



**Automatic Wrist
Blood Pressure Monitor**

Instruction Manual

Features:

- Step Valve Technology
- Memory for up to 30 readings
- One-Touch Operation
- Easy-to-read Display
- Time and Date Display

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Step Valve Measuring Technology

This Physio Logic™ monitor uses the oscillometric method to detect your blood pressure. Before the cuff starts inflating, the device will establish a baseline cuff pressure equivalent to the air pressure. Your Physio Logic™ monitor will determine the appropriate inflation level based on one's pressure oscillations, followed by cuff deflation. Step valve technology uses an electronic valve system as opposed to the traditional mechanical valve system, allowing the monitor to analyse oscillations during measurement and adjust cuff pressure accordingly. Adjustments in cuff pressure occur in steps and result in an audible ticking as the valve releases air from the cuff. Releasing pressure in steps allows the monitor to analyse oscillations in the cuff and evaluate them for accuracy. During the deflation, the device will detect the amplitude and slope of the pressure oscillations and determine the systolic, diastolic, and pulse for you.

Statement of Accuracy

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).

About Blood Pressure

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.

Blood Pressure Standard

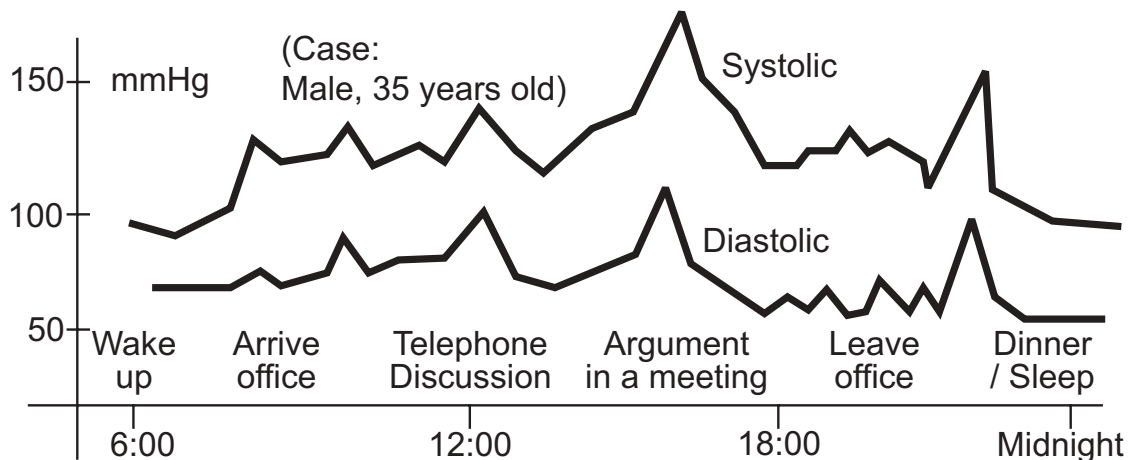
The Joint National Committee on prevention, detection, evaluation, and treatment of high blood pressure has developed a blood pressure standard, according to which areas of low and high risk blood pressure are identified. This standard is a guideline as blood pressure varies among different people and 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 (mm Hg)		Diastolic (mm Hg)
Optimal	<120	and	<80
Normal	<130	and	<85
High-normal	130-139	or	85-89
Hypertension Stage 1	140-159	or	90-99
Hypertension Stage 2	160-179	or	100-109
Hypertension Stage 3	>180	or	>110

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.

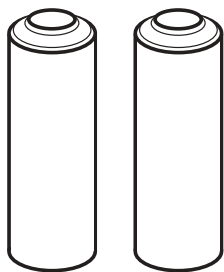
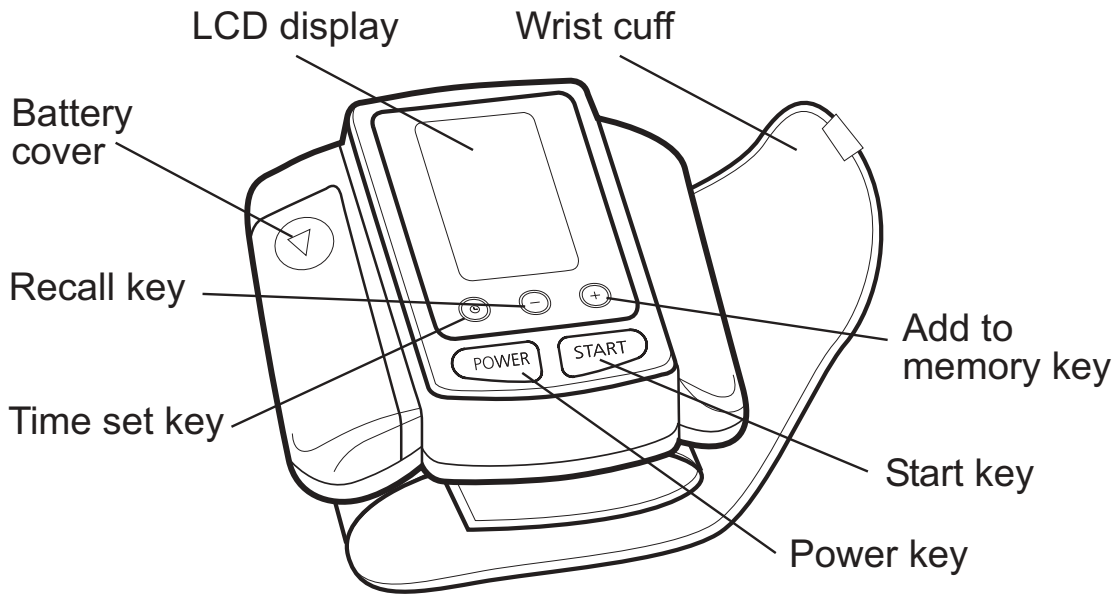


