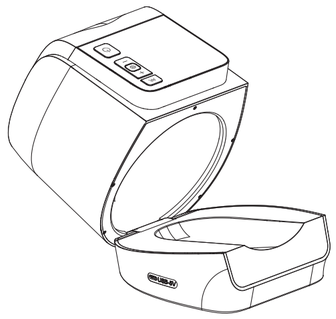
尺寸：500*400mm 材质：80g书纸 单黑 折页（风琴折再对折） ——— 切线 - - - - - - 压痕线

EN

BASELINE® EVALUATION INSTRUMENTS

Upper Arm Electronic Blood Pressure Monitor

Model: U90B REF 12-2255



Instruction Manual

- Thank you for purchasing and using our company's Upper Arm Electronic Blood Pressure Monitor
- Before using this product, Please read the instruction manual carefully and use it correctly
- After reading, please keep the instruction manual in a safe place, for reference at any time
- This product is suitable for people over 12 years old
- The warranty card is attached to the page of this manual, please keep it properly and do not lose it

Intended purposes: This automatic blood pressure is intended to measure systolic pressure, diastolic pressure and pulse rate through upper arm. Are expected to use in the home or in the hospital,intended for people over 12 years old.
Structural composition: mainly composed of the main unit and the built-in cuff.
Intended users:
- Adult
- Have 8 years intensive reading experience
- Can be read and understand the user manual
- staff and lay persons

Intended patient population:
The device is intended used for people over 12 years old. People who need pulse measurement, blood pressure measurement. Including normal people or patients with hypertension, hypotension, abnormal pulse.
Contraindications:
1.This product can't be used in patients who is with severe heart insufficiency to avoid suffocation and death.
2.It is not necessary to use this product if you have coronary atherosclerotic heart disease to avoid narrowing or blockage of the blood vessel lumen, which may cause is chemia and lack of oxygen to the heart.
3.Do not use this product if you have diabetes, as it may cause damage to the heart and also be placed on the right. However, all measurements blood vessels
4.Pregnant women, patients with implanted, electronical devices, patients with pre-eclampsia, premature ventricular beats, atrial fibrillation, peripheral, arterial disease and patients undergoing intravascular therapy or arterio-venous shunt or people who received a mastectomy. Please consult your doctor prior to using the unit if you suffer from illnesses.
5.Those who have arrhythmia, blood circulation or apoplexy problem, please use under the physician's instruction, lest cause disease exacerbation.

Safety Information

⚠ Notice

To assure the correct use of the product, basic safety measures should always be followed including the warning and the caution listed in the instruction manual:

Symbol descriptions

The following symbols may appear in this manual, on the label, on the device, or on it's accessories. Some of the symbols represent standards and compliances associated with the device and its use.

⚠ WARNING: This alert identifies hazards that may cause serious personal injury or death.

⚠ CAUTION: This alert identifies hazards that may cause minor personal injury, product damage, or property damage.

Type BF applied part	SN Specifies serial number
Manufacturer	Date of manufactures
LOT Batch code	MD Medical Device
EU REP Authorized Representative in the European Union.	
CE 0123 CE Mark: conforms to essential requirements of EU MDR 2017/745.	
DISPOSAL: Do not dispose this product as unsorted municipal waste.Collection of such waste separately for special treatment is necessary.	
Direct current	
Follow instructions for use	
CAUTION: Consult accompanying documents	

⚠ WARNING:

General Usage

1. If this equipment is modified, appropriate inspection and testing must be conducted to ensure the safety of continously using equipment.
2. Please place this device out of the reach of any children. There are small parts like packaging bag, battery and battery cover which may cause asphyxia. Please keep it in a safe place.
3. Do not modify this equipment without authorization of the manufacturer.
4. In case of skin allergy and other symptoms, please stop using and see a doctor, otherwise the symptoms will worsen.
5. Do not use it together with other medical electrical devices, otherwise it may have a mis-operation.
6. Do not wrap the cuff around the injured or inflamed arm, otherwise the symptoms may worsen.

AC Adapter Usage

1. Never plug in or unplug the power cord from the electric outlet with wet hands.
2. The power adapter shall be connected to AC100V-240V socket separately, otherwise fire or electric shock mav be caused.
3. Do not use a damaged power cord and power plug, otherwise there may be risk of electric shock, short circuit and fire.
4. The power adapter shall meet the requirements of IEC 60601-1:2005+AMD1:2012+AMD2:2020.

