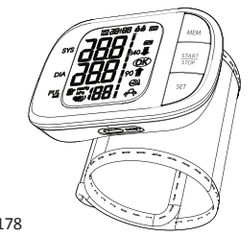
Wrist Blood Pressure Monitor

Instruction Manual



AK-BPW-W1

Rev 01

Sponsor:
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To ensure proper operation of this device, please read this instruction manual carefully before using the device and keep it for future reference.

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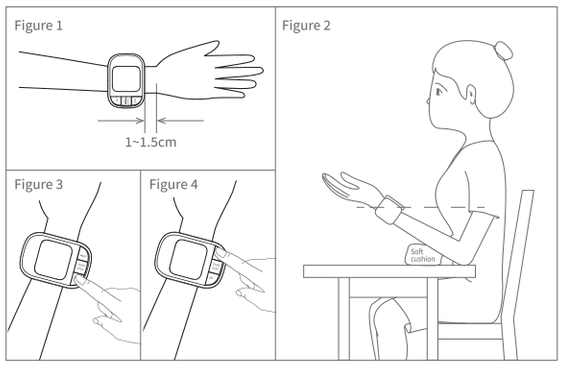
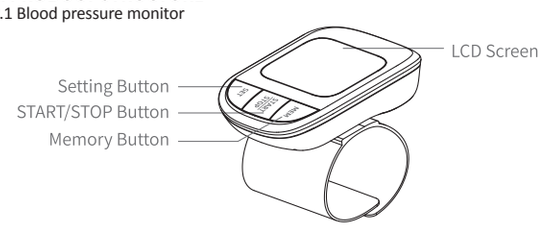
1. QUICK USE INSTRUCTIONS



Remove the monitor from the storage case
Figure 1 cuff wearing
Figure 2 Correct measurement posture
Figure 3 Press the [SET] key to start the blood pressure measurement
Figure 4 Press the [MEM] key for measurement record

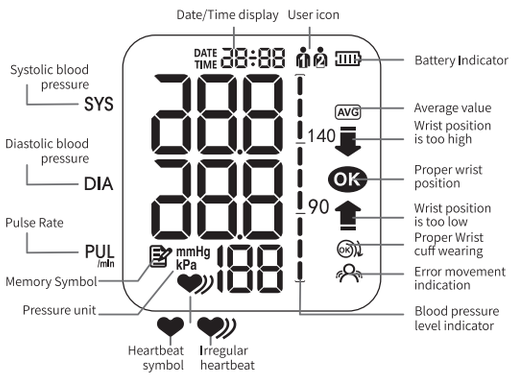
2. PRODUCT STRUCTURE

2.1 Blood pressure monitor



Components: 1 pc Blood Pressure Monitor, 1 pc wrist cuff, 2 × 1.5 V AAA batteries

2.2 Display screen



3. WARNINGS AND PRECAUTIONS

3.1 Precaution

- This device is intended for indoor, home use and is not intended for self-use in public areas.
- This device is portable, but it is not intended for use during patient transport.
- This device is not suitable for continuous monitoring during medical emergencies or operations.
- This device is intended for non-invasive measuring and monitoring of arterial blood pressure. It is not intended for use on extremities other than the wrist, or for any purpose other than obtaining a blood pressure measurement.
- This device is for adults. Do not use this device on neonates or infants. Do not use it on children and adolescents unless otherwise instructed by a medical professional.
- Consult with your physician before using this monitor if you suffer from the following conditions: common arrhythmias such as premature ventricular beats or atrial fibrillation, peripheral arterial disease, pregnancy, preeclampsia, implantation with electrical devices, undergoing intravascular therapy, arteriovenous shunt or mastectomy.
- Please note that any of these conditions may affect measurement readings, in addition to patient motion, trembling or shivering.
- Do not use this device for diagnosis or treatment of any health problem or disease. Contact your physician if you have or suspect any medical problem. Do not change your medications without the advice of your physician or health care professional.
- If you are taking medication, consult your physician to determine the proper time to measure your blood pressure.
- This device may be used only for the intended use described in this manual, the manufacturer shall have no liability for any incidental, consequential, or special damages caused by misuse or abuse.
- Please use the device only under the environmental conditions specified in this manual. Otherwise, the performance and lifetime of the device will be impacted and reduced.
- The device may require up to 30 minutes to warm up/cool down from the minimum maximum storage temperature before it is ready for use.

- The blood pressure monitor 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, avoid taking blood pressure measurements near a strong electromagnetic field radiated interference signal or electrical fast transient/burst signal.
- The Blood Pressure Monitor is intended for use by medical staff, lay persons, and patients. The patient may also be the intended user or operator.

