

GoWISE USA®

Blood Pressure Monitor

Wrist Type

Instruction Manual

GW22059



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- Thank you for purchasing this **GoWISE USA®** Blood Pressure Monitor.
- To assure correct use of this monitor, read these instructions carefully and thoroughly.
- Please keep the manual for future reference.

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INTRODUCTION

Thank you for selecting this **GoWISE USA** Blood Pressure Monitor. It features blood pressure measurement, pulse rate measurement, auto-save results, and a long life of reliable service.

Measurements taken by GW22059 are equivalent to those obtained by a trained observer using the cuff and stethoscope auscultation method.

This manual contains important safety and care information as well as step-by-step instructions for using the product. Read the manual carefully and thoroughly before using the product.

Features:

- Systolic and Diastolic blood pressure
- Pulse rate
- Blood Pressure Classification
- Irregular Heartbeat Detection
- 2 Users
- 90 Memory Recall for each User
- Wrist Cuff range of 5.3”to8.5”circumference
- Large digital LCD V.A. display
- Measurement appears during inflation
- Voice Function and Positioning System

CAUTION

This device is intended for adult use only.

This device is intended for non-invasive measuring of arterial blood pressure. It is not intended for use on extremities other than the wrist or for fluctuations other than obtaining a blood pressure measurement.

Do not confuse self-monitoring with self-diagnosis—this unit allows you to monitor your blood pressure. Always consult a physician before beginning or ending a medical treatment.

If you are taking medication, consult your physician to determine the most appropriate time to measure your blood pressure. Never change a prescribed medication without consulting your physician.

This unit is not suitable for continuous monitoring during medical emergencies or operations.

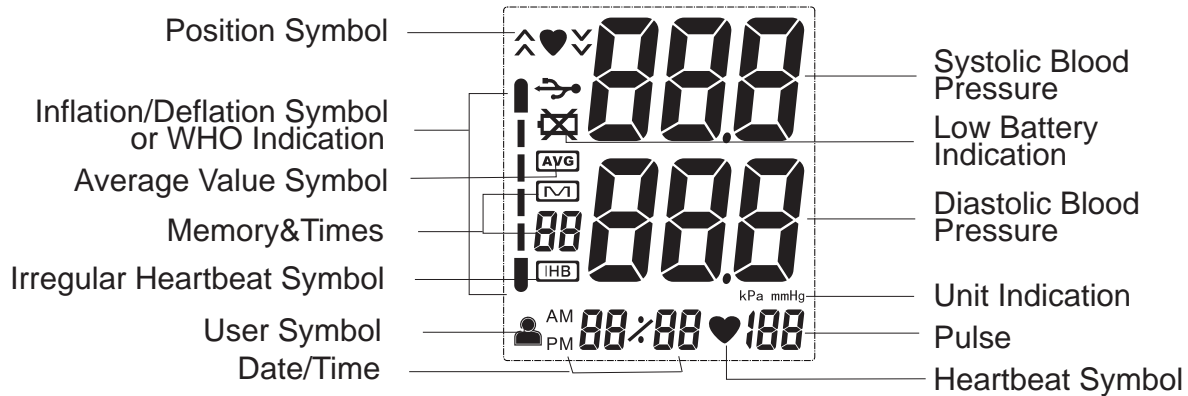
The unit will automatically deflate, when the cuff pressure exceeds 40 kPa (300 mmHg). Should the cuff not deflate when pressure exceeds 40 kPa (300 mmHg), detach the cuff from wrist and press the START/STOP button to stop inflation.

To avoid measurement errors, carefully read this manual before using the product.

The equipment is not AP/APG equipment and is not suitable for use in the presence of a flammable anesthetic mixture with air or with oxygen or nitrous oxide.

Inspect the monitor and accessories for proper working condition before each use. Store them carefully to avoid damage. (See more information in the Maintenance section of this manual.)

