Sinocare

# Arm Blood Pressure Monitor
# User Manual




AOJ-30B

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Thank you for purchasing this Arm Blood Pressure Monitor. The monitor can be used and store measurement results for two users. It uses the oscillometric method of blood pressure measurement. This means this monitor detects your blood movement through your brachial artery and converts the movements into a digital reading

The device can be used in homecare environment, and the patient is an intended operator, and all the functions can be safely used.

## 1. Unpacking Inspection

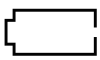
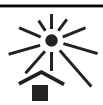
Before use, please open the package carefully and check whether all the parts are available according to the following packing list and whether the parts are damaged during transportation, and then install and operate in strict accordance with the manual.

## 2. Packing List

| No. | Name | Quantity |
|---|---|---|
| 1 | Arm Blood Pressure Monitor | 1 |
| 2 | Cuff 22-42cm(8.6-16.5 inches) | 1 |
| 3 | User Manual | 1 |
| 4 | Power Cable | 1 |
| 5 | AAA Batteries | 4 |
| 6 | Quick Start Guide | 1 |

## 3. Safety Precautions

The warnings and illustrations shown in the manual are intended to enable you to use the product safely and correctly, thus preventing harm to you and others, specific meanings of which are shown as follows:

| Legend, mark and meaning | |
|---|---|
|  | Warning information,<br>refer to the attached document |
|  | BF-type anti –shock degree for the application part |
|  | Comply with local regulations |
|  | Refer to instruction manual |
|  | Keep dry |
|  | Low voltage prompt |
|  | Keep away from the sunlight |
|  | Vertical upward |
| IP21 | The device is protected against splashing water. Water splashed against the enclosure from any direction shall have no harmful effects. |
| **RoHS** | RoHS mark |
| MD | Medical device |

| | |
|---|---|
|  | Manufacturer |
|  | Date of manufacture |
|  | Serial number |
|  | Lot number |
|  | MR Unsafe |
|  | Unique deviceidentifier |
|  | Non-ionizing electromagnetic radiation |

## 4. Product Composition

This product is composed of the main body and cuff.

## 5. Intended Use / Instructions for Use

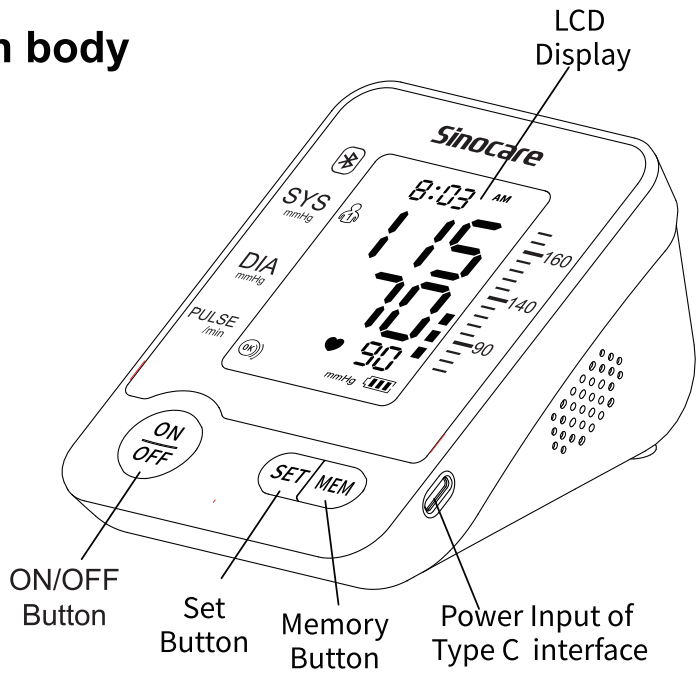
The Arm Blood Pressure Monitor is intended to measure the systolic pressure and diastolic pressure, as well as the pulse rate of adult person via non-invasive oscillometric technique at medical facilities or at home.