3.2 Warning

- Do not apply the cuff on a wrist 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 cuff to areas on patient where skin is delicate or damaged. Check cuff site frequently for irritation.
- Do not place the cuff on the wrist of a person whose arteries or veins are undergoing medical treatment, i.e. intra-vascular access or intra-vascular therapy or an arteriovenous (A-V) shunt, which could disrupt blood circulation and cause injuries.
- Do not place the cuff on the wrist on the same side of a mastectomy (especially when lymph nodes have been removed). It is recommended to take measurements on the unaffected side.
- Do not wrap the cuff on the same wrist to which another monitoring device is applied. One or both devices could temporarily stop functioning if you try to use them at the same time.
- Please check (for example, by observation of the limb concerned) that the operation of the device does not result in prolonged impairment of patient blood circulation.
- On the rare occasion of a fault causing the cuff to remain fully inflated during measurement, loosen and remove the cuff immediately. Prolonged high pressure applied to the wrist (cuff pressure >300 mmHg or constant pressure >15 mmHg for more than 3 minutes) might lead to bruising and discoloured skin.
- Do not use this device with high-frequency (HF) surgical equipment at the same time.
- This device is not intended to be used in conjunction with oxygen rich environments, not intended for use with flammable anaesthetics, not intended for use in conjunction with flammable agents.
- Do not touch output of the batteries and the user simultaneously.
- Do not use this device if you are allergic to polyester, nylon, or plastic.
- Only use accessories approved by manufacturer. Using unapproved accessories might cause damage to the unit and injure users.
- If you experience discomfort during a measurement, such as pain in the wrist or other complaints, press the Power button immediately to release the air from the cuff.
- Do not use the device while under maintenance, or being serviced.
- Sensor degradation or looseness may reduce performance of device or cause other problems.
- Do not allow children to use the instrument without authorisation: some small parts may be swallowed or inhaled. If swallowed or inhaled, please seek medical attention immediately.

3.3 Indication For Use

The Wrist Type Blood Pressure Monitor is intended to measure the systolic and diastolic blood pressure as well as the pulse rate of an adult by using the wrist circumference 13.5-21.5cm, it can be used in medical facilities or at home.
It is supplied for over the counter use.

3.4 Contraindications

Electronic blood pressure monitor is not suitable to users with severe arrhythmia.

NOTE: The device is not intended to be reprocessed between use on different patients.

4. INTRODUCTION

4.1 Product Characteristics

This device is an automatic wrist electronic blood pressure monitor, which can measure systolic, diastolic blood pressure and pulse rate simultaneously through the principle of pressure oscillation. The user-friendly design, can provide users with great convenience, suitable for family health care use.

4.2 Self -Measurement

- Please keep in mind that self-measurement means only self-monitoring, not diagnosis or treatment. If you have an abnormal blood pressure value, ask your doctor immediately and follow the doctor's instructions.
- The pulse rate displayed by this blood pressure monitor is not suitable for use as a frequency stabiliser for calibrating heart rate.
- If the user has a severe history of arrhythmia, the blood pressure value should be confirmed by a professional doctor.

4.3 Interference of electromagnetic waves

This device contains sensitive electronic components, avoid using it directly in an environment with strong electromagnetic interference (such as near mobile phones, microwave ovens, etc.) as it may cause accuracy distortion.

5. OPERATION MANUAL

5.1 First, open the packaging box and take the product out.

5.2 Remove the product from the storage case.

5.3 Install the battery

After opening the package, install the batteries first. The battery case is located at the base of the blood pressure monitor. Install the batteries as follows:

1. Open the battery case lid.
2. Insert the battery and make sure the positive, negative pole of batteries, align with poles showed in battery case.
3. If a low power indication appears on the LCD display, replace the batteries.

NOTE: Once LO appears, it means it is out of power and it cannot be used unless the batteries are replaced with new ones.
Please use 2 alkaline batteries with "AAA" specifications and more durable power.
If the blood pressure monitor is not used for a long time, remove the batteries from the battery compartment.

6. USE OF THE WRIST CUFF

Before use, remove all accessories (watches, bracelets etc) from your wrist.

1. When measuring, please put the wrist cuff directly on the bare wrist, do not roll the wrist of your clothes into the wrist cuff. When using it, make sure the wrist cuff is not too tight and does not restrict blood flow in the arm.
2. Put the wrist cuff on your left wrist. As shown, place the wrist cuff at the distance of 1.0cm to 1.5cm (about finger width) from the hand to the arm.
3. Grasp the end of the wrist cuff, pull it tightly against your wrist and roll it up to a comfortable level. Leaving no extra room between the cuff and skin. If the entire cloth surface of the wrist cuff buckle is not firmly attached, it will easily come loose during measurement and pressure, affecting the measurement results. Fasten the wrist strap properly.

7. CORRECT MEASUREMENT POSTURE

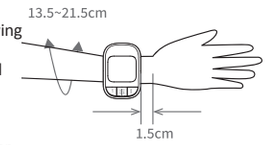
7.1 Correct measuring posture is very important for correct measurement.

- Keep your body straight, maintain a correct sitting posture, and do not let your body lean forward or bend (as shown in the picture on page 1, Figure 2.)
- Take 3 to 4 deep breaths before measurement, then resume natural breathing, relax your shoulders and arms, and relax your whole body.
- When measuring, keep the middle part of the wrist cuff consistent with the height of your heart, and keep your body and wrist from shaking. For this purpose, it is recommended that you place a soft pad on the outside of the lower arm of the arm being tested, as shown in the figure 2.
- Take blood pressure measurements regularly at the same time every day because blood pressure changes over time.
- When measuring, keep feet flat on the floor and keep back and arm supported.

7.2 Correct wrist posture

Note: Do not force your fingers into a natural extension state.

7.3 Matters need attention



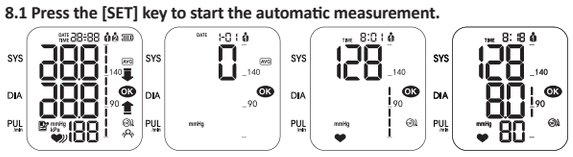
⚠ Note: Please pay attention to the following points when measuring blood pressure, otherwise the measured blood pressure will be inaccurate.