⚠ Important information about self measurement

1.Self measurement is a monitoring control, rather than a diagnosis or treatment, so always consult your doctor. Self-diagnosis of measurement results and self-treatment are dangerous. The abnormal value must be discussed with the doctor, and under no circumstances should the dose of the drug prescribed by the doctor be changed.
2.The pulse measurement made by this product is not suitable for checking the frequency of cardiac pacemaker.
3.The power adapter shall be connected to AC100V-240V socket separately. otherwise fire or electric shock may be caused.
4.People with severe blood flow problems, or blood disorders, should consult a doctor before using the unit, as cuff inflation can cause internal bleeding.
5.Contact your physician for specific information about your blood pressure. Self diagnosis and treatment which use measured results maybe dangerous.Follow the instructions of your physician or licensed healthcare provider.

⚠ CAUTION:

General Usage

1. Consecutive blood pressure measurements should be repeated after 1 minute pause or after the arm has been held up in order to allow the accumulated blood to flow away.
2. Do not use the unit for any purpose other than measuring blood pressure and pulse rate.
3. If the arm circumference size is beyond the measuring range of CUFF, it can't be measured and used, then it will cause the blood flowing unsmooth and wrong measurement data.
4. Do not disassemble and modify the blood pressure monitor, cuff, and power adapter by yourself, otherwise the measurement will not be correct.
5. Please don't use a thinner, aicohol or petrol to clean the unit.
6. Do not impact or drop the device.
7. Do not use cuffs that are not specially for this product, otherwise the measurement will not be correct.
8. Too frequent measurements can cause injury to the patient due to blood flow interference.
9. Don't apply cuff over a wound, it can cause further injury to the patient.
10. When using this device, please pay attention to the following situation which may nterrupt blood flow and influence blood circulation of the patient, thus cause harmful njury to the patient: connection tubing kinking too frequent: the application of the cuff and its pressurization on any arm where intravascular access or therapy, or an arterio-venous (A-V) shunt, is present; inflating the cuff on the side of a mastectomy.
11. Do not inflate the cuff on the same limb which other monitoring ME equipment is applied around simultaneously, because this could cause temporary loss of function of those.
12. Please check that operation of the device does not result in prolonged impairment of patient blood circulation.
13. Do not use this product: around high-frequency enclosure surgical equipment, around MRI, around CT scanner and in places with high oxygen content. Also, please do not use mobile phones, televisions, microwave ovens or other devices transmitting battery fields nearby, otherwise the product may have a mis-operation.
14. Do not use the equipment where flammable gas (such as anesthetic gas, oxygen or hydrogen) or flammable liquid (such as alcohol) are present.
15. Our Automatic Electronic Blood Pressure Monitor cannot be used in an MRI environment.

AC Adapter Usage

1. Insert the power plug into the socket firmly, otherwise there may be dangers of electric shock, short circuit, fire, etc.
2. Hold the power plug and unplug it. Do not pull the power cord, otherwise the broken power cord or its short circuit may cause fire and electric shock.
3. When using the power cord:
- Avoid damage, processing, bending and stretching.
- Do not twist, bind, squeeze or place heavy objects on it.
- Otherwise, fire or electric shock may be caused.
4. Wipe the dust off the power socket. Where moisture is mixed in the dust, fire, electric shock and short circuit may be caused.
- Use the special power adapter for this product, otherwise the measurement will not be correct.
5. If it is not used for a long time, unplug the power plug, otherwise the insulation will be degraded, and there may be risk of electric shock, electric leakage and fire.
6. Before maintenance, unplug the power plug, to prevent the risk of electric shock and injury.

Battery Usage

1. Do not use new and used batteries together.
2. Do not insert the batteries with their polarities incorrectly aligned.
3. Never leave any low battery in the battery compartment since they may leak and cause damage to the unit.
4. Please take off the battery if you don't use in 3 months.
5. Replace the new batteries if the unit displays a low battery symbol.
6. Do not reverse the positive and negative electrodes of the battery, otherwise it may cause the battery to heat, leak, break, etc., and the blood pressure monitor may be damaged.
7. In case that the electrolyte in the battery accidentally gets into your eyes, wash it with plenty of water immediately. It may cause blindness and other injuries, so you need to go to the nearest hospital for treatment immediately.

⚠ WARNING:

Do not dispose of electrical appliances as unsorted municipal waste, use separate collection facilities. Contact you local government for information regarding the collection systems available. If electrical appliances are disposed of in landfills or dumps, hazardous substances can leak into the groundwater and get into the food chain, damaging your health and well-being.

Classification
1. Internally powered equipment;
2. Type BF applied part;
3. Not category AP/APG equipment;
4. Mode of operation: Intermittent operation.

⚠ The user must check that the equipment functions safely and see that it is in proper working condition before being used.