LCD display



Product symbols

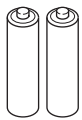
SYMBOL	DESCRIPTION	EXPLANATION
SYS	Systolic blood pressure	High pressure result
DIA	Diastolic blood pressure	Low pressure result
Pul/mln	BPM	Motion will result in inaccurate measurements
88	Memory	If "M" shows, the displayed measurement values is from the memory. For instructions, refer to Page 9
^♥v	Movement error symbol	Shocking will result in inaccurate
⊗+Lo	Low battery	Batteries are low and need to be replaced
kPa	kPa	Measurement unit of the blood pressure (1kPa=7.5mmHg)
mmHg	mmHg	Measurement unit the blood pressure (1mmHg=0.133kPa)
AM PM 88:88	Time(hour:minute)	Currently time
⋮	Grade	The grade of the blood pressure

Product components

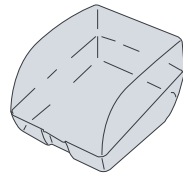
Body & Cuff



Power



• 2 AAA Alkaline Batteries



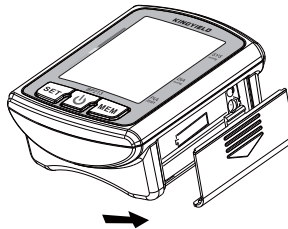
• Storage Case

Batteries

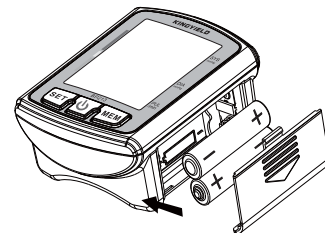
Batteries: 2 x AAA batteries

The installment and replacement of batteries

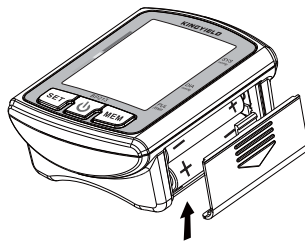
1. Slide off the battery cover.




2. Install the batteries by matching the correct polarity, as shown.



3. Replace the cover.



Replace batteries when any of the following occur:

- The +Lo shows on display
- The display dims
- The display does not light up

CAUTION

- Use two identical 1.5V alkaline batteries. (AAA/LR03).
- Do not use rechargeable batteries.
- Replace both of the batteries if the symbol of low battery appears on the display.
- Never leave any low battery in the battery compartment because they may leak and cause damage to the unit.

Oscillometric Measuring method

This product uses the Oscillometric Measuring method to detect blood pressure. Before every measurement, the unit establishes a “zero pressure” equivalent to the air pressure. Then it starts inflating the wrist cuff, meanwhile, the unit detects pressure oscillations generated by beat-to-beat pulsatile, which is used to determine the systolic and diastolic pressure, and also pulse rate.

The device also compares the longest and the shortest time intervals of detected pulse waves to mean time interval, and then calculates standard deviation. The device displays a warning signal with the reading to indicate the detection of irregular heartbeat when the difference of the time intervals is over 25%.

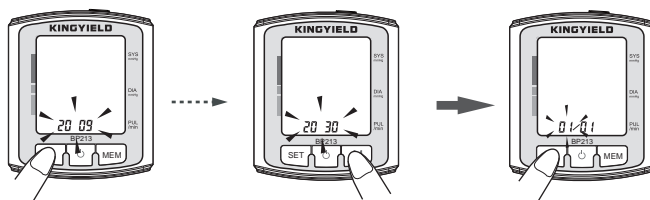
HOW TO SET UP YOUR BLOOD PRESSURE MONITOR

It is important to set the clock before using your blood pressure monitor, so that a time stamp can be assigned to each record that is stored in the memory. (year: 2009-2030)

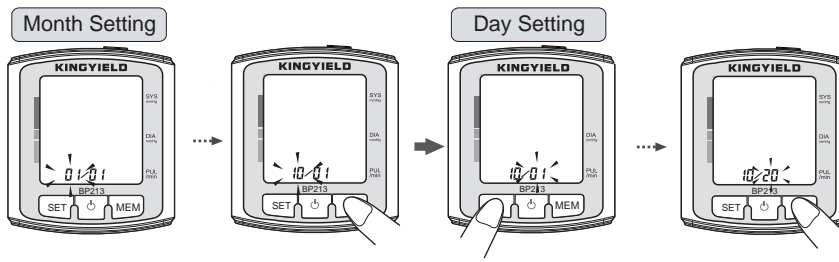
SETTING THE DATE AND TIME

1. After the batteries are installed, all the information will appear on the display. After two seconds, the year will flash on the display.
2. Press the “MEM” button to change the years. Once you have reached the desired year, press the “SET” button to save it at that year.