- Sit quietly for 5 minutes before the measurement.
- Use the correct measurement posture for the measurement.
- Take the measurements at a fixed time (daily).
- Do not take measurements in too cold or overheated places.
- Do not take the measurements while standing up.
- Do not measure after smoking, drinking alcohol, or drinking coffee (black tea).
- Do not take measurements after exercise or bathing.
- Do not speak or move your body and arms during the measurement process.
- Do not measure when the body part is under pressure.
- Do not move, shake your arm, or bend your finger during the process.
- Do not take measurements where the environment changes dramatically.
- Do not take measurements in moving vehicles.
- Do not make continuous measurements for a long time.
- Do not take the measurements within 1 hour after eating.
- Do not use a mobile phone near this product.
- ⚠ When common arrhythmias (such as atrial premature, premature ventricular and atrial fibrillation, etc.) occur, the measurement value may be inaccurate or impossible to measure.
- Do not leave the wrist cuff inflated for a long time to avoid damaging your wrist.

- ⚠ Note: Please do not rely entirely on your own judgment regarding the measured results, and be sure to accept the guidance of your doctor.
- Disclaimer: If stored or used outside the temperature and humidity range specified by the manufacturer, the system may not meet the claimed performance specifications.

8. MEASURING BLOOD PRESSURE

8.1 Press the [SET] key to start the automatic measurement.



8.2 Stop the Measurement

If there is any discomfort or for some reasons, such as when the airbag is in a prolonged and excessively inflated state, the blood pressure measurement must be stopped, you can press the [START/STOP], the blood pressure meter will immediately release the air pressure in the arm band.

8.3 The Measurement Results are Confirmed

The results are automatically stored after the measurement completes.

1) Irregular Pulse:

♡)) The unit can detect the arrhythmia. When this symbol appears after the measurement is completed, it may differ from your normal blood pressure. Measure it a few more times. If this symbol is displayed frequently, it is recommended that you tell the doctor about this situation, and ask the doctor for frequent information on the irregular heartbeat indicator.

2) Error Action Prompt Function:

This icon represents speaking or moving during the measurement, the measurement may not be correct. Measure again.

3) Wrist Cuff Wearing Detection:

When the wrist cuff is wrapped correctly, the icon is displayed on the screen.
When the wrist cuff is wound too loose, the icon is displayed on the screen.
Press [START/STOP] to turn off the power, rewrap wrist cuff, and measure again.

4) Measurement Positioning indication

Wrist is positioned too low.
OK The wrist is positioned Ok.
The wrist is positioned too high.
Take off the blood pressure monitor.
Auto shut-off.
The numbers remain until the power is turned off (if you forget to turn off the power, the monitor automatically turns off the power after 30 seconds).
Note: The product is provided with millimetre Hg (mmHg) or thousand mmHg (kPa) display mode, use the selected display method according to these instructions.

8.4 Maintenance

- Check regularly to ensure that there is no visible damage to the product that could compromise safety or monitoring performance. It is recommended to check at least once a week. If there is obvious damage, stop using this product.
- Please refer to the relevant section (12.3) of the manual for cleaning before and after use.
- When the product indicates low power, please replace the batteries.
- If product is not used for a long time, remove the batteries to avoid leakage.
- This product does not need to be calibrated in maintenance.
- Maintenance of this product is limited to qualified maintenance personnel designated by the manufacturer. Do not repair this product by yourself.

8.5 Transportation and Storage

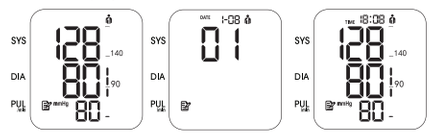
A. The packaged products can be transported by general means of transport or according to the transport contract. During the transport process, severe shock, vibration and rain and snow splash should be avoided, and toxic, harmful and corrosive substances should not be mixed and transported.
B. It is recommended that the product should be kept in a dry environment. A wet ambient might affect the lifetime, even damage the device. Refer to the section 12.
C. After removing from minimum/maximum storage temperature/humidity, please wait at least 2h before use.

9. VIEW THE RESULTS

This blood pressure monitor can automatically record 2 x 99 measurements. If the memory measurement is full, the earlier measurement record will be deleted and the new measurements will be recorded.

9.1 View memory

The first press of the [MEM] button will show the average of the last three measurements.
Press the [MEM] key again to consult the relevant measurement data.



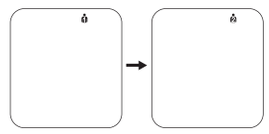
9.2 Delete Memory

- This blood pressure monitor can only delete all records at one time, deleting a single record is not possible.
- In memory mode, press and hold the [MEM] button while simultaneously pressing and holding the [START/STOP] button for approximately 3 seconds.
- Do not press the [START/STOP] key first, this will cut off the power supply.

10. SET THE FUNCTION

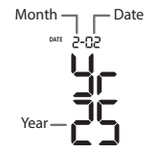
10.1 User Switch

In shutdown state, press the [SET] button to display the current user, then press the [SET] button again to switch to another group, and you can cycle through them.

