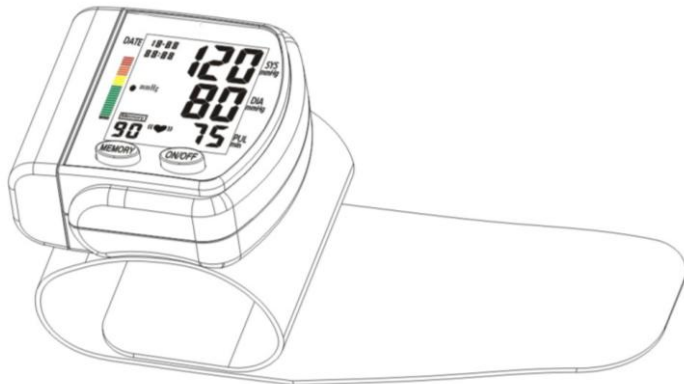


# WRIST BLOOD PRESSURE MONITOR

## INSTRUCTION MANUAL

Models: BP201



English Instruction Guide Ver1.0

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## IMPORTANT INFORMATION

- Please read this instruction manual thoroughly so that you completely understand the operations, cautions, performance and limitations with this monitor. After reading this manual, please keep it for future reference.
- You should not use this blood pressure monitor for self-diagnosis, self-treatment or to change medication without consulting your physician or other health care professional. Should you have any doubt or question about your blood pressure measurements, you should consult your physician or other health care professional.
- This device is contained high-precision parts; therefore, avoid exposing it to extreme temperature or humidity or to direct sunlight, shock and dust.
- Do not attempt to calibrate or repair this monitor. If you have any questions regarding the function or operation of this monitor, please contact our service agent so we can provide you with accurate information.
- Should the monitor or cuff need cleaning, use a dry, soft cloth or a cloth dampened with water and a mild detergent. Never use alcohol, benzene, thinner or other harsh chemicals to clean the monitor or cuff.
- Remove and replace the batteries if the monitor is not used for more than 6 months. Alkaline batteries recommended.

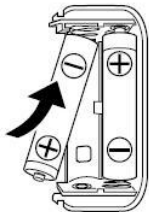
## **PRECAUTION FOR USE**

The BP201 Wrist Automatic Blood Pressure Monitor is designed to be operated by anyone who is eighteen years and older or by medical professionals to monitor blood pressure (systolic and diastolic) and pulse rate.

### **BEFORE YOU START**


Please make sure you have installed 2 AAA (3 volt) batteries (alkaline batteries recommended), to install batteries or replace them if the “Low Battery” symbol appears on display), proceed as follows:

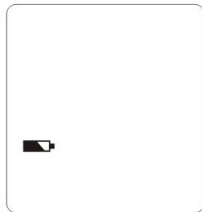
#### **■ Battery Loading**



- ★ Remove the battery compartment cover by gently pushing down on arrow and sliding cover forward.
- ★ Place batteries with positive “+” and negative “-” terminals into compartment and make sure they match the indicated terminals in the compartment.
- ★ Close the battery cover by gently sliding it into the compartment and pressing it into place.

## Note:

- ★ When the LCD display shows “Low Battery” signal , the batteries must be replaced for accurate readings.
- ★ Do not use rechargeable batteries with a voltage of 1.2V each because they are not suitable for this product and will cause inaccurate readings.
- ★ Remove the batteries if the monitor will not be used for six months or longer to avoid damage from the possibility of leaking batteries.
- ★ All the measurements will remain in the memory should the batteries become drained, removed, or replaced.

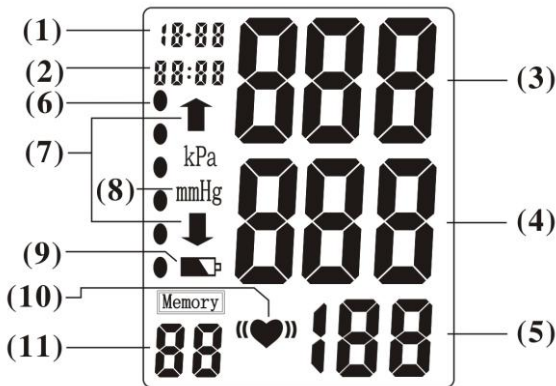


## MONITOR COMPONENTS



- ★ “MEMORY” Button / Clock Setting
- ★ “ON/OFF” Button / Clock Adjusting
- ★ LCD Display
- ★ Systolic Indicator
- ★ Diastolic Indicator
- ★ Pulse Indicator