Product composition

The monitor is packed in the packing box. Unpack to confirm whether the product is complete. For any missing, please call the customer service hotline.

Main Part Host



Accessory

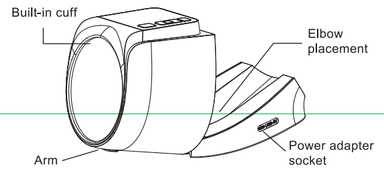
- User's Guide
- USB Type-C cable
- 4*AA dry batteries

Product function introduction

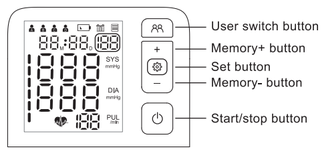
Category		Functional content	Function Notes
The main function	1	High and low blood pressure measurement	Measuring upper arm arterial high and low blood pressure
	2	Pulse rate value measurement	Measures the rate of arterial beats per minute
	3	Measurement average display	Average of the last three measurements
	4	HD large screen display	Read more clearly
	5	199 memories in groups of 4	Provide memory storage for 4 groups of 199 measurement results per person
	6	Arrhythmia Tips	Detect whether the heart beats per minute is normal, and perform screen symbol flashing and voice reminders for the measurement results.
Accessibility	1	Blood pressure level bar display	The measured high and low blood pressure values are displayed in a real-time bar.
	2	Full voice reading measurement (Applicable to voice only)	Voice reporting and analysis of measurement results during the measurement process
	3	Date time display	The screen displays year, month, day, hour and minute
	4	Battery level reminder	When the battery power is low, the low battery symbol on the screen is always on to remind you to replace the battery.
	5	Automatic delay shutdown	Manual shutdown/no operation, automatic shutdown after 3 minutes (±1 minute)

Product part introduction

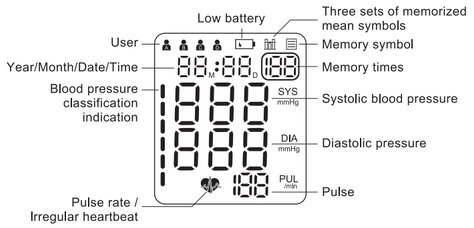
The host



Operation screen



Display screen



How to use the blood pressure monitor

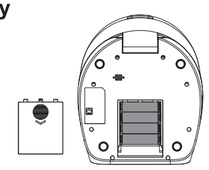
Product unpacking: Please open the color box along the nail button of the box to avoid dismantling the box.

Product inspection after unpacking: Please note that in addition to the machine, there is an additional manual (including the warranty card) + a certificate of conformity in the packaging box of this product, please check it when purchasing.

1.Install/replace battery

1) Remove the battery cover
The battery compartment is located at the bottom of the blood pressure monitor.

2) Insert 4*AA batteries as shown in the picture, and then reinstall the battery cover.



⚠ Notice:
- Please pay attention to the polarity indication of the battery.
- If the low-battery symbol appears on the screen after power on, the measurement can no longer be performed and the battery must be replaced.
- Please use 4 AA 1.5V alkaline dry batteries.
- Do not use expired batteries.
- If the product is not used for a long time, please take out the battery.

⚠ WARNING:
Dispose of the battery in accordance with all federal, state and local laws. To avoid fire and explosion hazard, do not burn or incinerate the battery.

2.Adapter usage (option)

1. Optional AC adapter should comply with the requirement of IEC 60601-1: 2005+AMD1:2012+AMD2:2020. In addition, all configurations shall comply with the requirements for medical electrical systems (see IEC 60601-1-1 or clause 16 of the 3Ed. of IEC 60601-1, respectively). Anybody connecting additional equipment to medical electrical equipment configures a medical system and is therefore responsible that the system complies with the requirements for medical electrical systems. Please attention that local laws take priority over the above mentioned requirements. If in doubt, consult your local representative or the technical service department.

2. This device is double insulated and protected against short circuit and overload by a primary thermal fuse. Make sure to take the batteries out of the compartment before using the mains part. Equipment class 2.

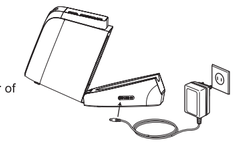
3. When using AC power, to avoid possible damage to the monitor, use only the exclusive AC adapter that can be purchased from authorized dealers. Other adapters may vary in output voltage and polarities.

4. Insert the adapter plug into the hole on the backside of the unit as picture.

5. Insert the other side of the adapter into the outlet with 100-240V.

6. To remove the AC adapter, disconnect the adapter plug from the outlet first and then disconnect the cord from the unit's socket.