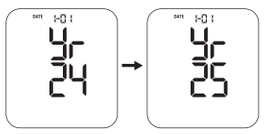


10.2 Set the Time, Date, and mmHg / kPa Unit Selection

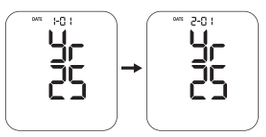
This blood pressure monitor can automatically record the date and time of each measurement. Because blood pressure can change throughout the day, it is important to set the correct date and time before using the monitor for the first time, or after replacing the batteries. The example below shows the setting process using 02 February 2025, 09:31.



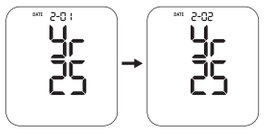
1. **Enter setting mode/ Set the year:** When the monitor is switched off, press and hold the [SET] button for approximately 3 seconds. The monitor will enter setting mode. The year digits will begin to flash. Press [MEM] to adjust the year.



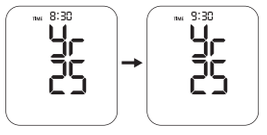
2. **Set the month:** Press [SET] again to move to the month setting. The month digits (on the left) will begin to flash. Press [MEM] to adjust the month. For example, press once to change the month from '01' to '02'.



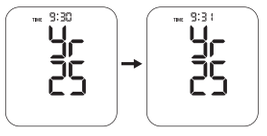
3. **Set the date:** Press [SET] again to move to the date setting. The date digits will begin to flash (on the right). Press [MEM] to adjust the date. For example, press once to change the date from 01 to 02.



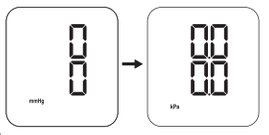
4. **Set the hour:** Press [SET] again to move to the hour setting. The hour digits will begin to flash. Press **[MEM]** to adjust the hour. For example, press once to change the time from 8:30 to 9:30.



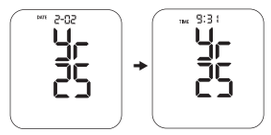
5. **Set the minutes:** Press [SET] again to move to the minute setting. The minute digits will begin to flash. Press [MEM] to adjust the minutes. For example, press once to change the time from 9:30 to 9:31.



6. **Select the measurement unit:** Press the [SET] button again and enter the mmHg /kPa unit selection. You can select kPa or mmHg by pressing [MEM], and display "0" at mmHg and "0.0" when selecting kPa.



7. **Save and exit:** Press [SET] once more to save your settings and exit setting mode. The display will show the date for 3 seconds, then automatically switch to the time. If no button is pressed for 30 seconds, the monitor will save your settings and exit setting mode automatically.



11. THE WHO BLOOD PRESSURE DEFINITION FUNCTION

This machine has a hypertension warning, warning bar reminder function.
We can read from the blood pressure index height of the World Health Organisation, blood pressure is distributed in hypotension, ideal blood pressure, normal blood pressure, normal hypertension, mild hypertension, moderate hypertension and severe hypertension.
After the measurement is completed, the blood pressure prompt presents the corresponding position according to the level of blood pressure.
NOTE: Refer to '14. Blood pressure related knowledge' for more information.

12. MAINTENANCE AND STORAGE

12.1 Replacement of Wrist Cuffs

The wrist cuff should not be removed or replaced.

12.2 Storage Advice

Do not place the monitor in:
Easy to splash water.
High temperature, humidity, direct sunlight, more dust and more salt content.
Places that tilt, cause vibration and impact.
Where chemicals or produce corrosive gases are stored.

12.3 Maintenance Advice

Please clean the blood pressure monitor frequently.
If there is dirt, please wipe it with a dry soft cloth.
If the body is seriously dirty, dip the soft cloth with water or neutral detergent and wipe the body after fully twisting the cloth dry.
Do not allow water in the blood pressure monitor body. The monitor is not waterproof.
Do not use alcohol, gasoline, thinner, etc.
Do not clean or wet the wrist cuffs.

12.4 Disuse Advice

The waste methods of the body, wrist cuff and battery should be handled in accordance with the relevant environmental protection regulations of the city.

12.5 Maintenance

We do not authorise any organisation or individual to repair the monitor.
If you think the product has functional problems, do not remove and adjust the blood pressure monitor. Electronic blood pressure monitor is a very sophisticated product so any improper maintenance, disassembly and adjustment will lead to inaccurate product measurement.
Avoid damage to the wrist cuff and air tube caused by folding.
Avoid falling or shaking the body.
During the shelf life, if you have questions about the product, please contact Customer Service.

12.6 Calibration

The electronic blood pressure monitor was already calibrated upon manufacture. We recommend a static pressure testing every 2 years with an authorised dealer to correct your device. At any time if you question the accuracy of the measurement, please contact the dealer or Customer Service.

13. Q & A, WHEN THE MEASUREMENT VALUE IS HIGH / LOW

Q: Why is the blood pressure value measured at home lower than that measured in the hospital?

A: You often feel nervous when measuring blood pressure in the hospital, so the measurement value will also be high. Because your mind at home is sometimes 20mmHg~30mmHg (2.7kPa~4.0kPa) lower than those in hospitals, it is important to know your blood pressure measurement when you are calm at home.
A: If the measurement position is higher than the heart, it will also lead to a lower measurement value. If the table is too high, the wrist cuff will be higher than the heart, and the blood pressure value measured will also be low.

