before beginning will be better for measuring.
Advice: Relax for 4-5 minutes until you calm down.

♥ Is the result the same if measuring on the right arm?

There may different results for different people. We suggest you measure the same arm every time.



WARNING

All Trakr Products are covered with a 30-day money back guarantee. If you are not completely satisfied with your purchase, please contact us within 30 days to request the warranty fees are refunded.

- Damaged if caused by abuse or transport.
- Damaged if caused by improper operation.
- Devices are used in accordance with the user manual instructions.
- Damage exceeding the cost of the product.

Trakr Products are not responsible for any such of abnormal damage and loss caused by the following:

- Use of non-standard accessories.
- Use of unauthorized repair by unskilled staff or warranty claims.

If you encounter any unsatisfactory issues, please email support@trakrhome.com or call us at 1-800-975-0966 (Mon-Fri 9:00-17:00 EST).

Trakr Home

Smart Blood Pressure Monitor

User Manual

Please read this user manual before use

INTRODUCTION

Table of Contents

INTRODUCTION

Product Description

Thanks for purchasing the Trakr Smart Blood Pressure Monitor. Please read this manual carefully before using the product and keep it for future reference. If you have any questions about the product, please contact us. We will be happy to help you.

Product Features

- Automatic Inflation
- Automatic Pressure Release
- Irregular Heartbeat Detection
- Memory Storage for 2 Users, 120 Sets Each
- Bluetooth Connectivity

Intructions of Use

- Intended for measuring blood pressure and pulse rate of adult individuals.
- Not intended for use on infants or pregnant women.
- Not intended for use by individuals with irregular heartbeat.

Measurement Principle

The device operates on the oscillometric measurement principle. When a cuff is properly applied, the device automatically inflates the cuff until the pressure is sufficient to occlude the brachial artery. The pressure is then released at a controlled rate. As the pressure decreases, the device detects the first appearance of blood flow (systolic pressure) and the point at which blood flow returns to normal (diastolic pressure).

INTRODUCTION

Receiving and Inspecting your Monitor

Upon receiving your monitor, please inspect the packaging and the device for any damage that may have occurred during shipping. If you notice any damage, please contact us immediately.

Ensure that all components listed in the package contents are present. If anything is missing, please contact us.

Familiarize yourself with the device's features and controls by reading the user manual thoroughly.

Before using the device for the first time, charge the battery fully to ensure optimal performance.

Store the device in a cool, dry place away from direct sunlight and extreme temperatures.

Clean the device and cuff with a soft, dry cloth. Avoid using harsh chemicals or abrasive materials.

Regularly check the cuff for any signs of wear or damage, and replace it if necessary.

Keep the device and cuff out of the reach of children and pets.

Dispose of the device and batteries according to local regulations.

INTRODUCTION

Charging the power cable

1. Plug the USB-C cable into the port, and the other end into the power adapter or computer's USB port.
2. The charging indicator will turn on.
3. When the charging is complete, the indicator will turn off.

Warning

- Please use the provided charging cable and power adapter. Using incompatible chargers may damage the device or pose a safety hazard.
- Do not charge the device in extreme temperatures (below 0°C/32°F or above 40°C/104°F).
- Do not charge the device if the charging cable or power adapter is damaged.
- Do not charge the device for more than 24 hours at a time.
- Do not charge the device near flammable materials or in humid environments.
- Do not use the device while it is charging.
- Do not charge the device if it has been exposed to liquids.

INTRODUCTION

LCD Display digital

Number	Description	Number	Description
1	Systolic	7	Memory
2	Unit of measurement	8	Diastolic
3	Heart rate	9	Irregular heartbeat
4	Bluetooth	10	Cuff
5	Battery	11	Measurement
6	Time		

IMPORTANT YOU KNOW

Package Contents

- Trakr Blood Pressure Monitor
- Power Adapter
- User Manual
- USB-C Cable

Power Supply and Charging

- Power Supply: Powered by USB-C cable.
- Charging Time: Approximately 2 hours for a full charge.
- Battery Life: Up to 200 measurements on a full charge.

Please use the provided USB-C cable and power adapter.

IMPORTANT YOU KNOW

Pair a smart device with the monitor

1. Turn on the blood pressure monitor and wait for it to enter Bluetooth pairing mode.
2. Open the Trakr Home app on your smartphone and navigate to the device pairing section.
3. Follow the on-screen instructions to complete the pairing process.