## DISPLAY OF LCD



### **Mode for LCD display:**

- (1) Date: Month - Day
- (2) Time: Hour - Minute
- (3) Systolic Blood Pressure  
(unit: mmHg)
- (4) Diastolic Blood Pressure  
(unit: mmHg)
- (5) Pulse (unit: beat/minute)
- (6) WHO BP Classification Indicator
- (7) Inflation / Deflation Indicator
- (8) Blood Pressure Measurement Unit
- (9) Low Battery Indicator
- (10) Irregular heartbeat Indicator
- (11) Memory Record Number

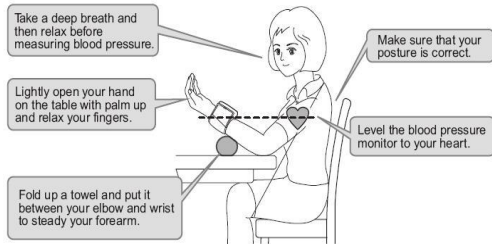
## TIPS FOR BLOOD PRESSURE MONITORING

- ★ Relax for about 5 minutes before measurement.
- ★ Do not smoke or ingest caffeine at least 30 minutes prior to measurement.
- ★ Remove any constricting clothing or watch and place the cuff on a bare wrist.
- ★ Keep still and do not talk until the measurement is complete.
- ★ The cuff must be neither too tight nor too loose. Using a little force, you should be able to place two fingers between the cuff and your wrist.

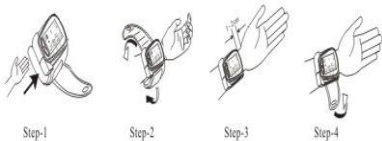
## TAKING A MEASUREMENT

### (1) POSTURE FOR TAKING BLOOD PRESSURE MONITOR

- ★ Make yourself comfortable and sit-up straight
- ★ Place the wrist with cuff in front of you on the table with the palm up. Do not bend your wrist or curl your fingers.
- ★ Cuff should be at the same height as your heart.



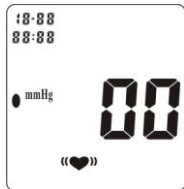
## (2) HOW TO WRAP THE CUFF



- ★ Place the cuff around a bare wrist  $\frac{1}{2}$  or  $\frac{3}{4}$  of an inch above the wrist joint on the opened-hand side of the wrist.
- ★ Keep the cuff at the same level as your heart.
- ★ Unless your physician recommends otherwise, use the left wrist to measure pressure.
- ★ The cuff should be snug but not too tight. You should be able to insert two fingers between the cuff and your wrist.

## LCD DISPLAY FOR TAKING BLOOD PRESSURE

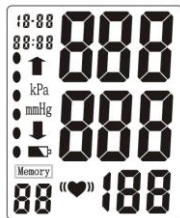
After you are in a comfortable position, press the "ON/OFF" button. The device will verify itself showing all "8s", then LCD will show "00".





## CLOCK AND DATE ADJUSTMENT

- ★ When the monitor is turned off, press ON/OFF and the 'MEMORY' buttons for 3 seconds at the same time. The number of the year will blink on the LCD display. When the MEMORY button is again pressed and released, the month will blink. Repeat the process and the day of the month, the hour and minute will blink.
- ★ When the number that you wish to set is blinking, each time you press and release the 'MEMORY' button, the number will increase by one for the year, month, day, hour or minute.



**Note: The hours are displayed as 1 through 24  
Rather than 12 AM hours and 12 PM hours**

- ★ When batteries are replaced, the time and date must be reset.

## **IRREGULAR HEARTBEAT INDICATOR**

If an irregular heartbeat is detected, the Irregular Heartbeat symbol (♥) will appear and blink in the display window.

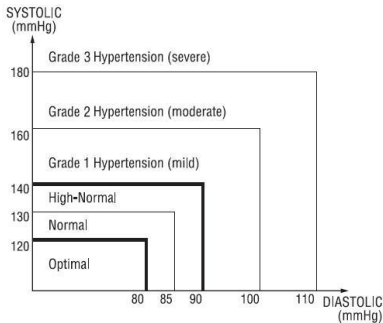
## **DELETING MEASUREMENT FROM THE MEMORY**

Press and hold the 'MEMORY' BUTTON until all numbers change to 'ZERO' .