Q: Why is the blood pressure value measured at home higher than that measured at the hospital?

A: If you are taking blood pressure medication, your blood pressure will increase. A few hours after taking the antihypertensive drugs, the effect will gradually disappear, and the blood pressure will rise accordingly. Consult a doctor for the details.
A: If the position of the wrist cuff is not correct, it can sometimes lead to a high measurement value. When the wrist cuff is in the wrong position, the blood pressure monitor is difficult to capture the arterial signal, and the measured blood pressure value will be high. Verify that the wrist cuff is bound correctly.
A: The wrist cuffs are too loose, sometimes leading to high measurements. The wrist cuffs are too loose that the pressure cannot reach the arteries, so the blood pressure measured is higher than true. Be careful not to leave a gap between the wrist cuff and the arm.
A: Incorrect sitting posture during the measurement can sometimes lead to high measurement results. Cross-legged sitting, sitting on the sofa or in front of the low table, bending forward, etc., will cause high blood pressure measurement because the abdominal pressure or the wrist cuff is lower than the heart.

Q: Why is your blood pressure measured different each time?

A: Blood pressure varies according to the time period of measurement. Such a change occurs even during the day. For correct blood pressure management, please make measurements at the same time period each day.

Q: Why is there pain and numbness wrapped around your arm?

A: This is a temporary phenomenon, there is no need to worry. When measuring blood pressure, the blood flow to the artery should be temporarily stopped, so you may feel some pain and numbness in the arm. When the wrist cuff is removed, take a rest.

Q: What is the key to blood pressure management?

A: Please record your medication status and living status together. Document daily BP changes provides a clearer understanding of the BP change tendency and thus becomes more conducive to individual health management.
In addition, this record is also very important for the doctor's diagnosis. Therefore, we recommend that you also record the relevant measurement environment (such as the use of antihypertensive drugs, living status, etc.).

Q: When is the best time to measure blood pressure?

A: The best time to measure blood pressure is within 1 hour after getting up in the morning, pressure exceeds 90mmHg (12.0kPa), the systolic pressure exceeds 140mmHg (18.7kPa), indicating that your blood pressure is too high.

14. BLOOD PRESSURE RELATED KNOWLEDGE

14.1 High Pressure and Low Pressure

The highest blood pressure when the heart contracts the blood to the artery is called "high pressure", and the lowest blood pressure when the heart reserves the next blood expansion is called "low pressure". They are called systolic and diastolic blood pressure, respectively.
The following is a standard classification of blood pressure already established by the World Health Organisation (WHO), as shown in the table below: Units (mmHg).

Scope	Systolic (SYS)	Diastolic (DIA)	Corresponding measures
Hypotension	<100	<60	Ask doctor for measurement
Desirable	100~120	60~80	Self-measurement
Normal	120~130	80~85	Self-measurement
Pre-hypertension	130~139	85~89	Self-measurement
Stage 1 Hypertension	140~159	90~99	Consult the doctor
Stage 2 Hypertension	160~179	100~109	Consult the doctor ASAP
Hypertensive Crisis	≥ 180	≥ 110	Danger! Consult doctor immediately

At the same time, the 1988 United Nations Committee on the Investigation, Assessment and Treatment of Hypertension recommended that either systolic blood pressure (high pressure) or diastolic blood pressure (low pressure) require at least three measurements to detect blood pressure above normal.

14.2 What Measures Should be Taken When Blood Pressure is too High or Low

Please consult with your doctor.
Long-term elevated blood pressure (different types of hypertension) can harm human health. Changes in the walls of blood vessels limit blood flow (causing narrowed arteries), which is dangerous. This can lead to insufficient blood supply to vital organs (such as the heart, brain, and muscles). In severe cases, it may also result in structural damage to the heart.
There are many factors leading to hypertension, and we divide them into

common basic hypertension and secondary hypertension. Secondary hypertension can result in organ disorders. If your blood pressure continues to rise, consult your doctor about a possible cause.
Changing your lifestyle can also prevent or reduce high blood pressure, but this habit must be part of a healthy life. It includes:
a) Eating habits: Follow your doctor's instructions and keep your normal weight right. Avoid eating excessive salt. Please note that many "packaged foods" contain more salt. Avoid oily foods (packaged foods often contain a lot of fatty ingredients).
b) Prevent disease: Follow medical guidelines to prevent certain diseases, such as diabetes, fat metabolism disorders, and gout.
c) Habits & customs: Do not smoke; limit caffeine intake (coffee, tea, chocolate, etc.)
d) Physical exercise: After medical examination, do regular physical exercise, choose power items that require endurance rather than intensity, and do not reach your physical limit. For those over 40 years old and who have a medical history, please consult your doctor before starting your exercise.