Before Taking a Measurement

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.

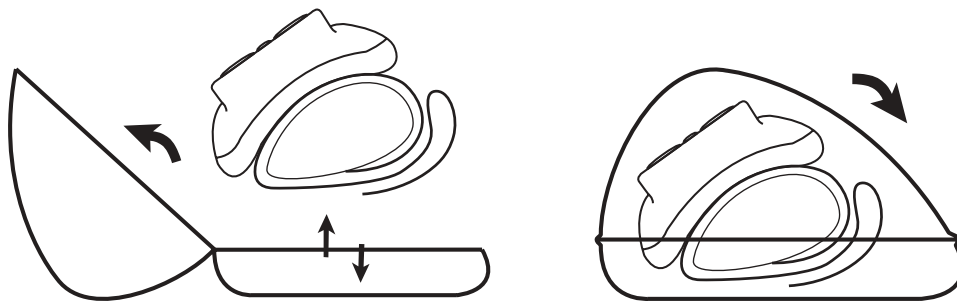
Name / Function of Each Part



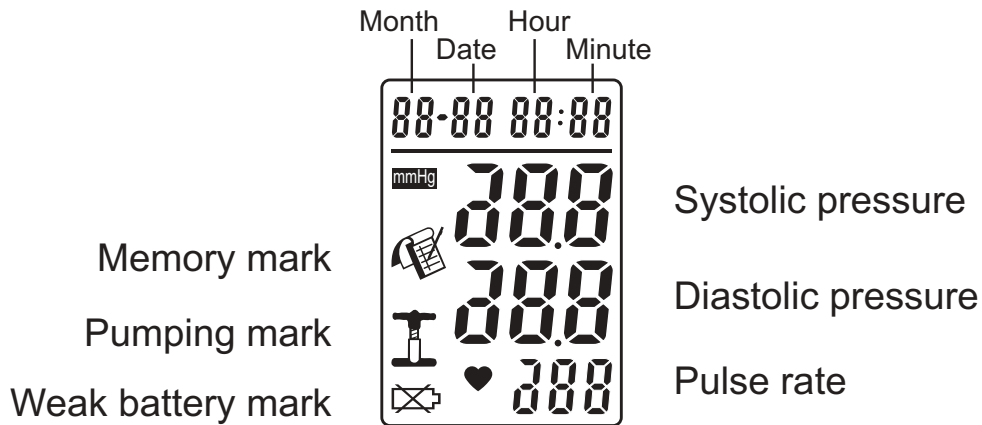
— 2 “AAA” size, 1.5 V Alkaline batteries


Carrying Case


Please store your blood pressure monitor in the carrying case as shown below.





Display Explanation




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

 Appears when batteries should be replaced.

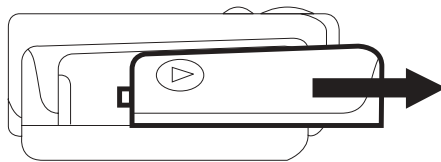
 Appears while inflating.

 Shows the pulse rate per minute.

 Occurs when an error was made during measurement.

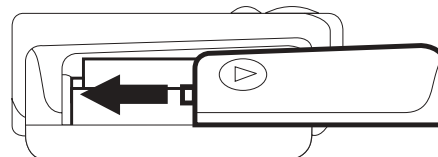
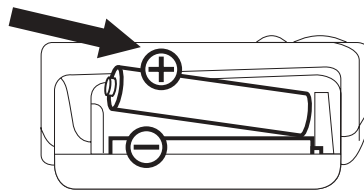
Installing Batteries

1. Slide battery cover off.
2. Install lower battery first.
Ensure correct polarity.
Battery type: 2 Alkaline 1.5 V
LR03 (AAA) size.
3. Replace the battery cover.