## 6. Contraindication

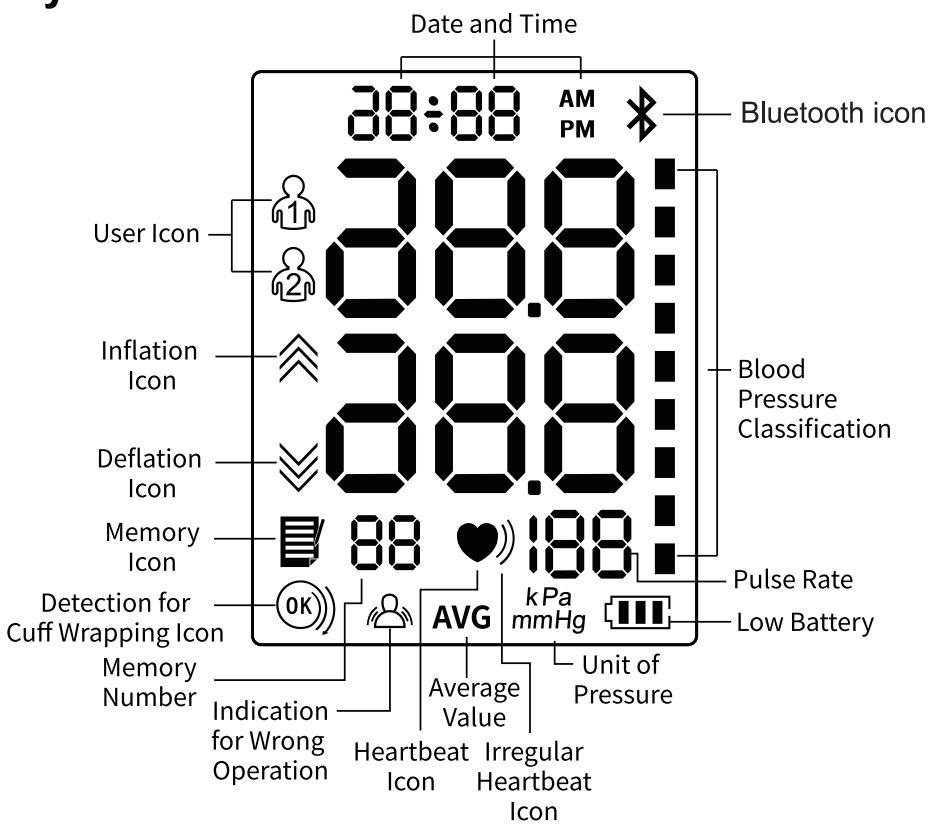
No known contraindication existing.

## 7. Product Parts

### (1) Main body




### (2)Display screen

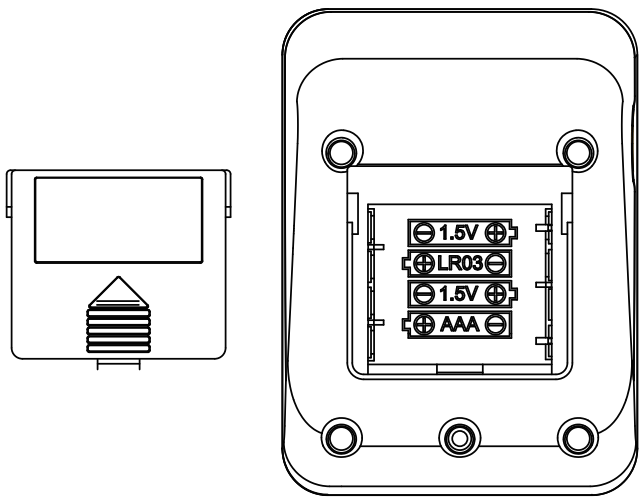


## 8. Preparation

### (1) Install the battery

1) Open the battery cover according to the method shown in the figure.

2) Place 4 AAA batteries in the battery compartment, and pay attention to the electrode indication of the batteries. Install the battery as indicated in the picture right under this sentence.




### (2) Battery replacement

⚠ If the product is not used for a long time (over 3 months), please take out the batteries.

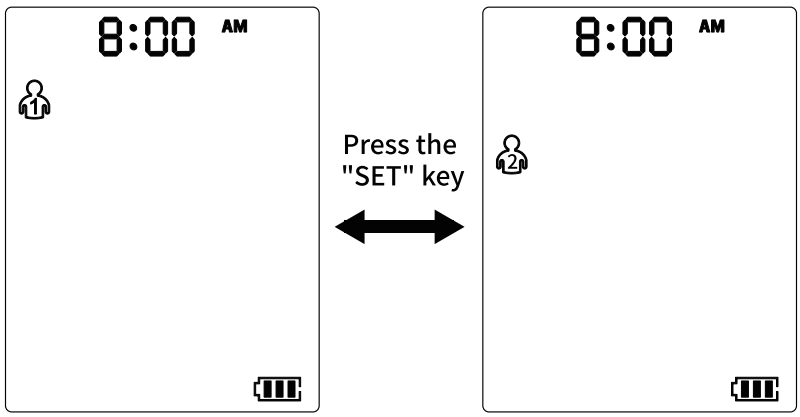
### (3) Type C connection for power supply

The product power can be supplied by plugging into DC 5V, 1A external power supply through a Type C interface.

## 9. Function Setting

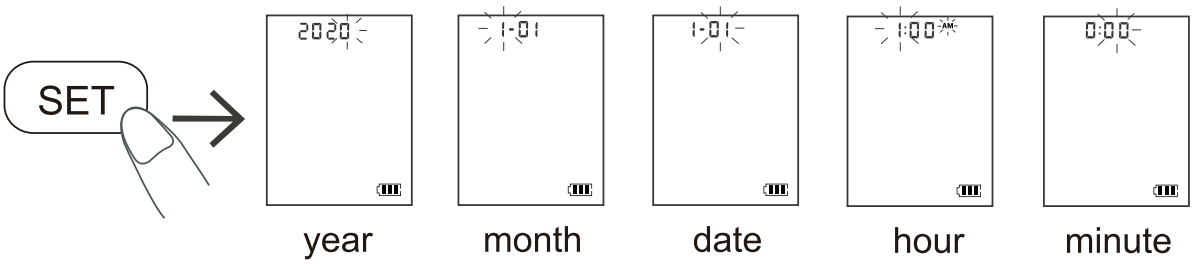
### (1) User mode

In standby mode, press the "SET" button to enter the user group selection interface. Then press the "SET" button to switch and select user groups.