15. ERROR WARNING / TROUBLESHOOTING

15.1 False Alarm
The LCD display displays error warning if the following situations occur:

Fault code	Troubleshooting	cause of error	resolvent
Er01	EofM	The noise is too large to measure the effective pulse rate signal	Rest for 2 minutes, adjust the wrist cuff, keep the measurement process quiet do not move and speak.
	E of M	No pulse rate signal was detected	
	E of M	The test results deviated from the normal range	
	The static pressure exceeds the set protection point	Pressure exceeds the design upper limit for protection	Blood pressure was measured again
	Zero timeout	1. Continuous fluctuation of air pressure in the wrist cuff 2. Some sensor circuit is abnormal; 3. Damaged sensor;	1. Keep the wrist cuff still at zero time; 2. Check the power supply part of the sensor; 3. Replace the sensor;
Er02	Wrist cuff	1. Wrist cuff is not worn; 2. Wear too loose; 3. Wear it when it is too tight; 4. Abnormal air pressure of the wrist cuff;	Adjust the wrist cuff, just can insert a finger after the tightness, and the wrist cuff should be kept at 2cm~3cm on the elbow socket.
Lo	battery low	The power quantity is below the minimum operating voltage	Replace the new battery in time

15.2 Other information
Even in healthy individuals, blood pressure is constantly changing (showing a serrated line), so when you make a comparative measurement, you must be required in a fixed state (quiet environment). If the difference is greater than 2.0kPa / 15mmHg or in some cases, consult your doctor.

15.3 Fault and exclusion
The following table shows the common faults and troubleshooting methods that may occur during use. If you meet any conditions, refer below:

Common fault	Exclusion measures
This machine is equipped with a battery and does not work after pressing [START / STOP].	Please give the blood pressure monitor and try again with a new battery.
Multiple measurement failures, or severely low (or high) measurements.	Check the correct connection and winding
	Check whether the wrist cuff winding is too tight or too loose, check whether the rolled up clothing is too tight to press the measurement position on the arm, if, please remove the clothing to measure again.
	Confirmation that blood pressure is measured in a quiet, relaxed state. It is best to take a few deep breaths before measuring to relax yourself.
This machine is in good working condition, but each measurement is different.	Please read the attention information listed in the Factors affecting Blood Pressure Measurement carefully. ⚠ Note: blood pressure is dynamic, so there will be some differences between each measurement.
The blood pressure value measured is different from the value measured by the doctor, or even seriously small.	Write down your daily blood pressure measurements and consult with your doctor. ⚠ Note: Frequent consultation with the doctor can cause psychological tension, resulting in higher blood pressure measured in front of the doctor than that measured at home.
The air pump works, but the air pressure does not rise.	Check whether the wrist cuff is well connected and has no air leakage.
	If damaged, please buy a new product.

16. DISPOSAL

At the end of the product lifecycle, do not throw this product into the normal household garbage, but bring it to a collection point for the recycling of electronic equipment.
Waste Electrical and Electronic Equipment can have potentially harmful effects on the environment.
Incorrect disposal can cause harmful toxins to build up in the air, water and soil and can be harmful to human health.

17. TECHNICAL SPECIFICATIONS

Model	AK-BPW-W1
Indicator	LCD Display
Measuring method	oscillography
Measuring range	Pressure: 0mmHg~295mmHg (0kPa~39.3kPa) Pulse rate: (40~199) times / minute
Memory	It can automatically store 99 measurements of two users
Resolution ratio	1mmHg (0.1kPa)
Definition	Static pressure: ‡ 3 mmHg (± 0.4 kPa) Pulse rate: within ‡ 5% of the read value
Source	1 bpm
Size	90.5mm x 70mm x 75mm
Weight	124g (including battery)
Max wrist cuff pressure	360mmHg (48kPa)
Applicable wrist circumference	135mm~215mm
Electric shock protection category	Type BF applied parts
Electric shock protection degree	The BF-type application part

Host duration	Five years
Running mode	Continuous duty
Operational condition	Temperature: 5° C~40° C Humidity: 15% RH~90% RH, No condensation Atmospheric pressure: 70kPa~106kPa
Transportation and storage conditions	Temperature: -25° C~55° C Humidity: 15% RH~95% RH, No condensation Atmospheric pressure: 70kPa~106kPa Strictly follow the environmental conditions for transportation and storage without affecting the accuracy of the equipment

18. PACKAGE LIST

Component	Quantity
Main Body	x1 pc
Cuff	x1 set (installed on the main body)
Instructions	x1 This (including product warranty card)
Battery	x2 AAA batteries

19. DESCRIPTION OF THE STANDARDISED NOTATION

Symbols	Meaning	Symbols	Meaning
⚠	General warning sign	♻	Recyclable
	BF type application part		Manufacturer
SN	Serial number		Date of manufacture
	Temperature limitation	SYS	The value of SYSTOLIC BLOOD PRESSURE
%	Humidity limitation	DIA	The value of DIASTOLIC BLOOD PRESSURE
	Atmospheric pressure limitation		Distributor
	Follow instructions for use		Disposal in accordance with Directive 2002/96/EC (WEEE)
MD	Medical Device	UDI	Unique Device Identifier
IP22	Level of protection for ingress of water or particulate matter into ME EQUIPMENT		

20. ELECTROMAGNETIC COMPATIBILITY

⚠ **Pay Attention to:**
- This product meets the relevant requirements of IEC 60601-1-2 standard electromagnetic compatibility.
- The user shall install and use the product from the EMC information provided in the random document.
- Portable and mobile RF communication equipment may affect the performance of the product, and avoid strong electromagnetic interference, such as close to mobile phones, microwave ovens, etc.;

⚠ **Caution:**
- This product should not be used near or stacked with other equipment. If it must be used near or stacked, observe and verify the normal operation under the configuration used.
- Even if the other equipment meets the launch requirements of the corresponding national standards, the product may still be disturbed by the other equipment.
- Operation of the device or system below the minimum magnitude or minimum value of 40 bpm described above may have inaccurate consequences.