Replace batteries when:

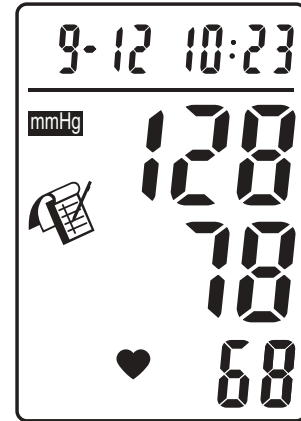
1. Low battery icon appears on display.
2. Nothing appears in the display when the power is switched on.



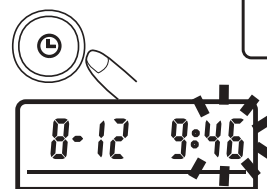
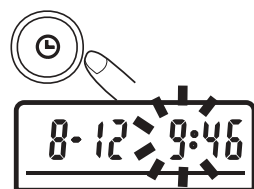
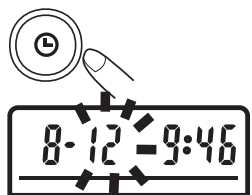
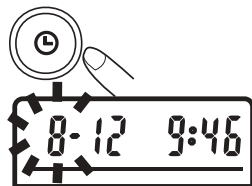
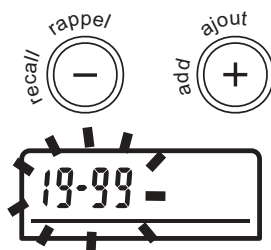
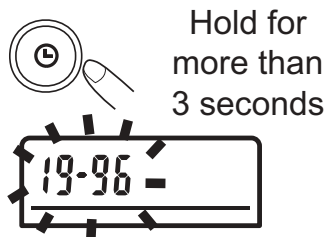
Recalling Memory

1. To recall stored blood pressure readings from memory, simply press the Recall key. The last set of memorized readings will be displayed.
2. Another press of the Recall key will recall the previous set of readings.

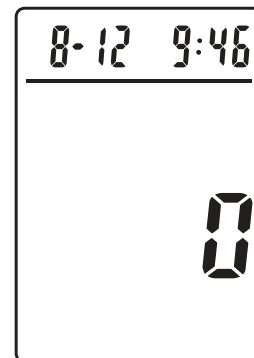
Note: The data will be erased when any of the batteries are removed for at least 10 seconds



Time Adjustment

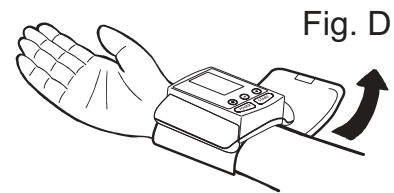
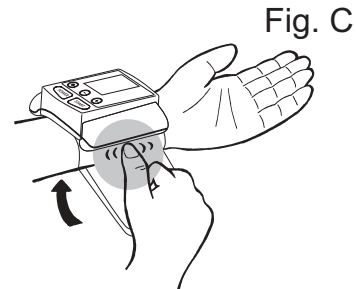
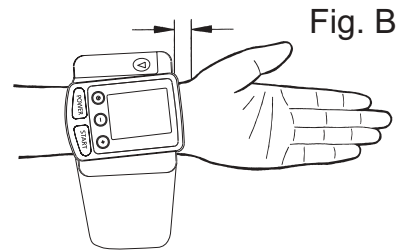
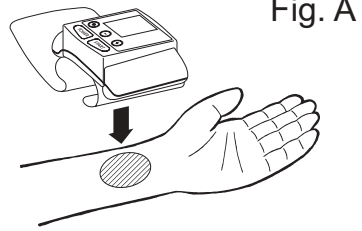


1. Press and hold the “⌚” button for more than 3 seconds to enter Time Adjustment Mode. The display will show a blinking year.
2. Press the “+” or “-” to change the year.
3. Press the “⌚” button again to confirm the entry.
4. The display will then show a blinking Month, followed by the Date, the Hour and the Minutes. Repeat steps 2 and 3 to adjust them.
5. A “0” will reappear as the blood pressure monitor is ready for measurement again.