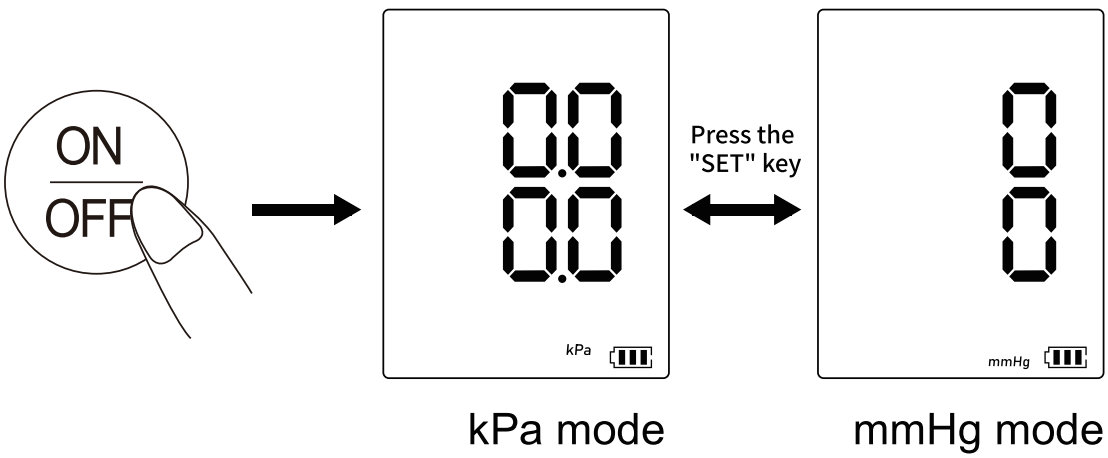

### (2) Year/month/Date/setting

In standby mode, press "SET" for about 3 seconds to enter the date setting, and "year" will flash. Press "MEM" to adjust to the desired year, and then press "SET" to confirm the selection. When the "year" is set, it will automatically enter the month setting. At this time, the "month" icon will flash. You can switch to the desired value by pressing the "MEM" button. Follow the same step to set "date", "hour", and "minute".




### (3) Unit display setting

In standby mode, keep pressing "ON/OFF" button for about 5 seconds to enter the unit selection, and press "MEM" to switch mmHg/kPa. Short press "SET" to confirm the selection;The default is mmHg before delivery.



## 10. How to Take Proper Measurements

### (1) Preparation before measurement

--Take off the clothes on the arm.

--Always measure in the same arm (generally the left arm).

--Remain still and keep quiet during measurement.

--Relax as much as possible and do not talk during measurement.

--Measure your blood pressure at about the same time every day.

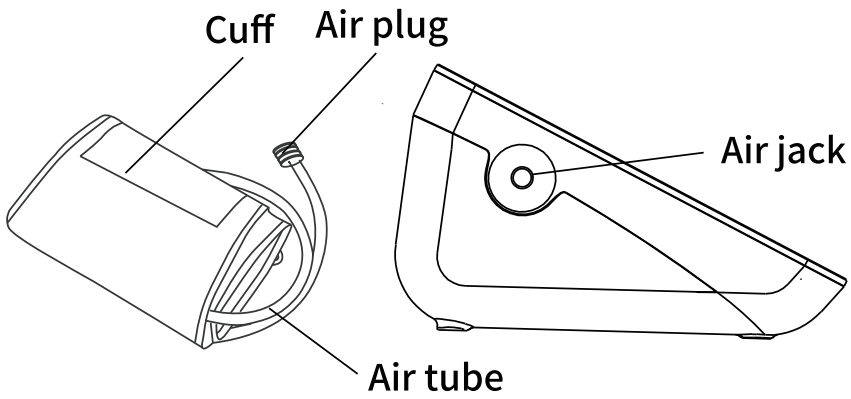
--Do not measure right after physical exercise or a bath. Rest for 20 to 30 minutes before taking the measurement.

