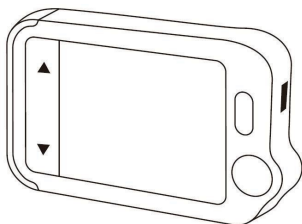


Health Monitor

Quick Guide



Model: Checkme Plus

English | Deutsch | Italiano | Español | Français

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1. The Basics

This manual contains the instructions necessary to operate the product safely and in accordance with its function and intended use. Observance of this manual is a prerequisite for proper product performance and correct operation and ensures patient and operator safety.

1.1 Safety



Warnings and Cautionary Advice

- Before using the device, please ensure that you have read this manual thoroughly and fully understand corresponding precautions and risks.
- This device has been designed for practical use, but is not a substitute for a visit to the doctor.
- The data and results displayed on the device are for reference only and cannot be directly used for diagnostic interpretation or treatment.
- We recommend not to use this device if you have a pacemaker or other implanted devices. Follow the advice given by your doctor, if applicable.
- Do not use this device with a defibrillator.
- Do not use this device during MRI examination.
- Do not use the device in a combustible environment (i.e., oxygen-enriched environment).

- Never submerge the device in water or other liquids. Do not clean the device with acetone or other volatile solutions.
- Do not drop this device or subject it to strong impact.
- Do not place this device in pressure vessels or gas sterilization device.
- Do not dismantle the device, as this could cause damage or malfunctions or impede the operation of the device.
- This device is not intended for use by people (including children) with restricted physical, sensory or mental skills or a lack of experience and/or a lack of knowledge, unless they are supervised by a person who has responsibility for their safety or they receive instructions from this person on how to use the device. Children should be supervised around the device to ensure they do not play with it.
- Do not allow the electrodes of the device to come into contact with other conductive parts (including earth).
- Do not use the device with persons with sensitive skin or allergies.
- Do not store the device in the following locations: locations in which the device is exposed to direct sunlight, high temperatures or levels of moisture, or heavy contamination; locations near to sources of water or fire; or locations that are subject to strong electromagnetic influences.

- Do not swing the device with the strip, which may result in injury.
- This device displays changes in the heart rhythm and blood oxygenation etc. which may have various different causes. These may be harmless, but may also be triggered by illnesses or diseases of differing degree of severity. Please consult a medical specialist if you believe you may have an illness or disease.
- Vital signs measurements, such as those taken with this device, cannot identify all diseases. Regardless of the measurement taken using this device, you should consult your doctor immediately if you experience symptoms that could indicate acute disease.
- Do not self-diagnose or self-medicate on the basis of this device without consulting your doctor. In particular, do not start taking any new medication or change the type and/or dosage of any existing medication without prior approval.
- This device is not a substitute for a medical examination or your heart or other organ function, or for medical electrocardiogram recordings, which require more complex measurements.
- It is not possible to use this device to diagnose illness or diseases. This is exclusively the responsibility of your doctor.

- We recommend that you record the ECG curves and other measurements and provide them to your doctor if required.

2. Intended Use

The health monitor is intended to be used for measuring, displaying, reviewing and storing ECG in home or healthcare facilities environment.

The data and results provided by this device are for pre-check screening purpose only and cannot be directly used for diagnostic or treatment.

3. Unpacking

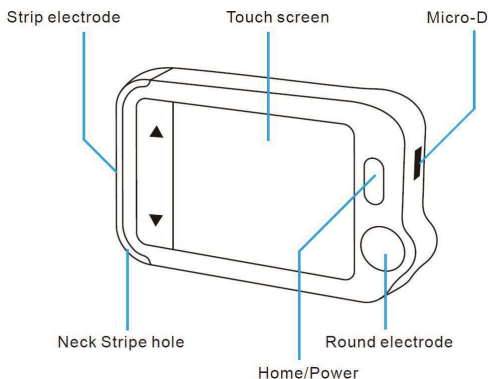
Main Unit; Quick Guide; Charging / Data Cable; ECG Cable; Reusable ECG Electrodes; Carry Case; Neck Strap



Warnings and Cautionary Advice

- Use accessories specified in this chapter. Using other accessories may cause damage to the device or not meet the claimed specifications.