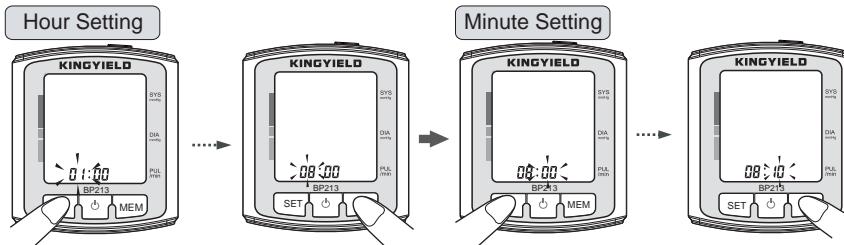
The year can be set between 2009 – 2030 and it will return to 2009 when you have reached the 2030.



3. After the year has been set, the month and day will appear on the screen with the month flashing. Press the “MEM” button to change the month setting. Once you have reached the desired month, press the “SET” button. When the month has been set, the day will be flashing, take the same steps to set the day setting.



- After the month and day has been set, the time setting will appear on the screen with the hour flashing. Press the “MEM” button to change the hour (**NOTE: Time is in 24 hour format**). Press the “SET” button once you have reached the desired hour. After hour has been set, the minute setting will be flashing, take the same steps to set the minute setting.



SETTING THE UNIT OF MEASUREMENT

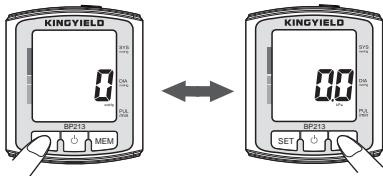
You can set up your monitor to measure pressure in either kPa or mmHg.

- After the date and time has been set up, a “0”, with “mmHg” below, will display on the screen. To change the unit of measurement, press the “MEM” button then press the “SET” button to save that setting.

SETTING THE POSITIONING SENSOR

The positioning sensor is a new feature in blood pressure monitors that tells the user whether the position of the blood pressure monitor is too high or too low. The positioning sensor symbol is the shape of a heart with two arrows going up or down.

- After the unit of measurement has been set, the word “ON” will be displayed along with the positioning sensor symbol will be displayed on the screen. This means that the positioning sensor is on, press “SET” to keep the positioning sensor on. If you wish to turn the positioning sensor off, press the “MEM” button. Press “SET” to save the setting.

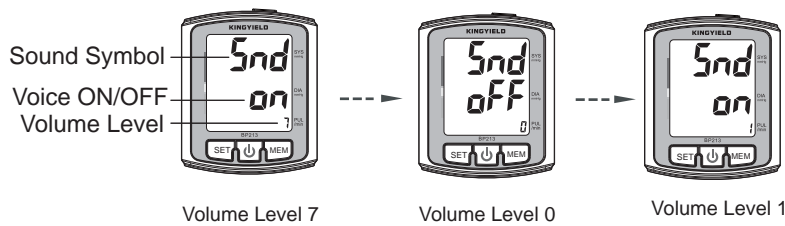


SETTING THE VOICE FUNCTION

The Voice function is a new feature in our blood pressure monitor that speaks to you. It will tell you whether the cuff is too high or too low and will read out your results.

1. After the positioning sensor has been set, the words "SND ON" will appear on the screen. This means that the voice function is on, press the power button to keep the voice function on. If you wish to turn the voice function off, press "MEM" and the words "SND OFF" will appear on the screen. Press the "⏻" to save the setting.