--Readings under the conditions listed below may affect results:

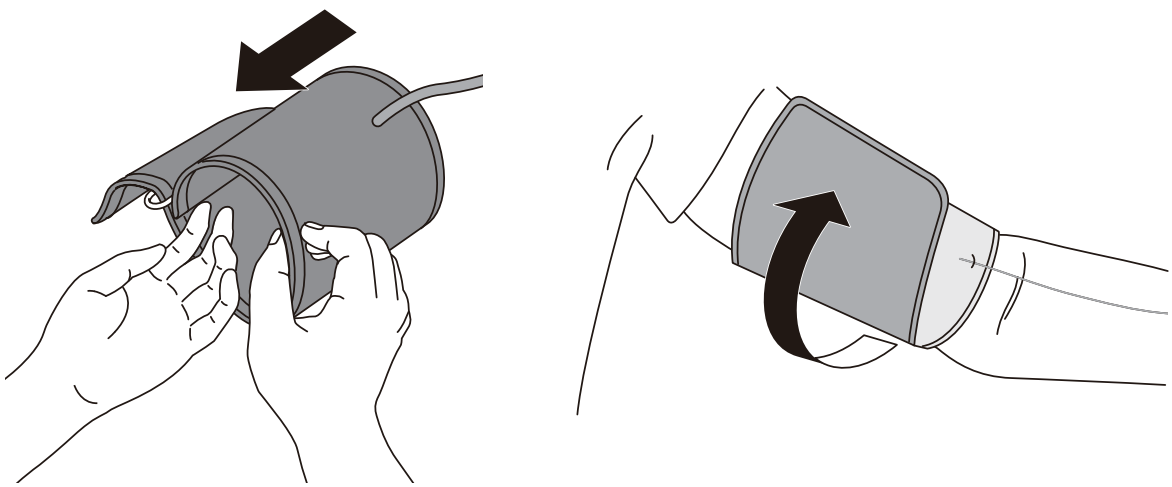
Within an hour after dinner, after having wine, coffee, tea, sports; talking, being nervous, being in unsteady mood, bending forward, moving, room temperature dramatically changing during measuring; inside a moving vehicle, repeated and continuous measuring.

**(2) Applying the arm cuff**

1）Connect the arm cuff to your monitor by inserting the air plug into the air jack securely.

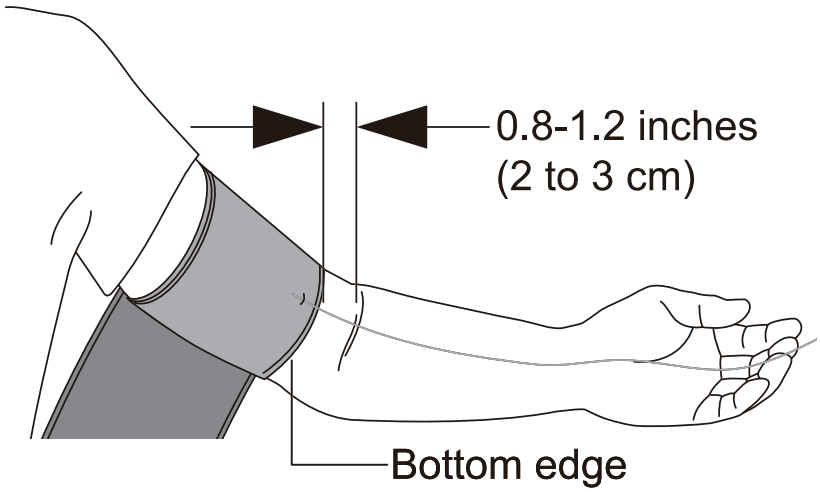



2）Place your hand through the cuff loop. Pull the cuff until it reaches your upper left arm.



**Note**

**• The bottom edge of the arm cuff should be 0.8-1.2 inches (2 to 3 cm) above the inside elbow. The air tube is on the inside of your arm and aligned with your middle finger.**




• Make sure that the air tube is positioned on the inside of your arm and wrap the cuff securely, so it can not move around your arm.

**Note:** Repeated measurements will result in blood congestion in the arm, which will affect the measurement result.
How to avoid blood congestion and ensure the repeated measurement is accurate?
You can raise the left hand and hold the fist several times, or take off the cuff and rest for at least 2-3 minutes before taking the measurement.

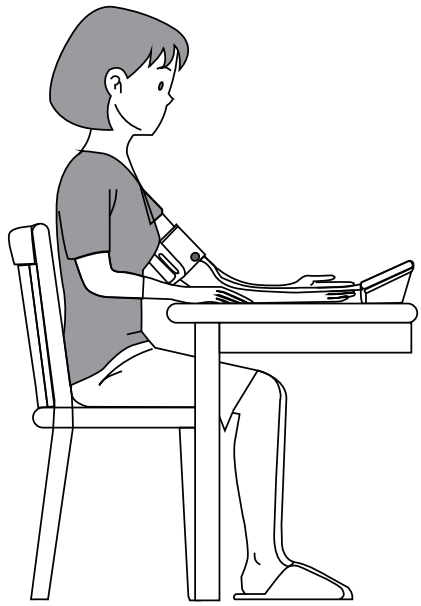
**(3) Sitting correctly**

To take a measurement, you need to be relaxed and comfortably seated in a room with a comfortable temperature. Place your arm on the table.

• Sit in a comfortable chair with your back and arm supported.

• Keep your feet flat and your legs uncrossed.