4. About the Main Unit



5. ViHealth App

You can use **ViHealth** app to synchronize and share your data.



ViHealth

App name: **ViHealth**

iOS: App Store

Android: Google Play



Use your mobile phone to search for **ViHealth** in the App Store or Google Play.

Download and install the **ViHealth** mobile app.

Caution:

Uninstalling the app will delete all data!

If you need to reinstall the app, please install the new version directly, it will automatically update the old version.

6. Desktop Software



Use the desktop software to download your data onto Windows or Mac.

Download this software from our support page:

 www.getwellue.com

Menu: FAQ & Download->PC Software & Mac App

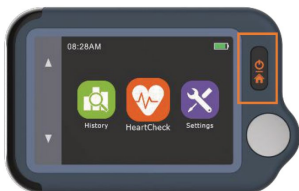
7. Set Up

7.1 Charging

Connect the device to a standard USB charging adapter with the provided charging cable.

7.2 Powering On/Off

Press and hold the home button for 1 second to power on, and 3 seconds to power off.



It will **turn off automatically** if it is not measuring or operating.

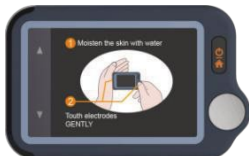
7.3 Initial Settings

When the device is powered on for the first time, please set the current date and time.



7.4 First Check

- 1) On the homepage, touch the **Heart Check** icon, then choose **an ECG Type Lead II (Read notes)**.



- 2) Hold the device as shown in the device display.
- 3) Remain still and relaxed while taking measurements until complete. Next, the results will be displayed.

Note:

- Moisten skin (the area that the electrode touches) *may help to get a better waveform.*
- *You can get different signal amplitudes from Lead I, Lead II, or Chest Lead. Usually, the signals from Lead II and Chest Lead are stronger*
- *For Lead I, rest your hands on a table or thigh to help you keep relax throughout the check. If your hand is trembling, try your left wrist or bicep instead of your left hand.*
- *Touching the rectangular electrode on the back of the device has little influence.*

7.5 View Results

There are 6 kinds of measurement results, Touch the "i" icon to view the specific definitions

Touch the "▶" icon to replay the ECG waveform.

Touch the "C" icon to take new measurements.

You can use the **home button** at any time to return to the homepage or cancel taking measurements.



7.6 Reviewing Records

On the homepage, touch the **History** icon to review your history results.

You can choose a record to review the results and touch "▶" icon to replay the recorded ECG waveform.

Touch "🗑️" icon to delete the current record.



7.7 Syncing Data to ViHealth App

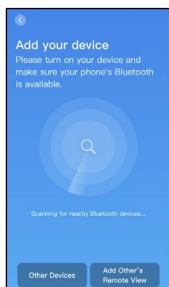
Search for ViHealth in the App Store or Google Play.

Download and install the ViHealth mobile app.

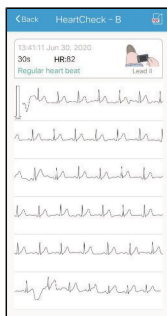
- 1) On the homepage, choose **Settings->Bluetooth** to turn on the device's Bluetooth.



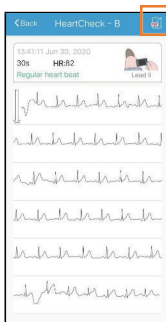
- 2) Switch on Bluetooth on your mobile phone.
- 3) Run ViHealth on your mobile phone. (Please **Always Allow** location and storage permissions for the Bluetooth connection and data storage.)
- 4) Add a new device: The app will automatically search for devices and display them on the screen. Choose Checkme Plus and wait for the data to download.



- 5) Review report: Choose a single record, and you can enter a detailed report.