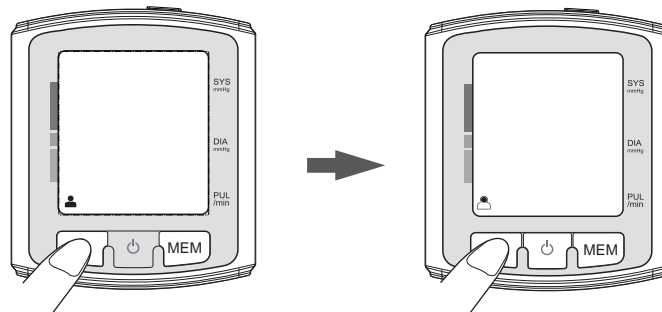
NOTE: If you turn the voice function on, the monitor will beep instead of speaking to you. If you turned off the voice function and wish to turn it on, press and hold "SET" and it will take you through the whole set up. Keep pressing "SET" until you get to the Voice function setting then press "MEM" to turn it back on. Below the "SND ON" on the display is the volume level. After you turn the voice function on, press "MEM" continually to turn up the volume, it can be set between levels 1 and 7, then press the power button to save the setting.



SWITCHING USERS

This blood pressure monitor is for two users with a 90 memory recall for each.

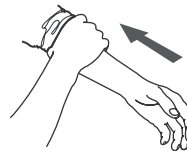
1. After you have set up this blood pressure monitor, the monitor will be off. Press the "SET" button and a user mark will appear. Press "⏻" to confirm the user and the monitor will turn off.



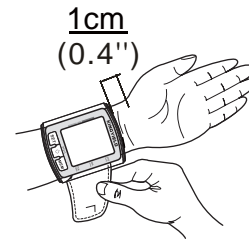
MEASUREMENT

Positioning the wrist cuff

1. Remove all accessories (e.g. watch, bracelet) from your left wrist. If your physician has diagnosed you with poor circulation in your left arm, use your right wrist.
2. Roll or push up your sleeve to expose the skin.



3. Apply the cuff to your left or right wrist with your palm facing up.

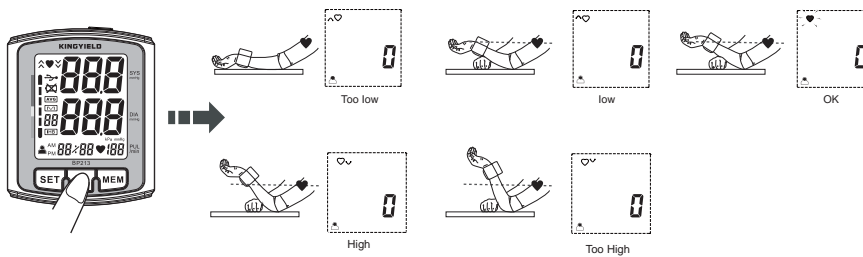


4. Position and fasten the wrist cuff around the lower arm about 0.8" (2cm) from wrist. Leave no extra space between the cuff and your skin; if the cuff is too loose, the measurement will not be accurate.

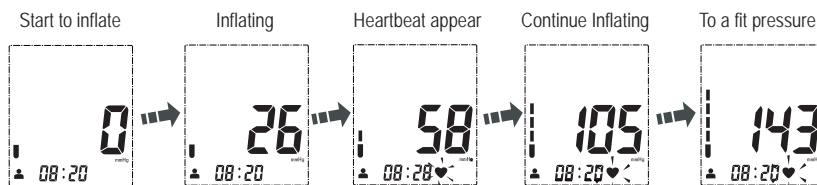
- Rest for 5 minutes before measuring blood pressure.
- Wait at least 3 minutes between measurements. This allows your blood circulation to recover.
- For a meaningful comparison, try to measure under similar conditions. For example, take daily measurements at approximately the same time and same position, or as directed by a physician.

Start a measurement

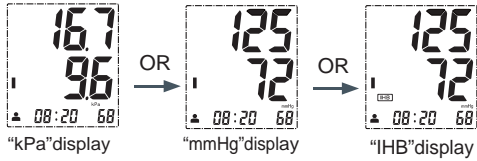
1. Choose a user then press " ⏻ "
2. Press the " ⏻ " to turn on the monitor. If the cuff is not in the proper position, the monitor will remind you by either speaking to you, if the voice function is on, or beeping, if the voice function is off. The positioning sens or symbol will also appear at the top left.




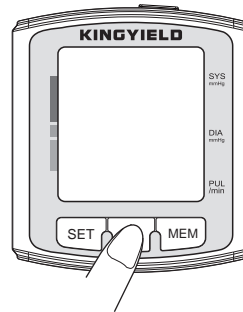
3. Once you are in the proper position, the monitor will start the measurement automatically. A heart, next to the time, will flash once a pulse is detected.