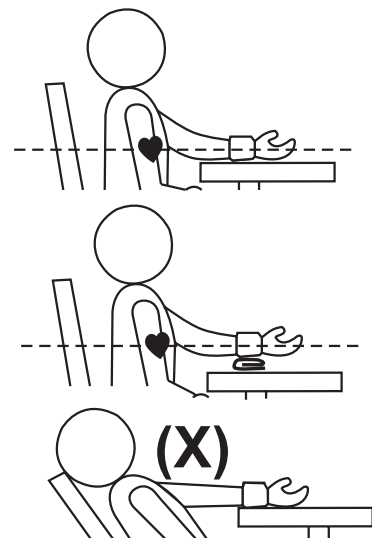
Applying the Arm Cuff

1. Remove all watches, jewellery, etc. prior to attaching the wrist monitor. Clothing sleeves should be rolled up and the cuff should be wrapped on bare skin for correct measurements.
2. Apply cuff to the left wrist with the palm facing up as in Figure A.
3. Make sure the edge of the cuff is about 1 cm from the palm as in Figure B.
4. Fasten the velcro strap securely around your wrist so there is no extra space between the cuff and the wrist as in Figure C. If the cuff is not wrapped snugly enough (snug, not tight), the measurement will be false.
5. If your physician has diagnosed you with poor circulation in your left arm, carefully place the cuff around your right wrist as shown in Fig. D.



Correct Measuring Posture

1. Place your elbow on a table so that the cuff is at the same level as your heart.
2. If the cuff is not at the same level as your heart, use a soft object such as a folded towel to support your arm.
3. Turn your palm upwards, sit upright in a chair, and take 5-6 deep breaths. Avoid leaning back.



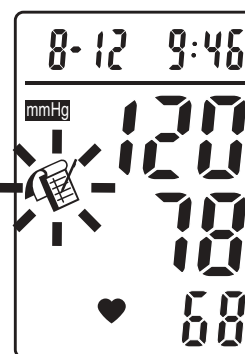
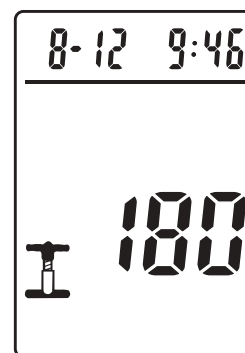
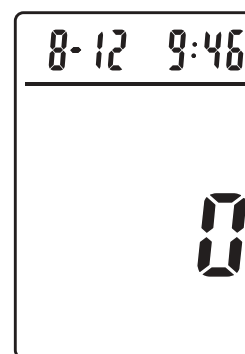
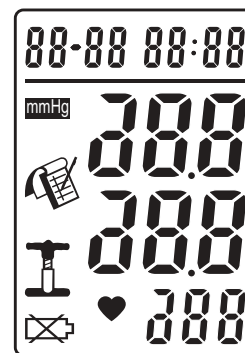
Taking a Measurement

1. Wrap the cuff on the wrist. Press the POWER key. All digits will light up checking the display functions. This will take approximately 2 seconds.
2. After all the symbols appear, the display will show a “0”. The monitor is now ready to measure.
3. Press the START key. Once the monitor inflates the cuff to approximately 180 mmHg, the measurement will begin.
4. When the measurement is completed, systolic, diastolic and pulse will show simultaneously on the LCD screen.
Note: The monitor will re-inflate automatically to approximately 220 mmHg if the system detects that it needs more pressure to do a measure.
5. To save the values in the memory system, press the Add to memory key. The Memory mark will appear for 1 second. Up to 30 measurements can be saved in the memory.

Notes: This monitor automatically switches off approximately 3 minutes after last key operation.

To interrupt the measurement, simply press any key. The cuff will deflate immediately after any key is pressed.

During the measurement, do not talk or move your arm or hand muscles.



Troubleshooting

Symptom: No display when the Power 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 it again quietly. If the wrist was shaken during the measurement, repeat 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.

Cautionary Notes

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. Do not press the Start key when the cuff is not on the wrist.
4. Remove the batteries when the unit is not used for a long time.
5. The unit should not be operated by children.
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.

Specifications

Measurement method	: Oscillometric
Measurement range	: Pressure: 20 to 280 mmHg ; Pulse: 40 to 180 beats / min.
Pressure sensor	: Semi conductor
Accuracy	: Pressure: ± 3 mmHg; Pulse: ± 5 % of reading
Inflation	: Pump driven
Deflation	: Automatic pressure release valve
Memory	: Up to 30 readings
Auto-shut-off	: 3 minutes 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	: -5°C to 60°C (23°F to 140°F)
Storage humidity	: 10 to 95 % HR maximum
Power source	: 3V DC, two LR03 1.5 V “AAA” batteries
Dimensions	: 81 (L) x 78 (L) x 78 (H) mm
Weight	: 115 g (G.W.) (without batteries)
Wrist circumference	: 13.5 to 19.5 cm (5.3” to 7.7”)
Minimum age	: Over 18 years old

** Specifications are subject to change without notice.*

Consumer Info-Line
1-800-363-2381



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