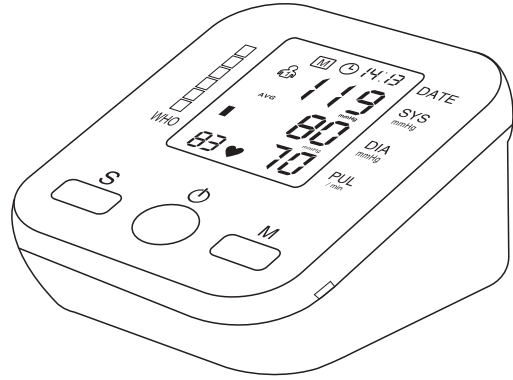


# Operating Manual of Fully Intelligent Arm Style Electronic Blood Pressure Monitor



- Thanks for choosing our product.
- Please read the user manual carefully before using .
- Please keep the user manual carefully .

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## Safety Cautions

※Please read user manual carefully before using so as to operate it correctly.  
 ※Refer to safety cautions to avoid damages caused by using incorrectly.

For the sake of safety, be sure to observe the safety cautions

**Attention** II equipment

**Prohibition** B type application part

the instrument do not have toxic or hazardous substance and elements , it is environmentally friendly, it can be recycled , do not throw away at random

Electronic Information Products pollution control sign means the EFUP of this product is 5 years , it can be recycled ( battery excluded )

<b>Alarm</b>	
<b>Attention</b>	• consult the doctor if the have bad blood circulatory embarrassment with wrist Otherwise it will cause physical discomfort
	• plug out the power supply before repairing and never plug in or out with wet hands Otherwise it may cause accident or malfunction

<b>Attention</b>	
<b>Prohibition</b>	• don't cure by the self judged results, it is dangerous • give the results to your doctor and undergo treatment • take medicine according to the advice of doctors • for those who have cycle disorder because of other disease , it may have big difference measured by wrist or arm
	• don't make it for other use Otherwise it may cause accident or malfunction
	• use the special AC stabilized-voltage power supply of this product Otherwise it may cause electroshock or fire
<b>Attention</b>	• when use AC stabilized-voltage power supply , use the socket exclusively Otherwise it may cause electroshock or fire
	• during measurement , do not use devices that produce electromagnetic interference like phone nearby, which will have impact on the normal use of the instrument Otherwise it may cause inaccuracy
<b>No dis mantle</b>	• Don't dismantle , repair or alter privately Otherwise it may cause accident or malfunction

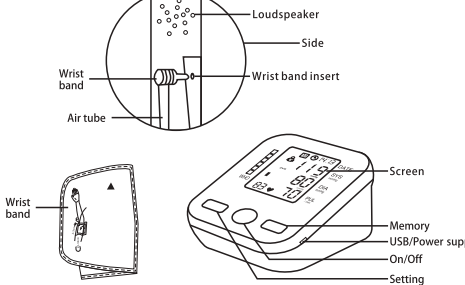
※please keep the user manual carefully

## Safety Cautions

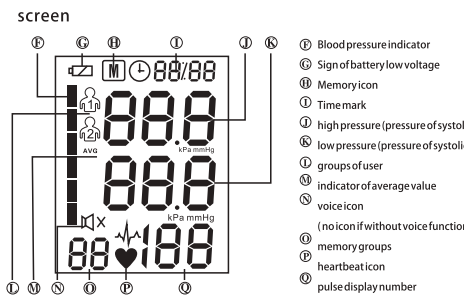
<b>Attention</b>	
<b>Prohibition</b>	• don't use the AC stabilized-voltage power supply when it is damaged. Otherwise may have the danger of electron shock or circuit
	• don't tread AC stabilized-voltage power supply Otherwise it may cause harm or malfunction
	• plug in the AC stabilized-voltage power supply tightly Otherwise may have the danger of electron shock or circuit
<b>Attention</b>	• stop using and check the line if anything abnormal Otherwise it may cause electroshock , fire or short accident
	• don't stretch , bend or scratch AC stabilized-voltage power supply, and don't roll the wire on the instrument or AC stabilized-voltage power supply, don't use AC stabilized-voltage power supply together with voltage transformer Otherwise it may cause electroshock , fire
<b>Prohibition</b>	• don't wet the instrument or the AC stabilized-voltage power supply Otherwise it may cause electroshock , fire or short circuit
	• plug out AC stabilized-voltage power supply during repair or maintenance , never plug in or out by wet hands Otherwise it may cause electroshock
	• prevent water , dust or pin-like attached on the AC stabilized-voltage power supply Otherwise it may cause electroshock , fire or short circuit
<b>No dis mantle</b>	• Otherwise it may cause fire because of dust moisture or insulation deterioration Otherwise it may cause fire because of dust moisture or insulation deterioration
	• Don't dismantle , repair or alter the device privately Otherwise it may cause spark or have the danger of harm