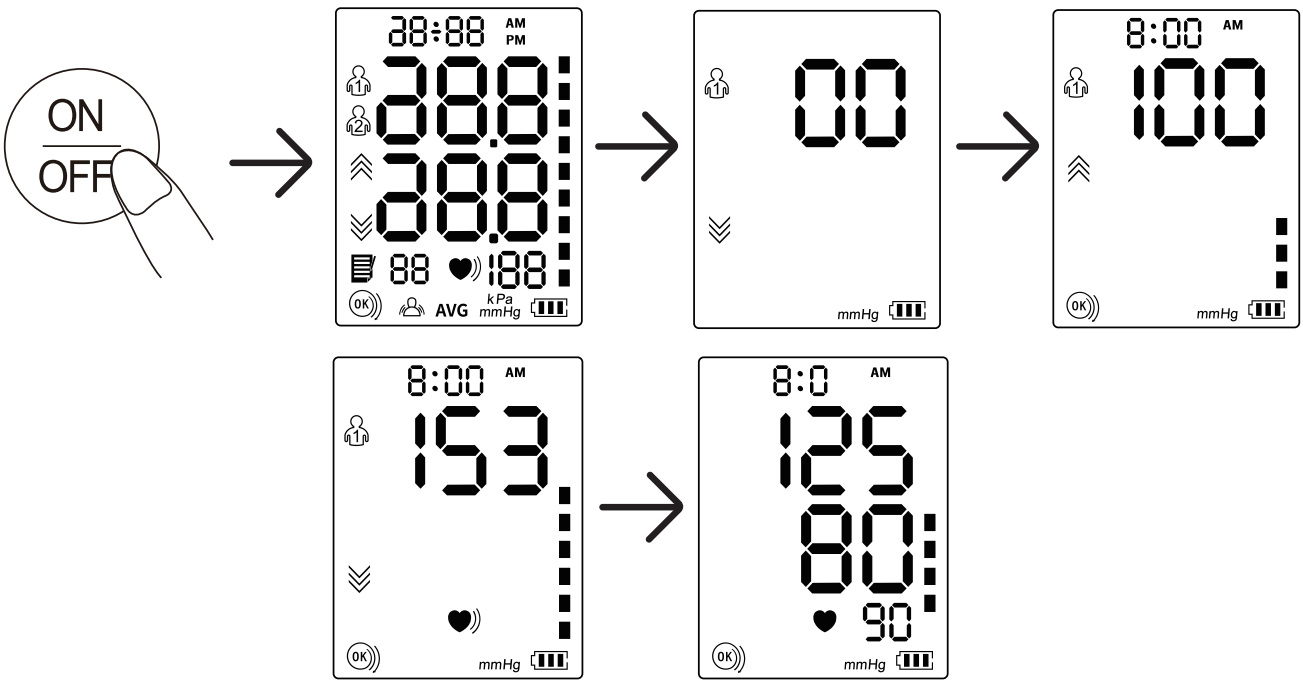
• The arm cuff should be placed on your arm at the same level as your heart, with the arm resting comfortably on a table.



**(4) Taking a measurement**

Start measurement after wearing the cuff:

Press the "ON/OFF" button and the monitor will begin to inflate. Please do not move or talk during the measurement.




**Note:** If you feel uncomfortable during the measurement, press the "ON/OFF" button immediately to stop measuring. When the air pressure is filled to a certain value, the value on

the display screen will slowly drop at a certain speed, and the heartbeat symbol will flash. After the measurement is completed, the systolic pressure, diastolic pressure, and pulse measurements will be displayed on the screen.

**Note: Consult your doctor if unexpected readings are obtained.**

**(5) Memory function**

1） This monitor stores 199 sets of memories of two users. After each measurement, the monitor will automatically store the measurement data. When the memory is full, the old measurement data will be overwritten with the new one.

2） In standby mode, press the "MEM" button once and the machine will display the average value of the blood pressure measured for the first three times. Press the "MEM" button again, the first memory will be displayed. Press the MEM button again and the rest memories will be displayed one by one.

**(6) Delete memory**

Keep pressing the "MEM" button for 3 seconds to delete measurements stored on the device and the " 00 " icon will appear on the screen.

**(7) Self check for cuff strap**

The " OK " icon is always displayed on the screen when the cuff is wore correctly. When the cuff is worn too loosely, the " " icon will always flash to remind you. If the" " icon

is flashing all the time, please press the "ON/OFF" button to stop the measurement.

**(8) “Keep Still” indication**

The "  " icon flashes when the body moves during the measurement, which may cause incorrect measurement results. Please re-measure it.

## 11. Contraindications, Precautions, Warnings and Prompt Instructions

• No maintenance or servicing when using.

• The patient is an intended operator, and all the functions can be safely used.

• Do not operate when charging.

• Dispose of the monitor when its service life is reached. Follow local regulations regarding the disposal of such product.