Adapter technical features:
Output voltage: Type-C 5V
Output current: At least 600 mA



⚠ Notice:
- When use AC adapter, the power of battery won't be consumed.
- When suddenly stop during measurement (like the plug off from the outlet by carelessness), it must be reinserted the plug into the unit, and restart the measurement.

3.User Settings / Date & Time Settings

1) User setting

Shutdown state, press the " " button, the screen shows the user A/B/C/D, and then press " " button to switch users, and press " " button to confirm after selecting the user.



2) Year/date/time setting

Set the unit to the correct date and time before the first measurement.

- In standby mode, press the " " button to enter the settings menu.
- When "20XX" appears on the screen, you enter the year setting mode. Press the "+/−" button to adjust the year, then confirm by pressing the " " button to proceed to the date setting screen.
- The date setting screen displays "xxMxxD". Press the " +/− " button to adjust the date, then confirm by pressing the " " button to proceed to the time setting screen.
- When the time setting screen displays "XX:XX", press the " +/− " button to adjust the time. Once set, press the " " button to confirm and complete all settings.
- All the above Settings can be changed by pressing the " +/− " button.
- After the setting is completed, press " " to save the setting and exit.

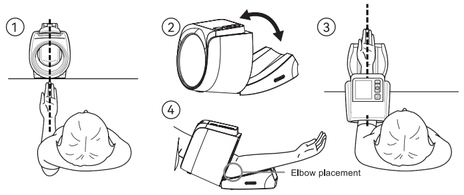


⚠ Notice:
If the battery has been removed for 30 seconds or more, the date and time need to be reset.

4.How to measure with the Upper Arm

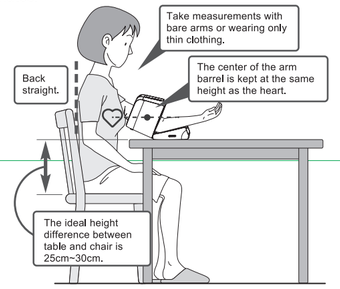
- Please measure with bare arms or wearing only thin clothing.
- If you are wearing thick clothes, please do not roll up the sleeves, you should take off your coat and take the measurement.
- Please use the toilet in advance.
- Please measure in a room with a suitable temperature.

1) Place the blood pressure monitor in front of the arm to be measured (both left and right arms can be measured).
2) Open the arm barrel and the arm placement part.
3) Extend the arm into the arm barrel.
4) Place the elbow on the elbow placement site.



5.Correct measuring posture

1) Please rest for at least 15 minutes before measuring.
2) When measuring continuously, please make an interval of at least 2 minutes.



3) Measurement precautions
- Eating, smoking or any form of heavy physical labor should be avoided before measurement.
- Please sit in a chair and rest for about 15 minutes in a quiet environment as much as possible before measuring.
- Make sure you are in a comfortable, relaxed position when measuring and do not move the muscles of that arm during the measurement.
- If you cannot measure with your left arm, measure with your right arm. But in any case, take measurements on the same arm (usually the left arm) so that measurements can be compared.

Notice: If the original parts are replaced with parts not provided by the manufacturer, measurement errors may occur.

6.Measurement of blood pressure

⚠ Notice:
- To cancel the measurement, press the " " button, the machine will automatically reduce the cuff air pressure and cancel the measurement.
- Keep quiet while measuring.

1) With the arm extended into the boom, press the " " button.
- The machine will automatically return to zero, the air pump will start to inflate the cuff, and the change of the air pressure in the cuff will be displayed on the screen. (Note: The date and time of the measurement process will be displayed alternately)



- The outer bag of the cuff starts to inflate, and the screen plays the inflation picture and rotates in circles.
- Wait for the outer bag to be inflated to the appropriate pressure and then automatically switch to the inner bag for pressurization.
- When the inflation reaches a stable pressure, the air pump stops inflating and the pressure in the cuff gradually decreases.
- When the inflation pressure is insufficient, the machine will automatically re-inflate to a higher pressure.
- When the measurement is completed, the systolic blood pressure, diastolic blood pressure and pulse will be displayed on the screen.

⚠ Notice:
- Take regular measurements every day, because blood pressure is changing even on the same day;
- Before taking another measurement, wait at least 2 minutes to allow the arteries to return to the state they were in before the blood pressure measurement.

Tips for measurement results:
- When a pulse is detected, the symbol will be displayed on the screen and start to flash;
- If the number of heartbeats deviates from the normal value, the arrhythmia prompt symbol will be displayed, reminding the user to pay attention to analyze the cause of arrhythmia.
- If you have any questions about the measurement results, please give the measurement results to professionals, who will explain the measured blood pressure values.