## Parts name

Please confirm

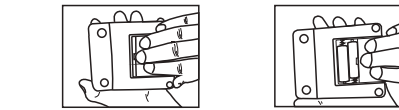


## Parts name



Shopping product: AC adapter(AC stabilized-voltage power supply)  
 Model : RCL-065003c  
 Input: AC 90-260V  
 Output: 5V---1000 mA

## Preparation insert batteries



- 1.turn over the instrument, press the part of the battery cover , take out the battery cover along the arrow direction.
- 2.Confirm the charges of the battery and load the battery.
- 3.close the cover.

## Preparation insert batteries

<b>Attention</b>	
<b>Attention</b>	• be sure to follow the contents • put in the battery correctly after confirm its electrons • take out battery immediately when it shows power low • take out the battery if long time do not use
	• use the battery within the using period if do not follow the above it will cause battery heat, burst or leakage and lead to harm.

## Preparation insert batteries

**Change battery** during measurement, it displays like the left picture  
 • press "on/off", displays all and then disappear  
 • press "on/off" and displays nothing

**preparation load battery**  
 • a new set of alkaline batteries can be used about 500 times Measure 3 times each day , it can be used for 5 months ( temperature 22℃ , pressurize to 170blood pressure(22.7kPa),arm circumference around 30cm).  
 • life of battery will be shorter if use under low temperature.  
 • use alkaline battery , otherwise the using life cannot be long.  
 • a new set of Zn-Mn batteries can be used about 140 times.  
 • there is a pair of radom Zn-Mn batteries in the instrument ,which is in order to display to customers to confirm whether the instrument is good before buying, so the using life maybe less than 140 times.  
 • when change the battery , be sure to use the same type , and change 4 batteries at the same time.  
 • take out the battery if long time do not use to avoid malfunction because of battery leakage.  
 • do not throw waste battery around , recycle it .

## How to use AC stabilized-voltage battery

<b>Attention</b>	
<b>Attention</b>	be sure to use special AC stabilized-voltage power source, otherwise it will cause fault
	※be sure to use special AC stabilized-voltage power source

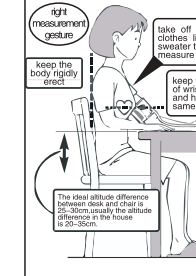
- 1.plug AC stabilized-voltage power source to the correct socket. AC 90-260V
- 2.plug AC power supply of DC stabilized-voltage power source to the correct insert of the instrument
- 3.plug AC stabilized-voltage power source to the correct socket.

## How to use bind wrist band

 1. plug in the air tube • plug the air tube to the bottom	<When measured with the left arm> • Export trachea should hand Align the palm of the little finger Paste face
 <When measured with the right arm> (2-3) CM 3.roll wrist band tightly	2.the volumetied to the arm cuff • roll and bind the wrist band on your bare arm It can be measured both right and left hand, but the results have different extent of difference. Please measure by the same side of arm each time

## How to use measure manual

Measure when you are calm and relaxed



1. Place elbow on the desk.
2. The wrist band and heart on the same level.
3. Palm up and relax.

Measure at the same time with the same arm and same gesture each day  
 • position of the wrist band will cause the result to change.  
 • you'd better measure your basic blood pressure , (pressure of wake up and do not want emicition in the morning), if you cannot , please take before marl or sports.  
 • do not touch instrument , wrist band and air tube be quiet and relaxed during measurement

• be quiet for at least 5 mins before measuring  
 • relax body , arm and fingers , no muscle activity  
 • do not speak during measuring , be quiet  
 • measure again 4 to 5 mins if you need to measure in succession