• When the performance changes (such as: inaccurate measurement or abnormal display), please stop using it immediately and contact the after-sales service personnel in time.

• Do not leave the small parts where children can reach them. Children may swallow them. If a child accidentally swallows them, battery cover, please contact a doctor immediately.

• Maintenance should be done by the operator as suggested

• Portable RF communications equipment (including

peripherals such as antenna cables and external antennas) should be used no closer than 30cm (12inches) to any part of the this device, including cables specified by the manufacturer. Otherwise, degradation of the performance of this equipment could result.

• When the ambient temperature is less than 5°C, please take the device to the place where the ambient temperature is between 5°C - 40°C at least 1 hour; When the ambient temperature is higher than 40°C, please take the device to the place where the ambient temperature is between 5°C - 40°C at least 2 hours.

• DO NOT use this monitor on infants, toddlers, children or persons who cannot express themselves.

• DO NOT adjust medication based on readings from this blood pressure monitor. Take medication as prescribed by your physician. ONLY a physician is qualified to diagnose and treat high blood pressure.

• DO NOT use this monitor on an injured arm or an arm under medical treatment.

• DO NOT apply the arm cuff on your arm while on an intravenous drip or blood transfusion.

• DO NOT use this monitor in areas containing high frequency (HF) surgical equipment, magnetic resonance imaging (MRI) equipment, computerized tomography (CT) scanners. This may result in incorrect operation of the

monitor and/or cause an inaccurate reading.

• DO NOT use this monitor in oxygen rich environments or near flammable gas.

• Consult with your physician before using this monitor if you have common arrhythmias such as atrial or ventricular premature beats or atrial fibrillation; arterial sclerosis; poor perfusion; diabetes; pregnancy; pre-eclampsia or renal disease. NOTE that any of these conditions in addition to patient motion, trembling, or shivering may affect the measurement reading.

• NEVER diagnose or treat yourself based on your readings. ALWAYS consult with your physician.

• To help avoid strangulation, keep the air tube and Type C cable away from infants, toddlers and children.

• Stop using this monitor and consult with your physician if you experience skin irritation or discomfort.

• Consult with your physician before using this monitor on an arm where intravascular access or therapy, or an arteriovenous (A - V) shunt, is present because of temporary interference to blood flow which could result in injury.

• Consult with your physician before using this monitor if you have had a mastectomy.

• Consult with your physician before using this monitor if you have severe blood flow problems or blood disorders as cuff inflation can cause bruising.

• DO NOT take measurements more often than necessary because bruising, due to blood flow interference, may occur.
• ONLY inflate the arm cuff when it is applied on your upper arm.
• Remove the arm cuff if it does not start deflating during a measurement.
• DO NOT use this monitor for any purpose other than measuring blood pressure.
• DO NOT disassemble or attempt to repair this monitor or other components. This may cause an inaccurate reading.
• DO NOT use in a location where there is moisture or a risk of water splashing this monitor. This may damage this monitor.
• DO NOT use this monitor in a moving vehicle such as in a car.
• DO NOT drop or subject this monitor to strong shocks or vibrations.
• DO NOT use this monitor in places with high or low humidity or high or low temperatures.
• 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.
• 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.

## 12. Common Q & A on Blood Pressure

**Q1: Why is the blood pressure value obtained at home lower than that obtained at the hospital?**

• The blood pressure difference between home and hospital measurements is about 20 mmHg - 30 mmHg (2.7 kPa - 4.0 kPa). This is because individuals tend to be more relaxed at home than at the hospital.

• In addition, when the device is placed at a position over the heart, the blood pressure value tends to be much lower than it actually is. Ensure the device is positioned right at the heart level.

**Q2: Why is the blood pressure value obtained at home higher than that obtained at the hospital?**

• The antihypertensive drug might has lost its efficacy. Kindly adhere to your doctor's instructions.

• The cuff might not be in the correct position. If the cuff is not placed right, no arterial pressure value will be obtained, and the blood pressure value might be much higher than it is. Therefore, properly position the cuff.

• The cuff is not tight enough. If the cuff is loose, the compression force might fail to transmit to the artery, causing the blood pressure value to be much higher than it is. Therefore, re-adjust and tighten the cuff further.
• The patient is not sitting correctly during the measurement. Slouching, tilting, bending, and sitting cross-legged are not encouraged while taking blood pressure measurements due to increased abdominal pressure or the arm position being below the heart. Kindly take readings in the correct posture.

**Q3: When can I obtain better measurements?**

• Measurements are best taken in the mornings right after you urinate or when your mind and body are stable. We recommend taking readings at the same time of the day, every time.

