

## **Instruction Manual**



### **Features:**

- Smart Inflate™ Technology
- Auto Memory for 2 Users - Up to 60 Readings Each
- 3-Reading Averaging
- Time and Date Display
- WHO Blood Pressure Classification Indicator
- One-Touch Operation
- Easy-to-read Display
- BP Manager Software
- USB Data Transfer to PC
- AC Adapter

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## **Smart Inflate™ Measuring Technology**

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This Physio Logic™ monitor uses trend-setting Smart Inflate™ Technology to detect your blood pressure. With one touch of a button, it will automatically start to inflate and determine your blood pressure by analysing your pressure oscillations while inflating. When the measurement is completed, the device will automatically deflate the cuff and display your systolic, diastolic, and pulse. Measurement time is significantly shortened and user comfort is greatly enhanced.

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## **Statement of Accuracy**

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Blood pressure measurements determined with Physio Logic™ are equivalent to those obtained by a trained observer using cuff / stethoscope auscultation method, within the limits prescribed by the American National Standard for Electronic or Automated Sphygmomanometers (ANSI/AAMI).

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## **About Blood Pressure**

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Blood pressure is the pressure exerted on the arterial wall while blood flows through the arteries. The pressure measured when the heart contracts and sends blood out of the heart is systolic (highest). The pressure measured when the heart dilates with blood flowing back into the heart is called diastolic (lowest) blood pressure.

High blood pressure's strong correlation with cardiovascular diseases and high morbidity has made measuring blood pressure a necessity of identifying those at risk.

## Blood Pressure Standard

The Joint National Committee on prevention, detection, evaluation, and treatment of high blood pressure has developed a blood pressure standard, according to which areas of low and high risk blood pressure are identified. This standard is a guideline as blood pressure varies among different people and different age groups...

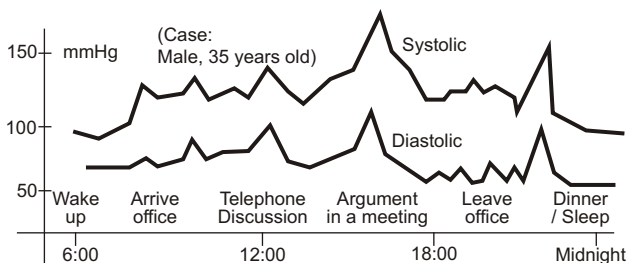
It is important that you consult with your physician regularly. Your physician will tell you your normal blood pressure range as well as the point at which you will be considered at risk.

### Blood Pressure for Adults Age 18 and Older

Category	Systolic (mmHg)		Diastolic (mmHg)
Stage 2 Hypertension	160	or	100
Stage 1 Hypertension	140-159	or	90-99
Prehypertension	120-139	or	80-89
Normal	< 120	and	< 80

## Blood Pressure Fluctuation

Blood pressure fluctuates all the time! You should not be overly worried if you encounter two or three measurements at high levels. Blood pressure changes over the month and throughout the day.



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## Before Taking a Measurement

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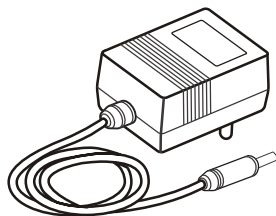
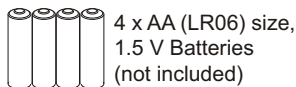
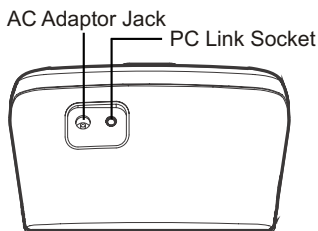
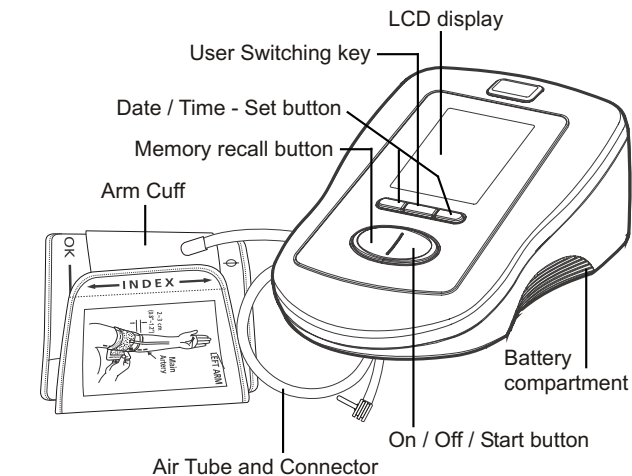
To help you obtain more accurate readings:

- Urinate if necessary.
- Remove any clothing and jewellery from your left arm. Placing the cuff on anything other than bare skin can result in an inaccurate reading.
- Sit in a comfortable position with your legs and ankles uncrossed and your back supported.
- Sit quietly for 15 minutes before measuring your blood pressure.
- If you need to retake a reading, wait at least 5 minutes to allow your circulation to return to normal.
- Pick a time of day, and take your blood pressure at about the same time every day. Since your blood pressure varies at different times of the day, this will make it easier for you to compare your daily blood pressure readings. A good time to take your blood pressure is in the morning, before breakfast.
- Don't smoke, eat or exercise for 30 minutes before taking your blood pressure. These activities can change your blood pressure.
- Do not measure your blood pressure immediately after consuming a large meal. To obtain more accurate readings, please wait one hour before measuring.
- Only take your blood pressure in a quiet place and when you are relaxed. Don't take your blood pressure when you are under stress. Any stress will raise your blood pressure.
- Position your arm so that the cuff is at the level of your heart.
- If the monitor is stored at very low temperature (near freezing), place it in a warm location for at least one hour before using it.

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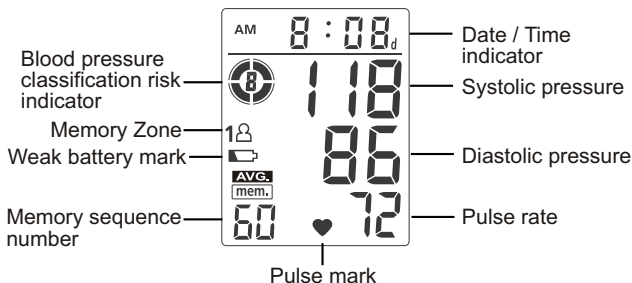
## Name / Function of Each Part

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AC Adaptor  
Output:  
12V DC, 600 mA (3.8ø/1.3 ø)

## Display Explanation



**mem.** Appears when measurement value is stored in memory or is recalled from memory



Pulse Mark: Shows the pulse rate per minute.



Appears when batteries should be replaced.



Appears when the monitor is operated in memory zone 1



Appears when the monitor is operated in memory zone 2

EE

Measurement Error (user's pressure exceeding 250 mmHg or lower than 40 mmHg): Measure again quietly. Keep wrist and arm steady during measurement. If error keeps occurring, see page 14 - Troubleshooting.

E1

Air Circuit Abnormality: Measure again.

E2

Pressure Exceeding 300 mmHg: Measure again.

E3

Data Error: Remove and reload the batteries.

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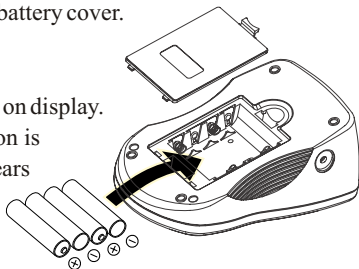
## Installing Batteries

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1. Press down and lift the battery cover in the direction of the arrow to open the battery compartment.
2. Install or replace 4 “AA” 1.5 V Alkaline batteries according to the indication inside the compartment. Ensure correct polarity.
3. Replace the battery cover by inserting the bottom tabs first, then push in the top end of the battery cover.

Replace batteries when:

1. Low battery icon appears on display.
2. The On / Off / Start button is pushed and nothing appears on display.

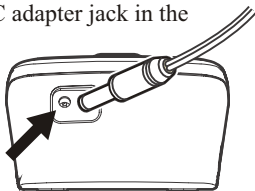


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## Using the AC Adapter

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1. Connect the AC adapter with the AC adapter jack in the back of the unit.
2. Plug the AC adapter into the socket. Please use a Physio Logic AC adapter (12V DC, 600mA).



### Caution:

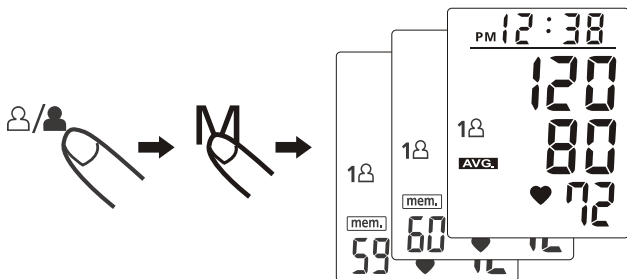
1. Please unload the batteries when operating with the AC mode for a longer period of time. Leaving the batteries in the compartment for a long time may cause leakage, which may lead to damage of the unit.
2. No batteries are needed when operating in the AC mode.

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## Recalling Memory

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1. To read memory values, select the memory zone from which you want to recall the values from. Then, press the "M" key. The memory values will be shown on the LCD display. The average measurement will be shown first and a new press of the "M" key will show the last measurement.
2. Every new press of the "M" key calls for one prior value stored.