2) Pull the arm out of the arm barrel

3) Press the " " button to turn off the blood pressure monitor
- After the measurement is completed, the measurement results will continue to be displayed on the screen. Press the " " button to turn off the blood pressure monitor and automatically save the measurement results.
- Without any operation, the machine will automatically turn off the blood pressure monitor and save the measurement results after 3±1 minutes.

7.Use the memory function

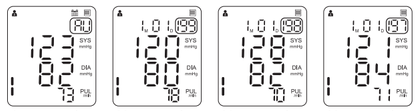
This blood pressure monitor can record the blood pressure and pulse of 4 people respectively at the same time. The average value of the latest 3 measurements and the memory value of 199 times can be read separately.

⚠ Notice:

- If the blood pressure monitor has saved 199 sets of measurement results, when saving the 200st set, the oldest memory value will be deleted.
- Part of the saved memory values cannot be deleted. If you want to delete, all the memory values of the blood pressure monitor will be deleted.

1) View the measured memory value

After using the blood pressure monitor several times, press the " ＋ / — " button in the off state, and the screen will display the average value of the last 3 measurements; then press the " ＋ / — " button to display the last 1~199 times of memory.



Average value Memory value Memory value Memory value

2) Check the memory value of 4 users

In the off state, press the " 👤 " button to enter the user selection interface, press the " 👤 " button again to select the user, and press the " ⏻ " button to confirm and exit after selecting the user. Then press the " ＋ / — " button to view the measured memory value of the corresponding user.

3) Clear all memory values

In the off state, press the " ⚙ " button continuously until "CL" appears on the screen, then press the " ⏻ " button, the "CL" will flash a few times and clear all the memory values, then press again " ＋ / — " button, if " ▤ " and "no" are displayed on the screen, it means that there is no memory value.



Notice: If you do not clear the memory value, when "CL" appears on the screen, press the " ⚙ " button again to exit.

Abnormal screen display and troubleshooting

1. Screen display abnormality and handling during measurement

Display symbol	Reason / Meaning	Correct method
E-1	The signal is too small or the pressure changes suddenly	Please use the arm tube correctly, eliminate the incorrect measurement method and then remeasure with the correct method.
E-2	External interference signal is too large	When measuring, keep away from devices with strong interference, such as mobile phones, motors and other strong interference sources, and then measure again; whether there is any random movement of your arm or whether there is speech during the measurement.
E-3	Inflation error	Please confirm whether the arm tube is leaking, and then measure again after removing it.
E-5	Blood pressure out of range	Please rest for 30 minutes before retesting. If it is abnormal for 3 consecutive times, please go to the hospital or consult your personal doctor.
E-6	The arm tube is not opened and cannot be measured	Please open the arm tube and place the arm in the correct position before measuring.
	Low battery	Please replace with 4 new No.5 alkaline dry batteries

2. Troubleshooting

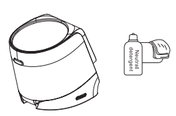
Anomalies	Reason / Meaning	Correct method
Nothing appears on the display after pressing the power button	The battery is completely drained	Please replace the battery with a new one
	The positive and negative poles of the battery are reversed	Please install the battery correctly
	When the battery is not installed, the power adapter is disconnected from the blood pressure monitor or the power socket	Please connect the power adapter correctly
Unable to pressurize	Arm tube leaks	Please contact the seller
Abnormally high (low) blood pressure readings	Wrong way to use the arm barrel	Please use the arm barrel correctly
	Spoke or moved the arm while measuring	Please keep quiet while measuring
	Rolled up clothes oppress the arms	Please take off the clothes that oppress the arm before measuring
	The built-in cuff of the armpit is damaged	Please stop measuring and contact sales
⚠ If the blood pressure still cannot be measured normally with the above method, please contact the seller, please do not disassemble it by yourself!		

Care and Storage

Be sure to follow the precautions and other correct usage described here.
If you do not comply, the company will not be responsible for the quality.

1 about maintenance

Please clean the blood pressure monitor frequently.
If the body is dirty, please wipe it with a dry soft cloth.
If the main body is seriously dirty, dampen a soft cloth with water or neutral detergent, wring it well and wipe the main body.



Maintenance advice

- Do not allow water to enter the body of the blood pressure monitor.
- Do not remove the built-in cuff of the armpit.
- Do not get the arm tube wet.
- Do not use volatile oil, benzine, thinner, etc. for wiping.
- The accuracy of this blood pressure monitor has been strictly tested. It is recommended to check and calibrate the blood pressure monitor once a year to ensure the normal function and accurate measurement of the blood pressure monitor.



- Do not perform any repairs yourself. If there is any quality problem with the product or any doubt about the correct measurement of the blood pressure monitor, please call the customer service hotline for consultation.

