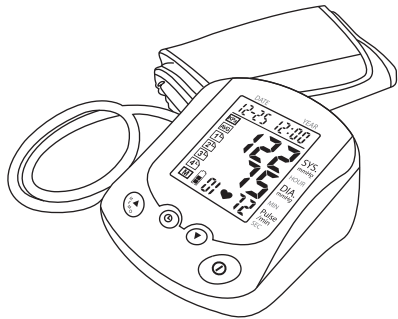# Andes fit Health

Wireless Arm Type
Blood Pressure Monitor
ADF-B19

APP INSTALLATION

1. **First time set up instructions download the " Andesfit Health" APP prior to first use , download and install " Andesfit Health " from the Apple Store or Google Play.**

2. **Account set up and registration follow the on-screen instructions to register and set up your personal account .**

3. **Turn Bluetooth "On" under the " Setting" Menu on the device.**

SAFETY PRECAUTIONS

- Babies, young children or individuals who cannot express their consent are not suitable to take blood pressure measurement.
- Individuals with serious arteriosclerosis are not suitable to take blood pressure measurement.
- Blood pressure readings may change in case of pregnancy. Pregnant women can consult their doctor before taking measurement.
- Self-measurement is not medical treatment. If there are unusual values, please consult your doctor.
- Handling batteries properly:
  - As soon as old batteries run out, replace with new batteries.
  - Do not use old and new batteries together.
  - Align the polarities of batteries correctly.
  - When the unit will not be used for more than 3 months, remove the batteries. Otherwise, batteries may leak and cause damage to the unit.

2

QUICK START GUIDE

Avoid smoking, eating or exercising for 30 minutes before taking measurement
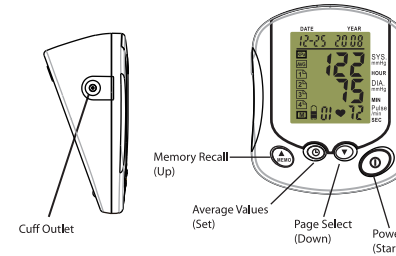
1. Sit upright in a chair with your both feet on the floor.

2. Remove tight fitting clothing from you upper arm and thick clothing.

3. Pull on the end of the cuff until it wraps securely around your upper arm. Place your arm on a table so that the cuff will be at the same level as your heart.

4. Connect device via Bluetooth (Turn Bluetooth "On" under the "Settings" menu on the device).

5. Open "Andefit health" application, and then press the Blood Pressure icon on Measure screen.

6. Press the " Start Measurement" button on the App

7. Press the " " button on the device. The cuff will automatically inflate and the measurement will start.

8. When the measurement is complete, the cuff will automatically deflate and your systolic and diastolic pressure values and pulse rate will display on Blood Pressure monitor & save on application screen.

9. All the measurement data will be saved in the app.

3

OVERVIEW

Monitor

Cuff Outlet

Memory Recall (Up)
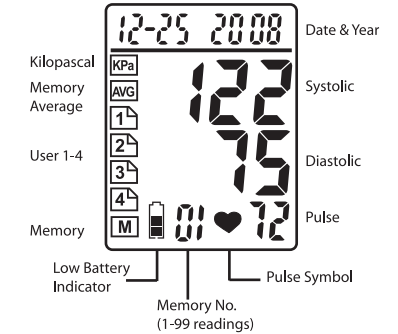
Average Values (Set)

Page Select (Down)

Power (Start)

Features
- One Touch Operation
- Irregular Heartbeat Detector
- Blood Pressure Mode and Clock Mode
- 4 User / 396 Total Memory
- 4 Alarm Clock Settings
- 5 Mode Averaging Function – Hour, Day, Week, Month, and Overall
- Auto-off Power Saving Feature
- Operated by 4 AA batteries

4

Display

Date & Year
Kilopascal
Memory Average
Systolic
User 1-4
Diastolic
Memory
Pulse
Low Battery Indicator
Pulse Symbol
Memory No. (1-99 readings)

Package Contents
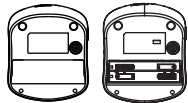

Main Unit

Arm Cuff

4 x AA Alkaline Batteries

5

PREPARATION

2.1 Battery Installation

1. Pull and lift on the lock to remove the battery cover.
2. Insert 4 AA batteries with the polarities in correct direction.
3. Replace the battery cover. Press it lightly until the lock securely clicks into place.