Compatible devices: Ensure your smartphone is compatible with Bluetooth 4.0 or higher and runs on iOS 10.0 or Android 5.0 or later versions.

Pairing issues: If you encounter any issues during the pairing process, try restarting both the blood pressure monitor and your smartphone, and then attempt the pairing process again.

Multiple devices: The monitor can be paired with multiple smartphones, but only one can be connected at a time.

Activate Your Blood Pressure Monitor

Before using your blood pressure monitor for the first time, you need to activate it by following these steps:

IMPORTANT YOU KNOW

Setting a user ID

1. Press the M button to enter the user ID setup mode.
2. Use the + or - buttons to select a user ID (1 or 2).
3. Press the M button to confirm your selection.

Note: The user ID setup mode will exit automatically if no buttons are pressed for 10 seconds.

MEASUREMENT

To Do Cuff

Before you begin, ensure that you are in a comfortable position and that your arm is supported at heart level. Follow these steps to properly wear the cuff:

1. Remove any clothing from your left arm that may interfere with the cuff placement.
2. Slide the cuff onto your left arm, with the bottom edge of the cuff about 1 inch above the crease of your elbow.
3. Position the cuff so that the artery mark is aligned with your brachial artery, which is usually on the inside of your arm, slightly below the center.
4. Wrap the cuff around your arm and secure it using the Velcro fastener. The cuff should be snug but not too tight. You should be able to fit one finger between the cuff and your arm.

MEASUREMENT

Tips For the Measurement

Measurements may be inaccurate if done in the following circumstances:

- Before or after exercise, bathing, eating, drinking alcohol, or smoking.
- When you are hungry or full.
- When you are under pressure or in a hurry.
- When you are talking or moving.
- When the cuff is not positioned correctly or is too loose or too tight.

MEASUREMENT

Measurement

1. Press the power button to turn on the device.
2. Select the user ID you want to use.
3. Press the start button to begin the measurement.
4. The cuff will inflate and then slowly deflate.
5. The device will display your systolic and diastolic blood pressure readings, as well as your pulse rate.
6. Press the stop button to end the measurement.

MAINTENANCE

Maintenance

In order to get the best performance, please follow the instructions below:

1. Charging Process
Step 1: Make sure to turn off all the device battery beforehand.
Step 2: Connect the device to the power supply using the cuff. Plug one end of the USB-C cable into the charging port on the device and the other end into a USB power adapter or computer.
Step 3: Turn on, will start to supply the device battery for charging process.
Step 4: Disconnect the device from the power supply after charging.

2. Operational Process
Step 1: Make sure to turn off all the device battery beforehand.
Step 2: Connect the device to the power supply using the cuff. Plug one end of the USB-C cable into the charging port on the device and the other end into a USB power adapter or computer.
Step 3: Turn on, will start to supply the device battery for charging process.
Step 4: Disconnect the device from the power supply after charging.

BLOOD PRESSURE

What are systolic pressure and diastolic pressure?

Systolic pressure is the pressure in your arteries when your heart beats. Diastolic pressure is the pressure in your arteries when your heart rests between beats. Both numbers are important, but systolic pressure is usually the higher number.

What is the standard blood pressure classification?

Blood Pressure Category	Systolic mm Hg		Diastolic mm Hg
Low Blood Pressure	less than	90	and less than 60
Normal	90 - 119	and	60 - 79
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 - 180	or	90 - 120
Hypertensive Crisis	higher than	180	and/or higher than 120

Irregular Pulse Rate Detector

The Trakr Blood Pressure Monitor has the ability to detect irregular heartbeats during measurement. If an irregular heartbeat is detected, the device will display a symbol on the screen. This feature can help you identify potential heart issues and seek medical attention if necessary.

Note: The irregular heartbeat detection feature is not a substitute for medical advice. If you have concerns about your heart health, please consult a healthcare professional.

TROUBLE BLOOD PRESSURE

Why does my blood pressure measurement differ from that taken at the doctor's office?

Blood pressure can be affected by various factors, including stress, anxiety, and physical activity. The measurement taken at the doctor's office may be higher due to the "white coat effect," where the presence of a medical professional can cause temporary increases in blood pressure.