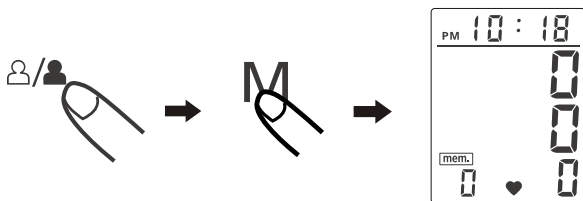


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## Clear Values from Memory

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1. Select the memory zone and then press and hold the "M" key for approximately 5 seconds to clear the data.



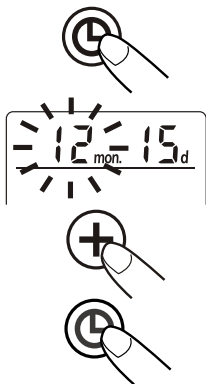
**Note:** The data may be lost if the batteries are removed. Users should record the data on a blood pressure recording chart or in the BP Manager before removing the batteries.

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## Time Adjustment

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1. To adjust the date / time in the monitor, press the Set key (Ⓢ).  
The display will show a blinking number showing the month.
2. Change the month by pressing the “+” Key. Each press will increase the number by one in a cycling manner. Press the Set Key (Ⓢ) again to confirm the entry, and the screen will show a blinking number representing the date.
3. Change the date, the hour, and the minute as described in Step 2 above, using the “+” Key to change and the Set Key (Ⓢ) to confirm the entries.
4. A “0” will reappear as the Blood Pressure Monitor is ready for measurement again.



Press the (Ⓢ) Set key



blinking month



increasing month



confirm the entry

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## Memory Zone Selection

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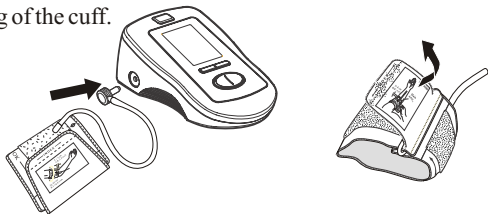
To select a Memory zone, press the Memory Zone key. Each press of the Memory Zone key will switch the memory to the other zone.

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## Applying the Arm Cuff

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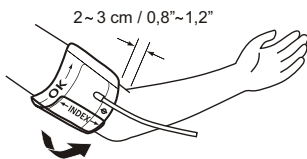
1. Insert the cuff's connecting tube into the unit.
2. Unwrap the arm cuff, leaving the "Index" end of the cuff through the D-ring of the cuff.



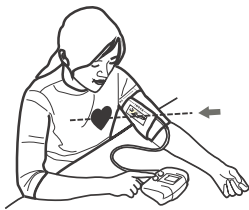
3. Put your left arm through the cuff loop. Position the artery mark ( $\Phi$ ) at the middle of your arm above the elbow, in line with your middle finger. Tighten the cuff by pulling the "Index" end of the cuff (snug, not tight).



4. Turn your left palm upward and place the edge of the arm cuff at approximately 2 to 3 cm (0.8" - 1.2") above the inner side of the elbow joint.



5. If the Index line falls within the OK range, indicated at the edge of the cuff, this cuff is suitable for your use. If the Index line falls out of the OK range, you may need a different size cuff.

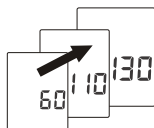


## Taking a Measurement

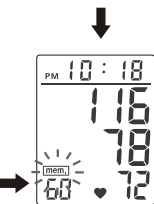
1. Select the memory zone and press the On / Off / Start button to close the monitor.
2. Press the On / Off / Start button. All displays will appear for approximately one second before returning to “0”.



3. The unit will automatically start to inflate and begin to measure your blood pressure. During inflation, a changing measure of the cuff pressure will be shown on the display.



4. When pressure reaches your systolic blood pressure, the monitor will deflate the cuff automatically. When the monitor completes the measurement, it will display and save your systolic, diastolic, and pulse readings to memory. Up to 60 memories can be saved.



5. Measurement is now completed. Press the On / Off / Start button to turn the unit off.

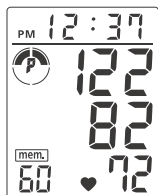
### Note:

1. This monitor automatically switches off approximately 1 minute after last key operation.
2. To interrupt the measurement, simply press the “M” or “ON/OFF/START” key. The cuff will deflate immediately after a key is pressed.
3. **During the measurement, do not talk or move your arm or hand muscles. Any movement may affect the results.**

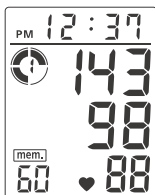
## — Blood Pressure Classification Risk Indicator —

The **World Health Organization (WHO)** and **National High Blood Pressure Education Program Coordinating Committee** have developed a blood pressure standard, classifying blood pressure ranges into 4 stages.