- The blood pressure and pulse rate are displayed when the measurement is completed. *NOTE: If the voice function is on, it will read out your results.* The cuff will deflate automatically and the measurement results are stored with the date and time for that user. An IHB will appear in corner if an irregular heartbeat is detected.




- Press the "  " to power off, otherwise it will turn off automatically within 2 minutes.

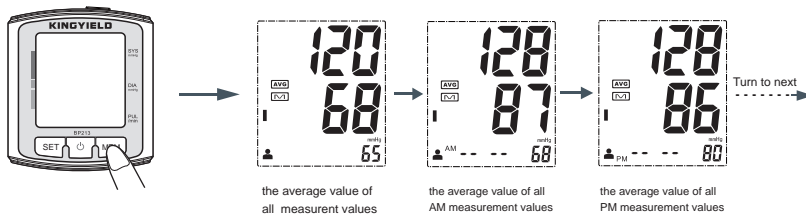


OPERATION OF RECORDS

Recalling records

- Choose the user that you want to get records for then press "  ". Press the "MEM" to show the most recent record. The first record is the average value of all readings.
- Press "MEM" again and it will show you the average value of all AM or morning readings.
- Press "MEM" again and it will show you the average value of all PM or afternoon/evenings readings.
- Press "MEM" again to display each reading you have.

NOTE: You can press the "SET" button to go back to a previous record. If the voice function is on, the monitor will read out the records for you.



(The number of the record, date and time will be shown alternately.)

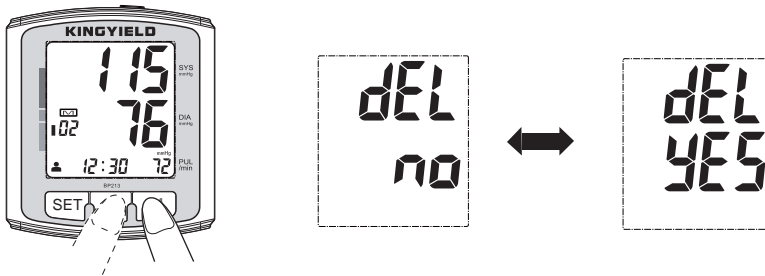
CAUTION

The most recent record (1) is shown first. Each new measurement becomes the (1) record. All other records are pushed back one digit (e.g., 2 becomes 3, and so on), and the last record (60) is dropped from the list.

Deleting a record from memory

If you did not get the correct measurement, you can delete all results by following these steps:

1. When the unit is off, switch to the user you want to delete records for then press "⏻". Press "MEM" briefly to turn on the appropriate screen. Then press and hold "MEM" for 6 seconds; the display will flash "dEL no".



2. Press "MEM" and the screen will display "dEL YES" then press "⏻" to delete the records.
3. If you don't want to delete the records, press "MEM" to change the selection to "dEL no" and press "⏻".
5. If there is no record, the display will only show hyphens.

INFORMATION FOR USER

Tips for measurement

For accurate readings, consider these tips:



Wait at least 1 hour
after dinner or drinking.



Do not measure immediately
after tea, coffee, smoking.



Wait at least 20 minutes
after taking a bath.



Do not measure when
talking or moving fingers.



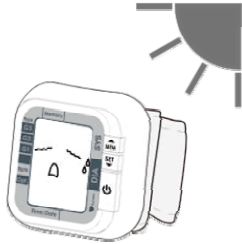
Do not measure in
very cold environment.



Do not measure when you
need to discharge urine.

Maintenance

- Store the monitor and accessories carefully to avoid damage.
- In order to get the best performance from your monitor, follow these instructions:



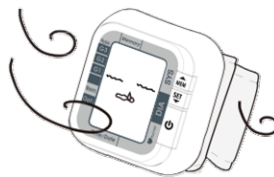
Keep in a dry place and avoid sunshine.



Do not immerse in water.



Do not shake intensely or drop.



Avoid dusty environment and unstable temperature



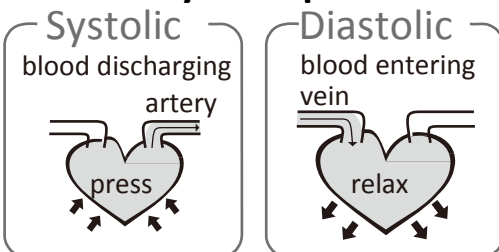
Remove dirt with dry or damp cloth.