Appendix:
Guidance and manufacturer's declaration - electromagnetic emission
- for all EQUIPMENT AND SYSTEMS

Guidance and manufacturer´s declaration – electromagnetic emission		
The Wrist Blood Pressure Monitor is intended for use in the electromagnetic environment specified below. The customer or the user of Wrist Blood Pressure Monitor should assure that it is used in such an environment.		
Emissions test	Compliance	Electromagnetic environment-guidance
RF emissions CISPR 11	Group 1	The Wrist 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 CISPR 11	Class B	The Wrist Blood Pressure Monitor 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 IEC 61000-3-2	Class A	
Voltage fluctuations flicker emissions IEC 61000-3-3	Complies	

Guidance and manufacturer's declaration - electromagnetic immunity - for all EQUIPMENT and SYSTEMS

Guidance and manufacturer´s declaration – electromagnetic immunity			
The Wrist Blood Pressure Monitor is intended for use in the electromagnetic environment specified below. The customer or the user of the Wrist Blood Pressure Monitor should assure that it is used in such an environment.			
Immunity test	IEC 60601 test level	Compliance level	Electromagnetic environment - guidance
Electrostatic discharge (ESD) IEC 61000-4-2	± 8 kV contact ± 2 kV, ± 4 kV, ± 8 kV, ±15 kV air	± 8 kV contact ±2kV, ±4 kV, ± 8 kV, ± 15 kV air	Floors should be wood, concrete or ceramic tile. If floors are covered with synthetic material, the relative humidity should be at least 30%.
Electrostatic transient / burst IEC 61000-4-4	± 2 kV for power supply lines ± 1 kV for input/ output lines	± 2 kV for power supply lines	Mains power quality should be that of a typical commercial or hospital environment.
surge IEC 61000-4-5	± 1 kV differential mode ± 2 kV common mode	I 1 kV differential mode	Mains power quality should be that of a typical commercial or hospital environment.
Note: UT is the a. c. mains voltage prior to application of the test level.			

Voltage dips, short interruptions and voltage variations on power supply input lines IEC 61000-4-11	0% UT; 0,5 cycle U, At 0°, 45°, 90°, 135°, 180°, 225° 270° and 315° 0% UT; 1 cycle and 70% U; 25/30 cy - cles Single phase: at 0° 0% UT; 250/300 cycle	0% UT; 0,5 cycle U, At 0° 45°, 90°, 135°, 180°, 225°, 270° and 315° 0 % UTi 1 cycle and 70% UTi 25/30 cycles Single phase: at 0° 0% UT; 250/300 cycle	Mains power quality should be that of a typical commercial or hospital environment. If the user of the Wrist Blood Pressure Monitor requires continued operation during power mains interruptions, it is recommended that the Wrist Blood Pressure Monitor be powered from an uninterruptible power supply or a battery.
Power frequency (50/60 Hz) magnetic field IEC 61000-4-8	30A/m	30A/m	Power frequency magnetic fields should be at levels characteristic of a typical location in a typical commercial or hospital environment.
Note: U_T is the a. c. mains voltage prior to application of the test level.			

Guidance and manufacturer's declaration - electromagnetic immunity - for all EQUIPMENT and SYSTEMS

Guidance and manufacturer´s declaration – electromagnetic immunity			
The Wrist Blood Pressure Monitor is intended for use in the electromagnetic environment specified below. The customer or the user of the Wrist Blood Pressure Monitor should assure that it is used in such an environment.			
Immunity test	IEC 60601 test level	Compliance level	Electromagnetic environment - guidance
Conducted RF IEC 61000-4-6 Radiated RF IEC61000-4-3	3 Vrms 150 kHz to 80 MHZ 6V in ISM and amateur radio bands between 0,15 MHz and 80 MHZ 10 V/m 80 MHz to 2.7 GHz 385MHz-5785MHz Test specifications for ENCLOSURE PORT IMMUNITY to RF wireless communication equipment (Refer to table 9 of IEC 60601-1-2:2014)	3V 150 kHz to 80 MHz 6 V in ISM and amateur radio bands between 0,15 MHz and 80 MHz 10 V/m 80 MHz to 2.7 GHz 385MHz-5785MHz Test specifications for ENCLOSURE PORT IMMUNITY to RF wireless communication equipment (Refer to table 9 of IEC 60601-1-2:2014)	Portable and mobile RF communications equipment should be used no closer to any part of the Wrist Blood Pressure Monitor, including cables, than the recommended separation distance calculated from the equation applicable to the frequency of the transmitter. Recommended separation distance $d=[\frac{3.5}{V_1}]\sqrt{P}$ $d=[\frac{12}{V_2}]\sqrt{P}$ $d=[\frac{3.5}{E_1}]\sqrt{P}$ 80 MHz to 800 $d=[\frac{7}{E_2}]\sqrt{P}$ MHz 800 MHz to 2.7 GHz where p is the maximum output power rating of the transmitter in watts (W) according to the transmitter manufacturer and d is the recommended separation distance in metres (m).° Field strengths from fixed RF transmitters, as determined by an electromagnetic site survey, should be less than the compliance level in each frequency range. Interference may occur in the vicinity of equipment marked with the following symbol: ((•))
Note 1: At 80 MHz and 800 MHz, the higher frequency range applies. Note 2: These guidelines may not apply in all situations. Electromagnetic is affected by absorption and reflection from structures, objects and people.			
a The ISM (industrial, scientific and medical bands between 150 kHz and 80 MHz are 6,765 MHz to 6,795 MHz; 13,553 MHz to 13,567 MHz; 26,957 MHz to 27,283 MHz; and 40,66 MHz to 40,70 MHz. The amateur radio bands between 0,15 MHz and 80 MHz are 1,8 MHz to 2,0 MHz, 3,5 MHz to 4,0 MHz, 5,3 MHz to 5,4 MHz, 7 MHz to 7,3 MHz, 10,1 MHz to 10,15 MHz, 14 MHz to 14,2 MHz, 18,07 MHz to 18,17 MHz, 21,0 MHz to 21,4 MHz, 24,89 MHz to 24,99 MHz, 28,0 MHz to 29,7 MHz and 50,0 MHz to 54,0 MHz. • Field strengths from fixed transmitters, such as base stations for radio (cellular/cordless) telephones and land mobile radios, amateur radio, AM and FM radio broadcast and TV broadcast cannot be predicted theoretically with accuracy. To assess the electromagnetic environment due to fixed RF transmitters, an electromagnetic site survey should be considered. If the measured field strength in the location in which the Wrist Blood Pressure Monitor is used exceeds the applicable RF compliance level above, the Wrist Blood Pressure Monitor should be observed to verify normal operation. If abnormal performance is observed, additional measures may be necessary, such as re-orienting or relocating the Wrist Blood Pressure Monitor. " Over the frequency range 150 kHz to t, field strengths should be less than 3V/m.			