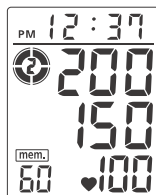
This unit is equipped with a blood pressure classification indicator, which promptly indicates the risk level (prehypertension / stage 1 hypertension / stage 2 hypertension) of the result after each measurement on the LCD display.



Prehypertension  
Sys. 120-139  
Dia. 80-89



Stage 1  
hypertension  
Sys. 140-159  
Dia. 90-99



Stage 2  
hypertension  
Sys. 160  
Dia. 100



Note: The Blood Pressure Classification Risk Indicator will show only if the blood pressure reading is **NOT** normal.

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## Troubleshooting

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*Symptom:* No display when the On / Off / Start button is pressed.

*Correction:* If the batteries have run down, replace them with new alkaline batteries. If the batteries are not in the correct position, re-insert them with the correct polarities.

*Symptom:* EE mark shown on display or the blood pressure value is displayed excessively low (high).

*Correction:* Wrap the cuff properly so that it is positioned correctly. If you talked or moved during the measurement, measure again quietly. Always wait at least 5 minutes before taking another measurement.

**Note:** If the unit does not work, please call our consumer information line at 1-800-363-2381. Under no circumstance should you disassemble the unit and attempt repairs.

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## Cautionary Notes

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1. Avoid extreme temperatures, humidity, and direct sunlight. Avoid strongly shocking the main unit, and protect it from dust.
2. Clean the blood pressure monitor body and the cuff carefully with a slightly damp, soft cloth. Do not press. Do not wash the cuff or use chemical cleaner.
3. Remove the batteries when the unit is not used for a long time.
4. The unit should not be operated by children.
5. Do not disassemble the main unit or cuff.
6. This device might not be suitable for use by people with poor blood circulation, common arrhythmias, such as atrial or ventricular premature beats or atrial fibrillation. It is not designed for ambulatory use.
7. To stop operation at any time, press the Start key and the air in the cuff will be rapidly exhausted..

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## Data Transfer to PC

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### Data transfer accessories:

1. Physio Logic<sup>®</sup> BP Manager software CD-Rom (PC compatible)  
Note: The BP Manager software must be used with Windows 2000 or XP operating systems.
2. USB cable.

### BP Manager software installation:

Place the BP Manager CD-Rom in your computer's CD-Rom drive and follow instructions on screen. If the installer does not start, double-click the CD-Rom icon, then double-click on "Setup.exe".

### To upload data to the PC:

1. Turn on the computer, start the BP Manager software, and select a patient (user) file. *Note: A patient file must exist prior to the data transfer. To create one, click on the "New" icon, enter the information, and click on "Save" (disk icon).*
2. Turn off your BP Monitor.
3. Plug the round micro connector end of the USB cable in the BP Monitor and the other end in your computer's USB outlet.
4. Turn your BP Monitor on. Its LCD screen will display a loop, indicating that it is ready for data transfer.
5. In the BP Manager software, click on "connect" (PC link icon) to start the data transfer.
6. Once transfer is complete, turn off your BP Monitor before unplugging the USB cable.

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## Blood Pressure Chart

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For reliable monitoring and reference of blood pressure, keeping long-term records is recommended. Please download the Blood pressure chart (chart for recording and tracking crucial info : date, time, blood pressure) at [www.amgphysiologic.com](http://www.amgphysiologic.com)

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## Specifications

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Measurement method	: Oscillometric
Measurement range	: Pressure: 40 to 250 mmHg ; Pulse: 40 to 199 beats / min.
Pressure sensor	: Semi conductor
Accuracy	: Pressure: $\pm 3$ mmHg; Pulse: $\pm 5$ % of reading
Inflation	: Pump driven
Deflation	: Automatic pressure release valve
Memory capacity	: 60-set memory x 2 zones
Auto-shut-off	: One minute after last button operation
Operation temperature	: 10°C to 40°C (50°F to 104°F)
Operation humidity	: 40 to 85 % HR maximum
Storage temperature	: -10°C to 60°C (14°F to 140°F)
Storage humidity	: 10 to 95 % HR maximum
Power source	: 6 V DC, 4 LR06 (AA) 1.5 V batteries
AC adapter	: 12V DC, 600mA
Dimensions	: 170 x 110 x 67 mm
Weight	: 409 g (G.W.) (without batteries)
K.B.	: Short time operation 2 minutes
	: Type BF

Device and cuff are designed to provide special protection against electrical shocks.

*\* Specifications are subject to change without notice.*

**Consumer Info-Line: 1-800-363-2381**

**AMG**

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