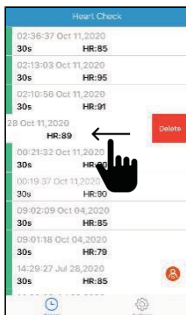


- 6) Share report: On the report details page, tap the share button in the upper right corner to share your report.



- 7) Delete a record: Choose a single record, swipe left to delete it.

Note: This operation will only delete the records in the app, not the records on the device.



7.8 Using the PC Software

Download the latest version from:

www.getwellue.com

Menu: [FAQ & Download->PC Software & Mac App](#)

Note:

- 1) *If you have downloaded the software before, please update it to the latest version.*
- 2) *Occasionally, firewall or anti-virus software may block "Pulsebit Browser". Allow it.*
- 3) *Please check the help document in the software for more information.*

Download and Install *Pulsebit Browser Pro* on your computer.

To export data:

- 1) Connect the device to the PC with the **provided cable**
- 2) On the device, enter **Settings->To PC**
- 3) Run the software, click the **Download Button** to export the data on the device

With the software, you can view and print reports, which can also be exported as PDF files.

8. Exploring More Features

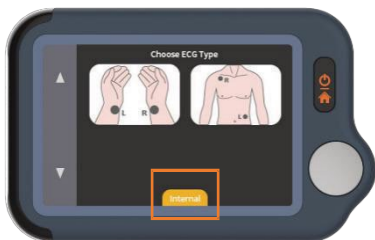
8.1 Choosing Different ECG Types

Before taking measurements, you can choose different ECG types (Leads). Any results will be marked with the corresponding type.

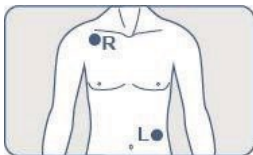
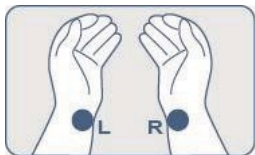


8.2 Using the ECG cable for Heart Checks

- 1) Touch <HeartCheck> to start taking measurements; touch the icon at the bottom to switch to *External* mode.



- 2) Insert the ECG cable into the Micro D port, adhere the reusable electrodes onto your body as shown below.



★Tips:

- Use Lead II if signal is too low in Lead I
- Moisten skin (area that touch electrodes) if too dry
- Rest hands on table or thigh and keep relax
- Use the cable when you have difficulty to get stable ECG without cable

8.3 About Reusable Electrodes

Please cover the white protective paperback and seal the electrode pads in the plastic bag after each use.

We recommend replacing the electrodes after 50 uses.

Electrode performance will decrease after excessive use.

You can purchase more electrodes on Amazon or our website getwellue.com

8.4 Understanding the Results

Heart Rate	The number of times your heart beats per minute calculated from the ECG. The reference range for adults is 50-100 beats per minute in a relaxed state and higher when stimulated. Control your maximum heart rate during fitness or exercise to avoid oversteering the heart.
ECG	An electrocardiogram (ECG) is a test that records the heart's electrical activity. Regular heartbeat - the recorded ECG shows a usual and regular pattern. Irregular heartbeat - the recorded ECG shows an erratic pattern. It may be caused by oversteering the heart or other conditions.
Poor signal	Low signal amplitude or noise. Changing to Mode II may help.
Unable to analyze	ECG recording is incomplete.

8.5 Settings

User Mode: Settings->User Mode->touch to choose One-User/Two-User modes

When you switch to Dual User mode, the homepage will show User A and User B icons. Choose a user to start taking measurements, and the results will be marked A or B.

In single user mode, the results are not marked.

ECG Length: Settings->ECG Length, for 30s/60s/5 minutes

Note: only measurements through cables are supported in 5-minute mode

Brightness: Settings-> Touch the brightness meter to adjust the brightness

Voice: Settings->Touch the Voice switch to turn the heartbeat voice on and off.

Other settings: Date& Time, Erase Data, Factory Reset, About.

9. Maintenance

9.1 Care and Cleaning



Warnings and Cautionary Advice

Have the device repaired by authorized service centers only, otherwise its warranty is invalid.