Recommended separation distances between portable and mobile RF communications equipment and the EQUIPMENT or SYSTEM - for EQUIPMENT and SYSTEMS

Recommended separation distances between portable and mobile RF communications equipment and the Wrist Blood Pressure Monitor.				
The Wrist Blood Pressure Monitor is intended for use in an electromagnetic environment in which radiated RF disturbances are controlled. The customer or the user of the Wrist Blood Pressure Monitor can help prevent electromagnetic interference by maintaining a minimum distance between portable and mobile RF communications equipment (transmitters) and the Wrist Blood Pressure Monitor as recommended below, according to the maximum output power of the communications equipment.				
Rated maximum output of transmitter W	Separation distance according to frequency of transmitter			
	150 kHz to 80 MHz outside ISM and amateur radio bands $d=[\frac{3.5}{V_1}]\sqrt{P}$	150 kHz to 80 MHz in ISM and amateur radio bands $d=[\frac{12}{V_2}]\sqrt{P}$	80 MHz to 800 MHz $d=[\frac{3.5}{E_1}]\sqrt{P}$	800 MHz to 2.7 GHz $d=[\frac{7}{E_2}]\sqrt{P}$
0.01	0.12	0.20	0.035	0.07
0.1	0.38	0.63	0.11	0.22
1	1.2	2.00	0.35	0.70
10	3.8	6.32	1.10	2.21
100	12	20.00	3.5	7.0
For transmitters rated at a maximum output power not listed above the recommended separation distance d in metres (m) can be estimated using the equation applicable to the frequency of the transmitter, where P is the maximum output power rating of the transmitter in watts (W) according to the transmitter manufacturer. Note 1: At 80 MHz and 800 MHz, the separation distance for the higher frequency range applies. Note 2: These guidelines may not apply in all situations. Electromagnetic propagation is affected by absorption and reflection from structures, objects and people.				

21. MANUFACTURER INFORMATION

FAMIDOC Technology Co., Ltd
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EU REP
Name: Shanghai International Holding Corp. GmbH (Europe)
Address: Eiffestrasse 80, 20537 Hamburg, Germany

12 Month Warranty

Thank you for your purchase.

Your new product is warrantied to be free from defects in materials and workmanship for the period stated above, from the date of purchase, provided that the product is used in accordance with accompanying recommendations or instructions where provided. This warranty is in addition to your rights under the Australian Consumer Law.

For New Zealand customers, this warranty is in addition to statutory rights observed under New Zealand legislation.

We will provide you with your choice of a refund, repair (where possible) or exchange (availability dependent) for this product if it becomes defective within the warranty period. The business will bear the reasonable expense of claiming the warranty.

This warranty will no longer apply where the defect is a result of alteration, accident, misuse, abuse or neglect.

Please retain your receipt as proof of purchase and contact our Customer Service Centre as listed below, for the entity you purchased this product from, for any difficulties with your product. Warranty claims and claims for expense incurred in returning this product can be addressed to the respective Customer Service Centre.

Our goods come with guarantees that cannot be excluded under the Australian Consumer Law. You are entitled to a replacement or refund for a major failure and compensation for any other reasonably foreseeable loss or damage. You are also entitled to have the goods repaired or replaced if the goods fail to be of acceptable quality and the failure does not amount to a major failure.

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L2/1 Middle Road,
Chadstone VIC 3148

Customer Service: 1800 124 125 (Australia)
or 0800 945 995 (New Zealand)
or via Customer Help at kmart.com.au

Contact for Target purchases

Target Australia Pty Ltd
C/- Customer Service Centre
L2/1 Middle Road,
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Customer Service: 1300 753 567
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