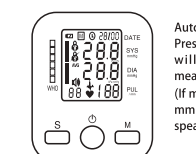
## Wrong measurement gesture



## Incorrect posture

- ▶ Sit with legs crossed during measurement
- ▶ Bend or body lean forward
- ▶ Sit on sofa or because chair is short to cause the bending of body (cause negative pressure or the position of arm lower than heart lead to the rise of blood pressure )  
 the ideal height difference of desk and chair should be 25-30cm, have a cushion under arm when necessary

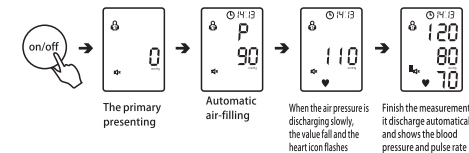
## How to use measurement method



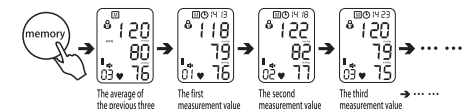
Automatic testing  
 Press the on/off button and the blood pressure monitor will start to charge for measurement. During measurement, please do not move or talk.  
 (If mmHg appears on the screen, the measurement unit is mmHg; or else, kPa.)Instrument with voice function will speak the results and the result alarm.

## How to use measure manual

## How to use measure manual



**How to use save measure results**  
 The blood pressure monitor can store 99 groups of memory. After each measurement, the blood pressure monitor will automatically store measured data. When the memory capacity is full, old measured data will be covered by new data.  
**A.View measure results**  
 The memory button is pressed down in sleep mode. The first display is average value of the last three times of measurement. The measured value of each time can be checked by pressing the button in sequence.



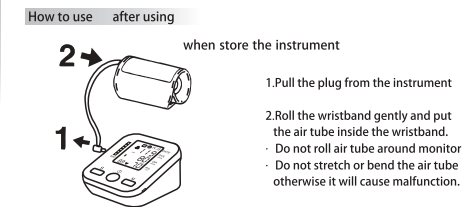
**B. delete storage**  
 1>Delete single memory group  
 In memory mode, the on/off button is pressed down until 'DEL' is displayed at the centre of the screen; then the memory button is pressed down to delete the current memory groups.  
 2>Delete all memory  
 The memory button is pressed down for three seconds in sleep mode, and then the setting button is pressed. The screen will display 'EE' and then the button is loosened to delete all memory groups.

※sleep mode means power-on but no indication  
 ※memory mode means press memory button under sleep mode and the display the measured value

**How to use settings**  
**A. User and time setup**  
 1>User selection  
 The setting button is pressed down for three seconds in sleep mode until the user icon is flickering. The 'memory' button is pressed down to select user.  
 2)Time setting  
 After the user is selected, the setting button is pressed down until the icon is flickering. Then 'year, month, date, hour, minute' should be selected in sequence by pressing down the setting button every time. The memory button can be pressed to adjust, and the setting button is pressed to confirm. The time will be confirmed as system default time if it is not adjusted.

**B. Settings of voice and unit**  
 1)voice pattern (products without voice function will directly into the step 2)  
 After the time setting is finished, the setting button is pressed to enter sound select mode, (that is 'SP' mode). 'OFF' indicates to turn off sound; 'ON' indicates to turn on sound. The memory button is pressed to select, and the setting button is pressed to confirm and enter blood pressure unit mode.  
 2)Blood pressure unit selection  
 Blood pressure unit mode (that is 'PA' mode): the blood pressure unit in 'OFF' state is mmHg, and the blood pressure unit in 'ON' state is kPa. The memory button is pressed to select, and the setting button is pressed to confirm.

※sleep mode means power-on but no indication.

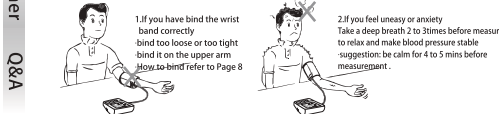


**Other Notice**  
 The blood pressure cannot be accurate under below circumstances

<p>Less than one hour after meal or after drinking</p>	<p>After coffee , black tea or tobacco</p>
<p>After exercise or bathing</p> <p>Measure 20 mins after sports or shower</p>	<p>Measure in a moving vehicle</p>
<p>do not measure in cold condition</p> <p>Measure in warm temperature around 20℃</p>	<p>When you have to urinate</p> <p>Measure several mins after emission</p>

**Other Q&A**  
**Q** What's the blood pressure difference between measured at home and in hospital?  
**A** blood pressure changes all the time, together with the climate, emotion and sport will cause changes. In hospital ,there exists the so-called phenomena of Hypertension in white , it is higher than at home because of nervous and uneasy.