2 Regarding storage

Please store the arm tube and the arm rest area together.
When the blood pressure monitor is not in use for a long time (more than 3 months), please take out the battery from the main body and store it in the storage bag.

Storage advice

Do not place the body in the following places:

- A place prone to splashing water.
- Places subject to high temperature, humidity, direct sunlight, dust, saltyair, etc.
- Places subject to inclination, vibration, and impact.
- Where chemicals are stored or where corrosive gases are generated.

When the blood pressure monitor is not in use or moving, please do not place items (such as pens, notebooks, power adapters, etc.) in the arm tube. Otherwise, the built-in cuff of the arm tube may be broken or the body may be damaged, resulting in measurement failure.



⚠ Notice:

Please dispose of the main body and accessories in accordance with the city's relevant environmental protection regulations.

Product specification

Product name	Upper Arm Electronic Blood Pressure Monitor
Display method	Digital display
Measurement methods	Oscillometric method
Measurement site	upper arm
Applicable arm circumference range	Arm circumference 22cm~40cm (central part of upper arm)
Measuring range	Blood pressure value: 0~299 mmHg
	Pulse rate: 40~199 beats/min
Maximum tolerance of static pressure value	±3 mmHg
Pulse of reading	±5%
LED display	Pressure: unit mmHg
	Pulse: pulse per minute, display three digits
	Symbols: memory / average / pulse / low battery /arrhythmia reminder
Storage capacity	Can store 199 sets of memory values for 4 people
Power supply	4*AA batteries/Type-C 5V power supply
Power off method	Manual shutdown / automatic shutdown after 3±1 minutes of inactivity
Body weight	Approx.1090g (without battery)
Electric shock protection	Class II equipment (internal powered equipment when not using a power adapter),Type BF applied part
Cleaning method	Clean according to manufacturer's recommendations
Safety Classification	Equipment that cannot be used in the presence of flammable anesthetic gas mixtures with air or with oxygen or nitrous oxide
Electromagnetic compatibility	Group 1, Class B Equipment
Battery life	Under normal temperature conditions, the highperformance battery can be used about 100 times
Appendix	User's Guide / USB Type-C cable / 4*AA dry batteries
Working environment	Temperature condition: 5°C~40°C
	Humidity condition: 15%~93%RH
	Atmospheric conditions: 86kPa~106kPa
Transportation and storage environment time: less than 3 months	Strong impact, direct collision, sun exposure or rain should be avoided during transportation. The packaged blood pressure monitor should be stored in an environment with a temperature of -20°C to 55°C, a relative humidity of 10%~93%RH, and an atmospheric condition of 86kPa~106kPa. No corrosive gas and well-ventilated room. If stored or used outside the manufacturer's specified temperature and humidity ranges, the system may not perform to stated performance specifications

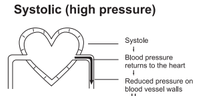
⚠ **Note:** The product can not be operated at an altitude of 2000m.

Frequently Asked Questions about Blood Pressure Q&A

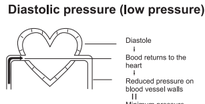
Definition of blood pressure

Blood pressure is the pressure at which blood travels through the arteries through the heart's beating (systole and diastole).
The pressure at which the heart pumps blood out to the arteries when the heart contracts is called systolic blood pressure, or high pressure;
The blood that circulates throughout the body returns to the heart, and the pressure when the heart relaxes is called diastolic pressure, which is low pressure.

Systolic (high pressure)



Diastolic pressure (low pressure)



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

A If you feel nervous when measuring in the hospital, it will cause the measured value to be high.

Because the mood is stable when measured at home, sometimes the blood pressure value measured in the hospital is 20mmHg ~ 30mmHg (2.7kPa ~ 4.0kPa) lower than that measured in the hospital.
It's important to know what your blood pressure normally is when you're calm at home.

A When the arm tube is positioned higher than the heart during measurement, the measured value will be lower.

If the table or platform on which the blood pressure monitor is placed is too high, causing the position of the arm tube to be higher than the heart, the measured blood pressure value will be low.

Q Why is the blood pressure measured at home higher than the blood pressure measured in the hospital?

A If you feel nervous when measuring in the hospital, it will cause the measured value to be high.

People taking blood pressure medication will cause high blood pressure when the drug loses its effect. Please accept the guidance of your doctor.

A Misplacement of the elbow placement may result in high measurements.

If the position of the arm tube is misplaced, the arterial signal cannot be captured, and the measured blood pressure value is too high.
Please confirm that the position of the arm and elbow is correct.