## 13. Abnormal Phenomena and Handling

* When the measurement is abnormal, the following symbols will appear. Please use the correct method for measurement.

| LCD display information | Remark |
|---|---|
| Er U | The inflation can not reach 30 mmHg in 12 seconds. |
| Er H | The inflation reaches 295mmHg, it deflates automatically after 20ms. |
| Er 1 | The pulse rate is not detected correctly. |
| Er 2 | Too much disturbance（Move, talk, or magnetic disturbance during a measurement.） |
| Er 3 | The test result is abnormal. |
| Er 23 | SYS value reads lower than 57mmHg |
| Er 24 | SYS value reads higher than 255mmHg |
| Er 25 | DIA value reads lower than 25mmHg |
| Er 26 | DIA value reads higher than 195mmHg |

## *Troubleshooting

| Anomaly | Inspection Items | Countermeasures |
|---|---|---|
| There is no display after the power switch is pressed | Whether the battery power is insufficient | Replace the battery or insert the USB for charging |
| | Whether positive and negative poles of the battery are installed reversely | Install in the positive and negative pole direction of battery |
| No pressurizing | Whether the air tube plug is inserted tightly | Insert the air tube plug firmly into the jack |
| | Whether the air tube is broken or leaked? | Purchase a new cuff |
| Unable to measure due to display error | Whether the arm is moved when pressurization | Keep your arm and body still static |
| | Whether you talk during measurement | Keep quiet while measuring the blood pressure |
| Air leakage of cuff | Whether the cuff is twined too loosely | Please tighten the cuff |
| | Whether the air bag of cuff is ruptured | Replace with new cuff |

If the blood pressure still cannot be measured normally by the above methods, please contact the vendor. Please do not disassemble it by yourself!

## 14. Cleaning and Disinfection

### (1) Cleaning

1) Remove the batteries before cleaning.

2) The body of monitor can be cleaned with a clean soft cloth.

3) The body can be wiped with a clean soft cloth stained with a small amount of neutral detergent or water.

Do not use any corrosive cleaning agent. When cleaning, be careful not to immerse any part of the monitor to avoid liquid flow into the instrument.

### (2) Disinfection

Recommended disinfectant:

70% - 75% isopropyl alcohol (medical grade)

Disinfection steps:

1) Wipe the machine body with a clean soft cloth stained with a small amount of the above disinfectant, and dry it immediately.

2) The body of the monitor can be wiped with a clean cloth stained with a small amount of 75% medical alcohol for disinfection.

⚠ Do not disinfect by such method as high temperature steam or ultraviolet irradiation, which might damage the instrument or accelerate the aging!

It is suggested to disinfect the monitor before and after use each time. Each time of disinfection shall be completed within 1min. The number of repeated disinfection each time shall not exceed 2 times.

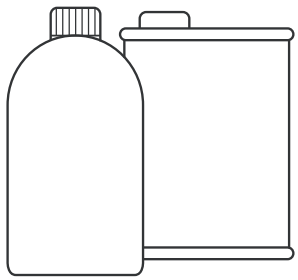
**(3) Disposal**

Dispose of your monitor, other components and optional accessories according to applicable local regulations. Unlawful disposal may cause environmental pollution.

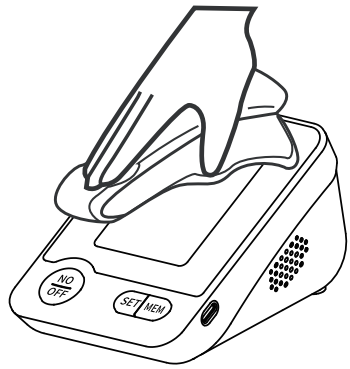
**Notes**

• Do not bend or crease the air tube excessively.
• Do not store your monitor and other components:
• If your monitor and other components are wet.
• In locations exposed to extreme temperatures, humidity, direct sunlight, dust or corrosive vapors such as bleach.
• In locations exposed to vibrations or shocks.

## 15. Upkeep and Maintenance



water or neutral detergent




- Always keep the surface of monitor clean and tidy, helpful to prolong the service life of Blood Pressure Monitor.
- If the host is dirty, please wipe with a dry soft cloth. If the dirt cannot be eliminated easily, wipe with a soft cloth stained with water or neutral detergent, and then dry with a dry cloth.
-No maintenance or servicing required when using the device.

Do not allow water or other liquids to flow into the host.

## 16. Specifications

| | |
|---|---|
| Display mode | LCD display |
| Measuring method | Oscillometric Measurement |
| Measuring part | Upper arm |
| Pneumatic pressure measuring range | 0 - 295 mmHg |
| Overpressure protection limit | 295 mmHg |

| | | | |
|---|---|---|---|
| Measuring range | Pressure value | SYS: 57-255 mmHg;<br>DIA: 25-195 mmHg; | |
| | Pulse rate | 40-199 bpm | |
| Accuracy | Pressure value | ±3 mmHg(±0.4 kPa) | |
| | Pulse rate | ±5 % | |
| Low battery | 4.2V±0.1V: low battery; ＜4.0V±0.1V: item will be turned off | | |
| Anti Electronic Shock Type | Internal Power Supply | | |
| Auto power-off | 1 minute without operation | | |
| Power source | 4xAAA DC 6V or DC 5V 1A Type C cable | | |
| Anti Electronic Shock Degree | Type BF | | |
| Operation mode | Continuous operation | | |
| Protection against harmful ingress of water or particular matter | IP21 | | |
| Weight | About 262g (without batteries) | | |
| Dimension | 127mm(length)*93(width)* 73mm(height) | | |
| Screen size | 53mm(length)* 68mm( width) 3.4 inches | | |
| Cuff size | 22-42 cm | | |
| Service life | 5 years | | |
| Protection against electric shock | Internally powered ME equipment<br>(When using only batteries)<br>Class II ME equipment<br>(if equipped with AC adapter) | | |
| | Temperature | 5℃-40℃ | If stored or used |