**If blood pressure measured at home higher than hospital , pay attention to below tips**



**Q Why the blood pressure is different each time ?**  
**A**  
 1.blood pressure changes all the time, together with the bind method , measurement gesture , the results differ. Please measure under the same condition each time .  
 2.for people who take hypotensive drug, because of the pesticide effect, the blood pressure differs greatly.  
 3.If measure 2 times in succession ,stop 4 to 5 mins then measure again.

**Q Is the blood pressure the same by right & left hand ?**  
**A**  
 It can be measured both right and left hand, but the results have different extent of difference. Please measure by the same side of arm each time when measure .

**Other Fault prevention**

<p>Please don't fall the instrument on the floor and avoid crash or severe shock , or it will cause malfunction.</p> <p>Doing so may cause malfunction</p>	<p>Do not use it after it just out of -0C-, use it after at least one hour under warm condition, or it cannot pressure normally</p> <p>Otherwise it will cause not properly pressurized</p>	<p>Don't let dust or miscellaneous fl., or it will cause malfunction .</p> <p>Doing so may cause malfunction</p>
<p>Use cloth with warm water or soapy water to wipe it. If there is film, do not use alcohol, gasoline, or it will burn or change color</p> <p>Doing so may cause cracking or discoloration</p>	<p>Avoid placing it under high temperature, moisture or direct sunlight, or it will cause malfunction.</p> <p>Doing so may cause malfunction</p>	<p>Please do not wash the wrist band , or it will cause malfunction.</p> <p>Doing so may cause malfunction</p>

Display	Abnormal phenomena	Reasons & solutions
Er 1	Stop pressurize, pressure plunge, and display "Er 1"	If the measure method or the gesture is right (refer to p8-9)
Er 2	sign flashes occasionally	If wrist band bind correctly (refer to p8)
Er 3	Results extreme high or low	If the measure method or the gesture is right (refer to p8-9)
Er P	Do not pressurize after waiting seconds	If the air tube is connected well(refer to p8)
Hl	Pressurize above 280blood pressure	If the measure method or the gesture is right (refer to p8-9)

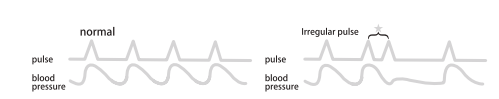
Symptom	Possible causes
Higher than max-value or lower than min-value	-wrist band position low -wrist band bind incorrectly -wrist band position high -move or speak during measuring
blood pressure extreme low or high	-if you change the measurement gesture each time (refer to p9)
blood pressure different from the measurement of doctor	-subtle change of metal state before doctor reflects on the result -measure again after 4 to 5mins(refer to p9)
blood pressure measured each time is different	
No display after click switch button	battery electrode wrong
Display disappears after click the switch button	-low power (refer to p6-7)
When there is malfunction	please do not repair by yourself , send it back to us

**Specification**

Name	B02R
Power supply	DC6V four AAA batteries Power adapter AC 90-260V
Display	Digital liquid crystal display
Measurement mode	Oscillometric method
Measurement range	Pressure:20-280blood pressure (2.7-37kPa) Pulse:40-160times/min
Accuracy	Pressure:15℃-25℃ within ±3blood pressure±0.4 kPa) 5℃-40℃ (do not include 15℃-25℃) within ±6blood pressure(±0.8 kPa) Pulse:within ±5%
Normal working environment	Temperature:5℃-40℃ Moisture: 85%
Store&transport environment	Temperature:20℃-55℃ Moisture:10%-93%
Operating air pressure	85 kPa-105 kPa
Operate&store air pressure	50 kPa-105 kPa
Measurable arm circumference	About 20cm-34cm
Weight	About 222g(exclude batteries)
Dimension	126×100×53mm(L*W*H)
Operation mode	Operate continually
Safety classification	II internal power supply B type application part automatic
Air-filling method	Electronic discharge valve
Quick exhaust way	Discharge valve
Air leakage current	Dynamic current<500mA static current<30mA power off current<20uA
Storage sets	99 sets of storage( 2 people)
Convert units	blood pressure/kPa convert(default unit is blood pressure)
Results display	High pressure/low pressure (pulse)
Power detection	LCD display "E2" means power low
WHO tip	Alarm the healthy status ,refer to page 20-21
Overpressure protection	over295blood pressure (20MS),discharge automatically
Auto power off	Auto power off when no operation for 1 minute