A If the posture is not correct when measuring, the measured value may be high.

Measurements in postures such as bending over, sitting cross-legged, or bending over on a sofa or low table can increase blood pressure due to abdominal pressure or the position of the arms below the heart.

Q Why do I feel pain or numbness due to the tightening of the cuff when measuring?

A This is a temporary phenomenon and nothing to worry about.

When measuring blood pressure, the arm tube needs to be tightened to temporarily stop blood flow in the arteries, so you may feel some pain and numbness in your arm. After the arm is withdrawn from the arm barrel, it can be relieved by taking a short rest.

Q Why is the blood pressure measured differently every time?

A Are they measured over the same time period?

Blood pressure varies even when measured every 10 seconds throughout the day. For proper blood pressure management, measure at the same time every day.

A Blood pressure fluctuates for various reasons.

Even if you measure at home, the measurement results will change in the following cases.

- Within 1 hour after meal
- After smoking
- After exercise
- Talk during measurement
- When the room temperature changes suddenly
- After drinking alcohol, coffee, black tea
- After bathing
- After peeing
- When feeling irritable due to nervousness
- When the measurement site or environment is different from he past

A If the arm is bruised when the measurement is taken, the measurement is different from the normal measurement.

Congestion caused by poor blood circulation at the fingertips due to pressure on the arm during measurement. When there is congestion, loosen the arm tube, raise the hand above the head, and repeat the clenching and stretching of the palm for about 15 times, and the congestion can be dredged.

Q When is the best time to measure blood pressure?

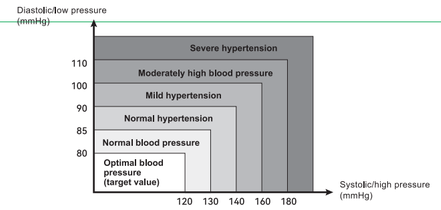
A The best time to measure blood pressure is within 1 hour after getting up in the morning, or before going to bed at night.

- If you measure in the morning, please sit quietly on the seat for 1-2 minutes before starting the measurement within 1 hour after getting up, before breakfast, and after urinating.
- If you are taking blood pressure medication, please measure before taking the medicine.
- If measuring at night, it is recommended to sit quietly on the seat for 1-2 minutes before going to bed before starting the measurement.
- If it is other times, it is better to measure when the body and mood are in a stable state.
- Also, it is recommended to take measurements at the same time period every day.

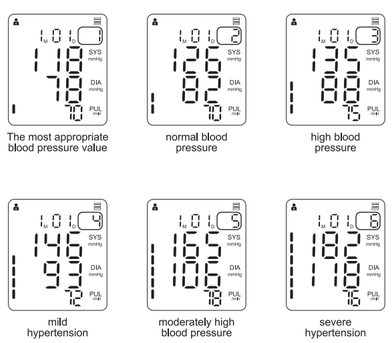
About blood pressure

1 Blood pressure classification class

※ According to the blood pressure classification by the WHO/ISH



2 Blood pressure type



Clinical Accuracy

The product was clinically investigated according to the requirements of ISO 81060-2 and complies with the accuracy requirements of +/-5mmHg at a standard deviation of max. 8mmHg

Reporting adverse events

For the users/patients/customer in EU countries:

If users/patients/customer think that they or someone in the family has experienced a serious incident that has occurred in relation to the device, users/patients/customer are encouraged to report the incident to the manufacturer and the competent authority of the Member State in which the users/patients/customer is established.

EMC Declaration

IEC 60601-1-2:2014/AMD1:2020 ME EQUIPMENT and ME SYSTEMS identification, marking and documents for Class B product

Instructions for use

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

Warning: Don't near 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 blood pressure monitor, including cables specified by the manufacturer. Otherwise, degradation of the performance of this equipment could result.

If any: a list of all cables and maximum lengths of cables (if applicable), transducers and other ACCESSORIES that are replaceable by the RESPONSIBLE ORGANIZATION and that are likely to affect compliance of the ME EQUIPMENT or ME SYSTEM with the requirements of Clause 7 (EMISSIONS) and Clause 8 (IMMUNITY). ACCESSORIES may be specified either generically (e.g. shielded cable, load impedance) or specifically (e.g. by MANUFACTURER and EQUIPMENT OR TYPE REFERENCE).

If any: the performance of the ME EQUIPMENT or ME SYSTEM that was determined to be ESSENTIAL PERFORMANCE and a description of what the OPERATOR can expect if the ESSENTIAL PERFORMANCE is lost or degraded due to EM DISTURBANCES (the defined term "ESSENTIAL PERFORMANCE" need not be used).