Avoid washing the cuff.

ABOUT BLOOD PRESSURE

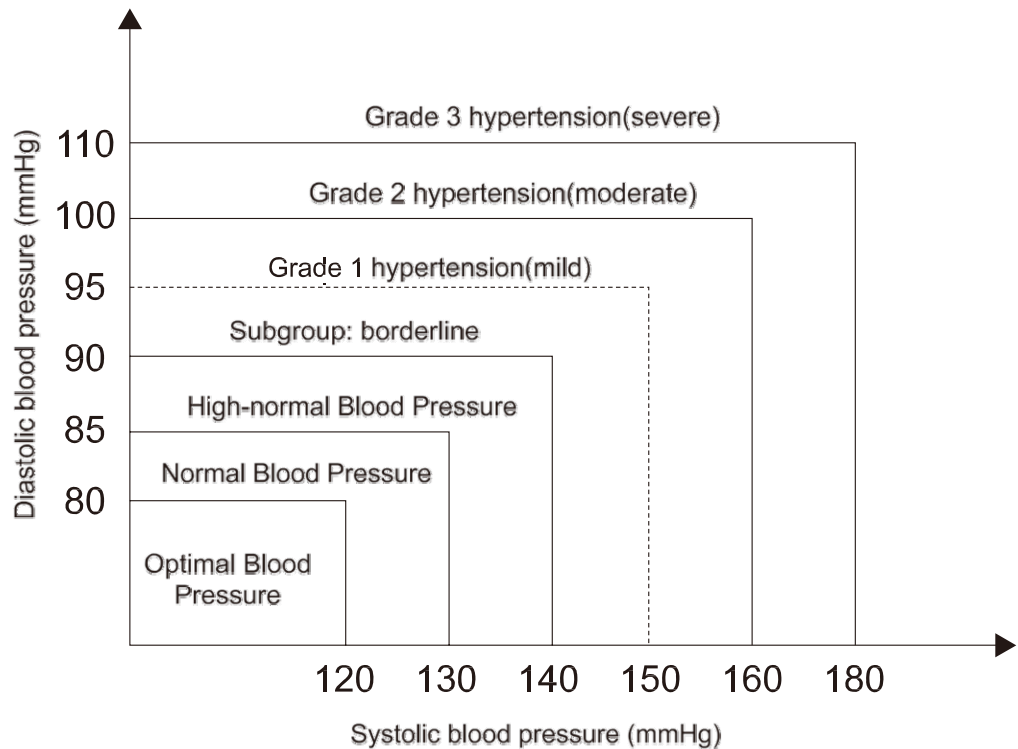
What are systolic pressure and diastolic pressure?



When ventricles contract and pump blood out of the heart, blood pressure reaches its maximum value, the highest pressure in the cycle is known as systolic pressure. When the heart relaxes between heartbeats, the lowest blood pressure is diastolic pressure.

What is the standard blood pressure classification?

The following charts illustrate the blood pressure classification set forth by the World Health Organization (WHO) and the International Society of Hypertension (ISH) in 1999.

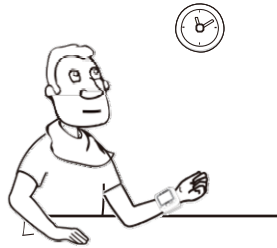


Blood Pressure (mmHg) \ Level	Hypo.	Normal	S.1	S.2	S.3	Hyper. S.4
SYS	<120	120~129	130~139	140~159	160~179	≥180
DIA	<80	80~84	85~89	90~99	100~109	≥110

CAUTION

The standard blood pressure classification provided above is for GENERAL INFORMATION ONLY. YOU MUST CONSULT YOUR PHYSICIAN or a licensed healthcare provider to determine YOUR NORMAL blood pressure range and the point at which you are at risk. Please do not wait until the measurements taken with this product fall outside the optimal and standard ranges shown above to consult with your physician or licensed healthcare provider.

Why does my blood pressure fluctuate throughout the day?