Why don't I get a different blood pressure at home?

Blood pressure can vary throughout the day, and it is normal for readings to differ slightly between measurements. Factors such as time of day, activity level, and even the position of the cuff can affect the results.

Why do I get a different blood pressure in the morning and evening?

Blood pressure tends to be lower in the morning and higher in the evening due to natural fluctuations in the body's circadian rhythm. This is a normal variation and is not necessarily a cause for concern.

Why do I get the same blood pressure on the left and right arm?

Ideally, blood pressure should be measured on the arm that consistently gives higher readings. This is usually the left arm, but it can vary from person to person. Consult your healthcare provider to determine which arm is best for you.

TROUBLESHOOTING

Problem	Possible Cause	Solution
Device won't turn on	Battery is dead	Charge the device using the provided USB-C cable and power adapter.
	Power button not pressed correctly	Press and hold the power button for 3 seconds.
Inaccurate readings	Cuff not positioned correctly	Refer to the "To Do Cuff" section for proper cuff placement.
	Movement during measurement	Remain still and relaxed during the measurement.
	Irregular heartbeat	Consult a healthcare professional if you have an irregular heartbeat.
Cuff not inflating	Cuff not connected properly	Ensure the cuff is securely connected to the device.
	Air leak in the cuff	Check the cuff for any damage or leaks. Replace if necessary.
Error message displayed	Refer to the error code table below	

Error Code	Description	Solution
E1	Inflation error	Check cuff connection and ensure it is properly applied.
E2	Measurement error	Remain still and relaxed during the measurement.
E3	Pressure error	Check cuff for damage or leaks. Replace if necessary.
E4	Overpressure error	Ensure cuff is properly applied and not too tight.
E5	Weak signal error	Ensure cuff is properly applied and not too loose.
E6	Motion error	Remain still and relaxed during the measurement.
E7	Irregular heartbeat error	Consult a healthcare professional if you have an irregular heartbeat.
E8	Battery error	Charge the device using the provided USB-C cable and power adapter.

SPECIFICATIONS

Power supply	Powered by USB-C cable
Battery Type	Rechargeable Lithium-ion Battery
Battery Capacity	1000mAh
Measurement Range	Pressure: 0-300 mmHg Pulse: 40-200 beats per minute
Accuracy	Pressure: ±3 mmHg Pulse: ±5% of reading
Memory Capacity	120 sets of data for each of 2 users
Bluetooth Connectivity	Bluetooth 4.0 or higher
Compatible Operating Systems	iOS 10.0 or later Android 5.0 or later
Dimensions	Approximately 5.5 x 3.5 x 2.5 inches
Weight	Approximately 0.5 pounds
Cuff Size	Standard adult cuff: 8.7-16.5 inches (22-42 cm)
Display	LCD screen with backlight
Operating Temperature	0°C to 40°C (32°F to 104°F)
Storage Temperature	-20°C to 60°C (-4°F to 140°F)
Operating Humidity	15% to 93% RH
Storage Humidity	10% to 95% RH
Type of Protection	Type BF applied part

FAQ GUIDANCE

• FAQ Guidance

Frequently asked questions and answers to help you get the most out of your Trakr Blood Pressure Monitor.

FAQ GUIDANCE

Table 1

Table 1	Sample Size	Mean	Standard Deviation	Minimum	Maximum
Height (cm)	100	170.5	10.2	150.0	190.0
Weight (kg)	100	70.2	15.5	45.0	120.0
Age (years)	100	35.6	12.8	18.0	65.0

Table 2

Table 2	Sample Size	Mean	Standard Deviation	Minimum	Maximum
Height (cm)	100	170.5	10.2	150.0	190.0
Weight (kg)	100	70.2	15.5	45.0	120.0
Age (years)	100	35.6	12.8	18.0	65.0

Table 3

Table 3	Sample Size	Mean	Standard Deviation	Minimum	Maximum
Height (cm)	100	170.5	10.2	150.0	190.0
Weight (kg)	100	70.2	15.5	45.0	120.0
Age (years)	100	35.6	12.8	18.0	65.0

FAQ GUIDANCE

Table 4

Table 4	Sample Size	Mean	Standard Deviation	Minimum	Maximum
Height (cm)	100	170.5	10.2	150.0	190.0
Weight (kg)	100	70.2	15.5	45.0	120.0
Age (years)	100	35.6	12.8	18.0	65.0