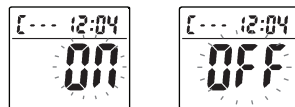Note: Replace batteries when the battery indicator " " shows low voltage.

6

2.2 Date & Time Setting

Note:
- Set the correct date and time before taking a measurement.
- Date and time should be reset after replacing new batteries.

1. Press and hold the " " button for a few seconds until the Year display flashes.
2. Press the "▲MEMO" or " ▼ " button to select the current year.
3. Press the " " button to confirm Year Setting.
4. Follow the same steps to set the Month, Date, Hour and Minute.

5. You can choose Clock Function "ON" or "OFF" while the monitor is not in use. Press "▲MEMO" or " ▼ " button to select. Press the " " button to confirm.
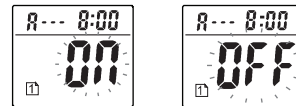
Noted: If you select Clock Function "ON", you will continue at the Alarm Setting section. Otherwise, setting will end.

7

2.3 Alarm Setting

Note:
- You will not be able to set alarm clock if Clock Function is set to "OFF".
- You can set a maximum of 4 alarms.

6. To disable Alarm, Press the "▲MEMO " or "▼" button to select "OFF" and press the " " button to confirm.
7. To set 1st Alarm, Press the "▲MEMO" or " ▼" button to select "ON". Press the " " button to confirm.
8. When Hour digit flashes, press the "▲MEMO" or " ▼ " button to select Hour. Press the " "button to confirm.
9. When Minute digit flashes, press the "▲MEMO" or "▼ " button to select Minute. Press the " " button to confirm.
10. Follow the same steps to set the 2nd, 3rd, and 4th Alarm

Note:
- Press the " " button anytime during clock setting/ alarm setting to start over if an error occurs.
- Each alarm clock lasts 45 seconds, or you can turn it off by pressing the " " button.

8

TAKING MEASUREMENT

Note:
- Avoid smoking, eating or exercising for 30 minutes before taking measurement.
- Do not move or talk during measurement.
- Measurement can be taken on either arm.

3.1 Sitting Correctly

1. Relax
2. Sit upright in a chair with your both feet on the floor.
3. Remove tight fitting clothing from you upper arm and thick clothing. Do not roll up your sleeve if it is too tight.
4. Place your arm on a table so that the cuff will be at the same level as your heart.

3.2 Applying the Arm Cuff

1. Place your elbow on a table and palm facing upward, and wrap the arm cuff around the upper left arm.
2. Pull on the end of the cuff until it wraps securely around your upper arm. Do not over tighten the cuff. Allow 1-2 cm or ½ inch between the bottom of the cuff and your elbow joint.
3. Make sure the cuff is at the same level as your heart.

9

3.3 User Setting

This unit allows a maximum of 4 users to store measurement records in different User Pages.

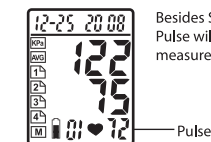Press "▼" button to switch between User Page 1, 2, 3 and 4.

3.4 Taking Measurement

1. Press the " " button. The cuff will automatically inflate and the measurement will start.
2. When the measurement is complete, the cuff will automatically deflate and your systolic and diastolic pressure values and pulse rate will display.
3. Remove the arm cuff and take note of your measurement results.

Note：You can press the " " button to stop measurement at any time.

3.5 Heartbeat Readings

Besides Systolic and Diastolic values, Pulse will also be displayed after a measurement

Pulse

10

Irregular Heartbeat

This unit has a unique feature that alerts user of irregular heartbeat detection during measurement.

Note：An irregular heartbeat is defined as a heartbeat rhythm that has a variation of more than25% from the average rhythm detected during measurement.

If such irregular rhythm occurs twice or more during the same measurement, the display screen will show the pulse value and "IH" symbol alternately. Example: (90 / IH)

Note：Please consult your doctor if irregular heartbeat occurs often.