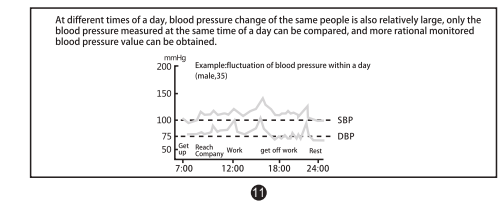
**Important information about blood pressure**  
**What is blood pressure?**  
 Blood pressure indicates the pressure borne by arterial vascular walls when the blood flows through the arterial vascular walls. During cardiac cycle, the blood pressure of the arterial vascular walls changes constantly.  
 The highest pressure during cardiac cycle is called high pressure value (systolic pressure); the lowest pressure is called low pressure value (diastolic pressure).  
 The high and low pressure values are a necessary basis for diagnosis of blood pressure conditions of patients by doctors.

**What is irregular pulse wave?**  
 Irregular pulse wave indicates instantaneous heartbeat rhythm is detected to exceed 25% out of the range of average heartbeat rhythm when the blood pressure monitor is used for measuring high and low pressure values.  
 If there is irregular pulse wave, please consult a doctor.

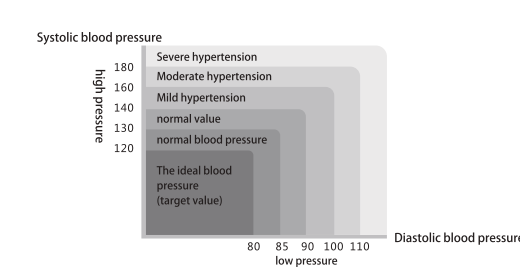


**What is arrhythmia?**  
 Arrhythmia is a result-driven electrical system of the heart as a result of abnormal heart rhythm conditions. The typical symptoms are  
 • Palpitations (a feeling of skipped heart beats, fluttering or "flip-flops," or feeling that your heart is "running away").  
 • Pounding in your chest.  
 • Dizziness or feeling light-headed.  
 • Fainting.  
 • Shortness of breath.  
 • Chest discomfort.  
 • Weakness or fatigue (feeling very tired).

**Why it is good to measure blood pressure at home?**  
 Your blood pressure will be affected by body movement, anxious motion and different time periods in the day. You should measure at least two times and get an average value measurement for accuracy. Therefore, it is the best to measure blood pressure at the same time of each day to obtain accurate signs of blood pressure change. Usually blood pressure measured in the morning is relatively low, and gradually rises from afternoon to the night. Additionally, blood pressure is relatively low in summer, and relatively high in winter.



**Classification of blood pressure by World Health Organisation**  
 The World Health Organisation (WHO) made classifications of blood pressure as shown in the following diagram.  
 This table displays blood pressure measurements of different people at different postures in hospital outpatient departments as the standard.  
**Notes:**  
 Low blood pressure has no definition.  
 Generally people whose high pressure value is not up to 100mmHg (13.3kPa) are called hypotensive.



**Warranty Card**

1.This product is within one year's warranty under normal use of non-human factors of quality problems.(Gifts do not belong to the warranty.)  
 2.The warranty date is subject to the invoice of the product ,please show the invoices when maintained.  
 3.During the warranty period,the repair isn't free under the following circumstances :  
 • Do not follow the instructions for use caused by the fault.  
 • Due to self-repair or modifying that resulting in failure.  
 • Due to natural disasters,dropping, hitting or improper voltage .  
 • Appearance is naturally polluted due to use.

**Certificate**

Product Name : \_\_\_\_\_  
 Type : \_\_\_\_\_  
 Inspection date : \_\_\_\_\_  
 Examiner : \_\_\_\_\_

The product has been tested and proved to be qualified for delivery