Technical description

1. all necessary instructions for maintaining BASIC SAFETY and ESSENTIAL PERFORMANCE with regard to electromagnetic disturbances for the excepted service life.
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	Compliance

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	Power supply lines: ±2 kV 100 kHz repetition frequency	Power supply lines: ±2 kV 100 kHz repetition frequency
Surge IEC 61000-4-5	line(s) to line(s): ±1 kV.	line(s) to line(s): ±1 kV.
Voltage dips, short interruptions and voltage variations on power supply input lines IEC 61000-4-11	0% 0.5 cycle At 0°, 45 °, 90 °, 135 °, 180 °, 225 °, 270 ° and 315 ° 0% 1 cycle And 70% 25/30 cycles Single phase: at 0 0% 300 cycle	0% 0.5 cycle At 0°, 45 °, 90 °, 135 °, 180 °, 225 °, 270 ° and 315 ° 0% 1 cycle And 70% 25/30 cycles Single phase: at 0 0% 300 cycle
Power frequency magnetic field IEC 61000-4-8	30 A/m 50Hz/60Hz	30 A/m 50Hz/60Hz
Conduced RF IEC61000-4-6	150KHz to 80MHz: 3Vrms 6Vrms (in ISM and amateur radio bands) 80% Am at 1kHz	150KHz to 80MHz: 3Vrms 6Vrms (in ISM and amateur radio bands) 80% Am at 1kHz
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
Proximity magnetic fields IEC 61000-4-39	30 kHz: 8A/m 134.2 kHz: 65A/m 13.56 MHz: 7.5A/m	30 kHz: 8A/m 134.2 kHz: 65A/m 13.56 MHz: 7.5A/m
NOTE U_T is the a.c. mians 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 communications equipment)	**Test Frequency** (MHz)	**Band** (MHz)	**Service**	**Modulation**	**Maximum Power** (W)	**Distance** (m)	**IEC 60601-1-2 Test level** (V/m)	**Compliance leve** (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	704 – 787	LTE Band 13, 17	Pulse modulation 217 Hz	0,2	0,3	9	9
	745							
	780							
	810	800 – 960	GSM 800/900, TETRA 800, iDEN 820, CDMA 850, LTE Band 5	Pulse modulation 18 Hz	2	0,3	28	28
	870							
	930							
	1720	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
	1845							
	1970							
	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	5100 – 5800	WLAN 802.11 a/n	Pulse modulation 217 Hz	0,2	0,3	9	9
	5500							
	5785							

Table 4

Guidance and manufacturer's declaration - electromagnetic emissions		
Test frequency	**Modulation**	**IMMUNITY TEST LEVEL** (A/m)
30 kHz	CW	8
134,2 kHz	Pulse modulation [a] 2,1 kHz	65 [b]
13,56 MHz	Pulse modulation [a] 50 kHz	7,5 [b]
a) The carrier shall be modulated using a 50% duty cycle square wave signal. b) r.m.s., before modulation is applied.		

Product Quality Assurance

Product Quality Assurance

1. From the date of purchase of this product, the company will provide free postage warranty service within 3 months, and the company will provide free warranty service within 3 months and 2 years, and the user shall bear the relevant postage.

2. Our company does not provide free warranty service for the following failures caused by the user's personal reasons, as follows:
   1) Failure caused by unauthorized disassembly and modification of the product;
   2) Internal failure of the fuselage caused by accidental drop during handling or use;
   3) Failures caused by improper use or lack of reasonable maintenance;
   4) Faults caused by failure to operate according to the correct knowledge in the instruction manual;
   5) Failures caused by natural disasters, such as flooding, fire, etc;
   6) The failure caused by the rupture of the internal airbag and the failure to pressurize due to the cuff being injured by a sharp object;
   7) Failures, etc. caused by improper repairs by repair shops not authorized by the company.

3. When requesting free service, you must present a valid warranty card and proof of purchase.
4. When requesting warranty service, please bring this product to the point of sale for repair.
5. Repair services outside the scope of warranty will be charged according to regulations.
6. The equipment is factory calibrated and can be calibrated according to local requirements. Use period: 5 years.
7. When the machine and battery are discarded, please follow the relevant local regulations.
8. Information such as circuit diagrams can be provided as required for professional maintenance personnel.
9. Please contact the manufacturer for the static pressure measurement mode of the blood pressure monitor and the method of entering the static pressure mode.

Warranty Card

Warranty Card

Product number: _____

Product Serial Number: _____

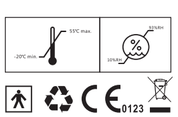
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Purchase time: _____ year _____ month _____ day

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Software Ver: U1.2.1
Rev.00

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