Regular but Below Normal Heartbeat

If the monitor detects a pulse rate below 60 beats per minute during measurement, the monitor will display the pulse value and "LO" symbol alternately. Example: (58 / LO)

Regular but Above Normal Heartbeat

If the monitor detects a pulse rate above 100 beats per minute during measurement, the monitor will display the pulse value and "HI" symbol alternately. Example: (102 / HI)

11

12

After measurement, the last set of measured values will be saved automatically after measurement when the unit is turned off by pressing " " button or by automatic power off after 3 minutes.

4.1 View Past Readings

1. Press the "▲MEMO" button to enter memory function.
2. If the User Page is not what you want to view, press the "▼" button to select.
3. Press the "▲MEMO" button to display the next sets of values. Past readings are displayed from the most recent to the oldest.
4. This can stored up to 99 sets of past readings for each user (4 x 99).

4.2 View Average Readings

1. Press the " " button to enter Average function.
2. If the User Page is not what you want to view, press the "▼" button to select.
3. Press the " " button to view different Average Values. 5 different Average Values are available:

13

Symbol on Display	Average Values of
1 h	One Hour
1 d	One Day
7 d	One Week
30 d	One Month
ALL	All Readings

4.3 Delete Past Readings

User can delete all the past readings stored in each User Page.

1. Press the "▼" button to select the User Page you want to delete.
2. Press and hold the "▲MEMO" & "▼" button simultaneously for 5 seconds. Symbol of "ALL EE" will be displayed and all past readings stored in that User Page will be deleted.

14

Problem	Cause	Solution
No display when you press the Power/Start button	Have the batteries run out?	Replace new batteries.
	Are the battery polarities wrong?	Re-align batteries in correct polarities.
"Err P" displayed	Fail to inflate	Check if the cuff is properly connected. Replace the air tube if it is broken.
"Err 1" displayed	Deflate too rapidly	Return for servicing.
"Err 2" displayed	Movement during measurement	Do not move during measurement
	Signal interference	Remove interfering source e.g. mobile phones, magnets.
"Err 3" displayed	Incorrect results	Measure again.

Note: If your problem cannot be solved by the above, consult your store of purchase. Do not disassemble the unit.

15

STORAGE & MAINTENANCE

- Keep away the unit from direct sunlight, extreme temperatures, humidity or moisture.
- Use a dry, soft cloth to clean the unit, or if desired, use a cloth lightly dampened with water.
- Do not use alcohol, benzene, thinner or other volatile liquids to clean the unit.
- Do not wash or expose the arm cuff to liquid.
- Remove batteries from the unit when it will not be used for more than 3 months.

Truly Instrument Ltd.
2/F., Chung Shun Knitting Centre,
1-3 Wing Yip St, Kwai Chung,
N.T., HONG KONG

EC-REPRESENTATIVE:
Wellkang Ltd t/a Wellkang Tech Consulting
Suite B, 29 Harley Street,
LONDON W1G 9QR,
United Kingdom

SPECIFICATIONS

Model No.	ADF-B19
Measurement Method	Oscillometric
Measurement Range	Pressure: 20 – 280 mmHg Pulse Rate: 40 – 195 beats/min
Accuracy	Pressure: +/- 3 mmHg Pulse Rate: +/- 5%
Inflation	Pump driven
Pressure Detection	Semi-conductor
Power Supply	4 x AA batteries or AC/DC adaptor
Auto Power Off	3 minutes after last operation
Storage Environment	-20°C to 60°C, 10% to 95% RH
Operation Environment	10°C to 40°C, 30% to 85% RH
External Dimensions	4.7" (L) x 5.5" (W) x 2.8" (H) or 12 (L) x 14 (W) x 7 (H) cm
Net Weight	370g (batteries excluded)
Cuff Dimensions	For arm circumference of 22-34 cm (Special size to be ordered separately)
Package Content	Cuff, Instruction Manual, Battery Set, Warranty Card

Note: Subject to modification without prior notice.

Compatibility: iOS7.0 or above, and Android 4.3 or above.

AndesFit Ltd
Unit 513 Lakeside 1, No.8 Science Park West Ave.,Hong Kong Science Park, Hong Kong

Customer Services:
 (852) 35951880
services@andesfit.com

www.andesfit.com

0123

16

17

18