## EVALUATING BLOOD PRESSURE FOR ADULTS

The following standards for assessing high blood pressure (without regard to age or gender) have been established as a guide according to WHO (World Health Organization). Please note that other risk factors (e.g. diabetes, obesity, smoking, etc.) need to be taken into consideration and may affect these figures. Always consult with your physician or other health care professional for accurate assessment.





### WHO CLASSIFICATION OF BLOOD PRESSURE

Blood Pressure Classification	SBP (mmHg)	DBP (mmHg)	COLOR INDICATOR
Optimal	<120	<80	GREEN
Normal	120-129	80-84	
High-Normal	130-139	85-89	
Stage 1 Hypertension	140-159	90-99	YELLOW
Stage 2 Hypertension	160-179	100-109	ORANGE
Stage 3 Hypertension	≥180	≥110	RED

# SPECIFICATION

<b>Model No.:</b>	BP201	<b>Operation Environment:</b>	Temperature: 5~40°C Humidity: < 85%RH
<b>Type:</b>	Oscillometric; Automatic air inflation by air pump and automatic deflation	<b>Storage Environment:</b>	Temperature: -20~60°C Humidity: < 95%RH
<b>Measurement Range:</b>	Pressure: 40~280mmHg Pulse: 30~160 Pulses	<b>Classification:</b>	Class II, type B
<b>Accuracy:</b>	Pressure: within $\pm 5$ mmHg Pulse: within $\pm 5\%$	<b>Cuff Size:</b>	11.42" x 2.83" (+/-0.2")
<b>Power Supply:</b>	3V DC (2 "AA" batteries)	<b>Memory:</b>	90 measurements including date and time
<b>Battery Life:</b>	Approx. 250 times (180mmHg, once /day, 22°C)	<b>Dimensions:</b>	65.5mm (2.57inch)-----(L) 63.5mm (2.5inch) -----(W) 62mm (9.84inch) -----(H)
		<b>Weight:</b>	141.5g (0.31 LB)

## TROUBLE SHOOTING (1)

Abnormality	Probable Reason	Corrective action
LCD shows Low Batter symbol 	Batteries are low.	Install new batteries.
The unit does not measure. Readings are too high or too low.	Pneumatic system blocked or cuff is too tightly wrapped.	Make certain the cuff is wrapped around your arm correctly and re-measure.
	Pressure system was unstable before measurement.	Measure again. Stay calm. Do not move or speak during measurement.
	The cuff position is not correct.	Sit comfortably and still. Make sure the cuff is at the same level at your heart.
An irregular heartbeat symbol occurs. 	Irregular heartbeat	Relax for about 5 minutes and measure again. If the symbol appears again, consult your physician or other health care professional.
Incorrect operation	Some interference in inflation or wrong operation during measuring	Refer to the inflation step in “Taking blood pressure” and process again.






## TROUBLE SHOOTING (2)

Abnormality	Reason	Checkout
LCD shows "Er U"	Insufficient inflation	Wait for 5 minutes and re-measure. If operation is still abnormal, contact manufacture or agent (see the last page)
LCD shows "Er H"	Inflation over 305 mmHg	
LCD shows "Er 1"	Undetectable the pulse	
LCD shows "Er 2"	Radiation interference	Move away the radiation source
LCD shows "Er 3"	Measured result appears wrong	Measure again

## Box Contents

- 1 Wrist Blood Pressure Monitor
- 1 Plastic Carrying Box
- 1 Product Instructions
- 2 AAA Alkaline Batteries

## Symbols

	Type B Applied Part
	Attention and Caution
SN	Serial Number
	Date of Manufacture
	Consult Accompanying Documents
	Storage Temperature & Relative Humidity

## **LIMITED ONE YEAR WARRANTY**

ChoiceMMed America Co. warrants to the original purchaser that this equipment will be free from defects in materials and workmanship for a period of one year from the date of purchase.

To obtain full warranty coverage, please be sure to complete your product registration within 30 days from date of purchase.

### **REGISTER ONLINE:**

Visit [www.choicemmedamerica.com/register](http://www.choicemmedamerica.com/register)

Fill out required information

If you are unhappy with this product, we'll replace it or give you your money back.

For questions or comments, or report any problems, please email to [support@choicemmedamerica.com](mailto:support@choicemmedamerica.com).

### **Distributed by:**

#### **ChoiceMMed America Co.**

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