- Individual blood pressure varies every day. It can also be affected by the way you tie the cuff and your position during the measurement. For the best results, measure your blood pressure under the same conditions every time.
- The variations can also be affected by the type of medication you are taking.
- Always wait at least 4-5 minutes before taking another measurement.

Why is the blood pressure reading I got at the hospital different from home?

- Using different blood pressure monitors will result in different readings because the settings and properties are not all the same.
- In addition, blood pressure changes throughout the day due to circumstances, such as stress or weather.

When taking your blood pressure at home, pay attention to the following:

- Make sure the wrist cuff is positioned properly.
- Make sure the cuff is not too tight or too loose.
- Wait until you feel relaxed and emotionally ready.
- Movement can affect the measurement; relax and measure again if necessary.
- Suggestion: Take 2-3 deep breaths before beginning. If you can, wait 4-5 minutes noticing when you feel calm.


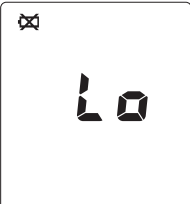
Does it matter which wrist is used to take my blood pressure?



You can choose to measure either wrist, but the results will be different. For monitoring purposes, you should measure the same wrist every time.


TROUBLESHOOTING

This section has a list of error messages that provide answers to questions you may have about your blood pressure monitor. If the monitor is not working as you think it should, please check here before calling for service.

Symbol	Cause	Correction
	The course of inflating appears error.	Wrap the cuff correctly and tightly.
		Inflate over again after ensuring.
	When measurement fails.	Do not move your arm and body, and keep quiet.
		Measure over again according to correct way.
	When the batteries power are too low.	Replace both of the worn batteries with two new ones.

Problem	Causes and Solutions
No power.	Replace both of the worn batteries with two new ones.
No display appears on the display screen.	Check the battery installation for proper placement of the batteries polarities.
Measurement values appear too high or too low.	Blood pressure varies constantly. Many factors including stress, time of day, how you wrap the cuff, may affect your blood pressure. Review the sections "Proper Way of Measurement" and "Take a Measurement".

SPECIFICATIONS

Model No.	BP213 	
Display	LCD Digital Display	
Measuring Principle	Oscillometric Method	
Measurable Circumference of Wrist	13.5~21.5cm (5.3"~8.5")	
Electric Shock Protection	Internal power supply appliance type B	
Volume	Level 0~Level 7	
Measurement Range	Pressure	0 to 299 mmHg (0~39.9 kPa)
	Pulse	40 to 180 Pulses/min
Accuracy	Pressure	± 3 mmHg (0.4kPa)
	Pulse	± 5% of reading
LCD Indication	Pressure	3 Digits Display of mmHg or kPa
	Pulse	3 Digits Display
	Symbol	Memory/IHB/Heartbeat/Low Battery, etc.
Inflation	Automatic by Internal Pump	
Rapid Air Release	Automatic by Air Valve	
Memory Function	Memory 180 (2*90) Sets Measurement Values	
Power Source	2 AAA Alkaline Batteries	
Automatic Turn Off	Within 2 Minutes	
Gross Weight	Approx. 110g (Batteries not included)	
Operating Environment	Temperature	10~40 °C (50 ~ 104 °F)
	Humidity	15 ~ 90% RH (Noncondensing)
	Barometric Pressure	80~105 kPa
Storage Environment	Temperature	-20~60 °C (-4 ~ 140 °F)
	Humidity	10 ~ 95% RH (Noncondensing)

WARNING: No modification of this equipment is allowed.

WARRANTY & CONTACT INFORMATION

This product is warrantied against defects in materials and workmanship for one year from the date purchase, when used in accordance with the instructions provided. This warranty does not cover damages or wear resulting from accident, misuse, abuse, commercial use, or unauthorized adjustment and/or repair.

GoWISE USA® shall not be liable for loss of use or any other incidental, consequential or indirect costs, expenses or damages. There are no express warranties except as listed above. This warranty gives you specific legal rights, and you may have other rights which vary from state to state.

Should this product require service (or replacement at our option) while under warranty, CALL 1-855-233-9199 for RETURN INSTRUCTIONS. Be sure to keep your receipt showing the date of purchase.

GoWISE USA®

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