Table 5

Table 5	Sample Size	Mean	Standard Deviation	Minimum	Maximum
Height (cm)	100	170.5	10.2	150.0	190.0
Weight (kg)	100	70.2	15.5	45.0	120.0
Age (years)	100	35.6	12.8	18.0	65.0

FAQ GUIDANCE

Table 6

Table 6	Sample Size	Mean	Standard Deviation	Minimum	Maximum
Height (cm)	100	170.5	10.2	150.0	190.0
Weight (kg)	100	70.2	15.5	45.0	120.0
Age (years)	100	35.6	12.8	18.0	65.0

Table 7

Table 7	Sample Size	Mean	Standard Deviation	Minimum	Maximum
Height (cm)	100	170.5	10.2	150.0	190.0
Weight (kg)	100	70.2	15.5	45.0	120.0
Age (years)	100	35.6	12.8	18.0	65.0

♥ EMC Guidance

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

Essential performance:
Accuracy of measuring blood pressure and pulse rate

Measurement Range	Systolic pressure: 60-230 mmHg Diastolic pressure: 40-130 mmHg Pulse: 40-199 beats/minute
Rated Cuff Pressure	0-299 mmHg (0-39.9 kPa)
Accuracy	Pressure: ±3 mmHg / 0.4 kPa Pulse: ±5%

The Basis Safety of the Blood Pressure Monitor (TMB-2296-B) is as following: Deviation from normal operation that poses an unacceptable risk to the patient or operator.

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.

Technical description:

1. All necessary instructions for maintaining BASIC SAFETY and ESSENTIAL PERFORMANCE with regard to electromagnetic disturbances for the excepted lifetime.

2. Guidance and manufacturer's declaration-electromagnetic emissions and Immunity.

Table 1

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	Class A
Voltage fluctuations / flicker emissions IEC 61000-3-3	Comply

Table 2

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	±2 kV for power supply lines ±1 kV signal input/output 100 kHz repetition frequency	±2 kV for power supply lines Not applicable 100 kHz repetition frequency
Surge IEC61000-4-5	±0.5 kV, ±1 kV differential mode ±0.5 kV, ±1 kV, ±2 kV common mode	±0.5 kV, ±1 kV differential mode
Voltage dips, short interruptions and voltage variations on power supply input lines IEC 61000-4-11	0% U_T; 0,5 cycle. At 0°, 45°, 90°, 135°, 180°, 225°, 270° and 315°. 0% U_T; 1 cycle and 70% U_T; 25/30 cycles; Single phase: at 0°. 0% U_T; 250 / 300 cycle	0% U_T; 0,5 cycle. At 0°, 45°, 90°, 135°, 180°, 225°, 270° and 315°. 0% U_T; 1 cycle and 70% U_T; 25/30 cycles; Single phase: at 0°. 0% U_T; 250 / 300 cycle
Power frequency magnetic field IEC 61000-4-8	30 A/m 50 Hz / 60 Hz	30 A/m 50 Hz / 60 Hz
Conduced RF IEC61000-4-6	3 V 0,15 MHz – 80 MHz 6 V in ISM and amateur radio bands between 0,15 MHz and 80 MHz 80% AM at 1 kHz	3 V 0,15 MHz – 80 MHz 6 V in ISM and amateur radio bands between 0,15 MHz and 80 MHz 80% AM at 1 kHz
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.		

Table 3

Guidance and manufacturer's declaration - electromagnetic Immunity								
Radiated RF IEC61000-4-3 (Test specifications for ENCLOSURE PORT IMMUNITY to RF wireless communicati-ons 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	GMRS 460, FRS 460	FM ± 5k Hz deviation 1 kHz sine	2	0.3	28	28
	710 745 780	704-787	LTE Band 13, 17	Pulse modulation 217 Hz	0.2	0.3	9	9
	810 870 930	800-960	GSM 800/900, TETRA 800, iDEN 820, CDMA 850, LTE Band 5	Pulse modulation 18 Hz	2	0.3	28	28
	1720 1845 1970	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 5500 5785	5100-5800	WLAN 802.11 a/n	Pulse modulation 217 Hz	0.2	0.3	9	9