| | | | |
|---|---|---|---|
| Operating environment | condition | | outside the specified temperature and humidity range, the device may not function properly. |
| | Humidity condition | 15%-95%RH | |
| | Atmospheric condition | 70kPa-106kPa | |
| Transportation and Storage Environment | Avoid strong impact, direct impact, exposure or rain during transportation. The packaged Blood Pressure Monitor shall be stored indoors at the temperature of -20℃-55℃ and the relative humidity of 10%-93% ,atmospheric Condition: 70kPa-106kPa. without corrosive gas and with good ventilation. | | |

## 17. Appendix 1 EMC Information

**Guidance and manufacturer's declaration - Electromagnetic emission**

The Arm Blood Pressure Monitor is intended for use in the electromagnetic environment specified below. The customer or the user of the Model AOJ-30B Arm Blood Pressure Monitor should assure that it is used in such an environment.

| Emissions | Compliance | Electromagnetic environment guidance |
|---|---|---|
| RF emissions CISPR 11 | Group 1 | The Arm Blood Pressure Monitor uses RF energy only for its internal function. Therefore, its RF emissions are very low and are not likely to cause any interference in nearby electronic equipment. |

| | | |
|---|---|---|
| RF emissions<br>CISPR 11 | Class B | The Arm Blood Pressure Monitor is suitable for use in all establishments, including domestic establishments and those directly connected to the public low-voltage power supply network that supplies buildings used for domestic purposes. |
| Harmonic emissions<br>IEC61000-3-2 | N.A. | |
| Voltage fluctuations/flicker emissions<br>IEC61000-3-3 | N.A. | |

**Guidance and manufacturer's declaration - Electromagnetic immunity**

The Arm Blood Pressure Monitor is intended for use in the electromagnetic environment specified below. The customer or the user of Arm Blood Pressure Monitor should assure that it is used in such an environment.

| **Immunity test** | **IEC 60601 test level** | **Compliance level** |
|---|---|---|
| Electrostatic discharge (ESD)<br>IEC 61000-4-2 | ±8kV contact<br>±2 kV,±4kV,±8 kV,<br>±15kV air | ±8 kV contact<br>±2 kV,±4 kV,<br>±8 kV,±15 kV air |
| Electrostatic discharge (ESD)<br>IEC 61000-4-2 | ±8 kV contact<br>±2 kV,±4 kV, ±8 kV,±15 kV air | ±8 kV contact<br>±2 kV,±4 kV,±8 kV,<br>±15 kV air |
| Electrical fast transient/burst<br>IEC 61000-4-4 | Not applicable | Not applicable |
| Surge<br>IEC 61000-4-5 | Not applicable | Not applicable |

| | | |
|---|---|---|
| Voltage dips, short interruptions and voltage variations on power supply input lines IEC 61000-4-11 | Not applicable | Not applicable |
| Power frequency Magnetic field IEC 61000-4-8 | 30A/m, 50/60Hz | 30A/m, 50/60Hz |
| Conducted RF IEC61000-4-6 | Not applicable | Not applicable |
| Radiated RF IEC61000-4-3 | 10 V/m<br>80 MHz - 2,7 GHz<br>80 % AM at 1 kHz | 10 V/m<br>80 MHz - 2,7 GHz<br>80 % AM at 1 kHz |
| NOTE: UT is the a.c. mains voltage prior to application of the test level | | |

**Guidance and manufacturer's declaration - electromagnetic Immunity**

The Arm Blood Pressure Monitor is intended for use in the electromagnetic environment specified below. The customer or the user of the Arm Blood Pressure Monitor should assure that it is used in such an environment.

| Radiated RF IEC61000-4-3 (Test specifications for ENCLOSURE PORT IMMUNITY to RF wireless communications equipment) | Test Frequency(MHz) | Band (MHz) | Service | Modulation | Max. 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 ± 5 kHz deviation 1 kHz sine | 2 | 0.3 | 28 | 28 |

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| | 710<br>745<br>780 | 704 – 787 | LTE Band 13, 17 | Pulse modulation 217 Hz | 0,2 | 0.3 | 9 | 9 |
| | 810<br>870<br>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<br>1845<br>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<br>5500<br>5785 | 5100 – 5800 | WLAN 802.11 a/n | Pulse modulation 217 Hz | 0,2 | 0.3 | 9 | 9 |

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