Clean the device per week, carefully swabbing the device surface with a soft cloth or cotton swab with rubbing alcohol. Do not pour alcohol directly on or into the device.

9.2 Troubleshooting

Problem	Possible Cause	Solution
The device does not turn on.	The battery may be low.	Charge the battery and try again.
	The device might be damaged	Please contact your local distributor.
Low battery indicator is blinking	The battery is low.	Charge the battery and try again.
The ECG waveform amplitude is small	The Lead you have chosen is not suitable.	Swap with another Lead and try again.
ECG waveform drifts or disappears and “Check Contact” displays.	The pressure exerted on the electrode is not stable or too great.	Hold the device so that it is stable.
	Hand or body may be moving.	Try to keep perfectly still and retest.

10. Specifications

Classifications		
EC Directive	MDD, 93/42/EEC	
	R&TTE, 1999/5/EC	
	ROHS 2.0, 2011/65/EU	
Degree protection against electrical shock	Type BF	
Environmental		
Item	Operating	Storage
Temperature	5 to 45°C	-25 to 70°C
Relative humidity (noncondensing)	10% to 95%	10% to 95%
Barometric	700 to 1060 hPa	700 to 1060 hPa
Degree of dust & water resistance	IP22	
Physical		
Size	88×56×13 mm	
Weight	64 g (main unit)	
Display	2.4" touch screen, color, backlit	
Connector	Micro-D connector	
Power Supply		
Battery type	Rechargeable lithium-polymer battery	
Battery run time	Heart check: > 800 times	

Charge time	Less than 2 hours to 90%
ECG	
Lead type	Integrated ECG electrodes
Lead set	Lead I, lead II
Record length	30s, 60s, 5min
Sampling	500 Hz / 16 bit
Display Gain	1.25 mm/mV, 2.5 mm/mV, 5 mm/mV 10 mm/mV, 20 mm/mV
Sweep speed	25 mm/s
Bandwidth	0.67 to 40Hz
Electrode offset potential tolerance	± 300 mV
HR measurement range	30 to 250 bpm
Accuracy	± 2 bpm or $\pm 2\%$, whichever is greater Heart rate is calculated based on average of every 5 to 30 QRS complex.
Measurement summary	Heart rate, Rhythm analysis (Regular ECG Rhythm, Fast Heart Rate, Slow Heart Rate, Irregular ECG Rhythm, Unable to analyze)
Standards	Meet standards of ISO 80601-2-61
Review	
Waveform review	Full disclosure waveform
Storage	100 pcs of records, 30s per record

11. Symbols

Symbol	Description
	Manufacturer
	Date of manufacture
SN	Serial number
	Indicates a medical device that is not to be disposed of as unsorted municipal waste.
	Follow Instructions for Use.
	Type BF Applied Part
	MRI unsafe. Presents hazards in all MR environments as device contains strongly ferromagnetic materials.
IP22	Resistant to liquid ingress
	CE marking
	Authorized representative in the European community
	UKCA marking
	Authorized Representative in the United Kingdom
	This product complies with the rules and regulations of the Federal Communication Commission.
	Non-ionizing radiation

	Our products and packaging can be recycled, don't throw them away! Find where to drop them off on the www.quefairedemesdechets.fr site (Only applicable for French market).
	This product complies with verpackG.

12. Electromagnetic Compatibility

The device meets the requirements of EN 60601-1-2. All the accessories also meet the requirements of EN 60601-1-2 when in use with this device.



Warnings and Cautionary Advice

Using accessories other than those specified in this manual may result in increased electromagnetic emission or decreased electromagnetic immunity of the equipment.

The device or its components should not be used adjacent to or stacked with other equipment.

The device needs special precautions regarding EMC and needs to be installed and put into service according to the EMC information provided below.

Other devices may interfere with this device even though they meet the requirements of CISPR.

When the inputted signal is below the minimum amplitude provided in technical specifications, erroneous measurements could result.

Portable and mobile communication equipment may affect the performance of this device.

Other devices that have RF transmitter or source may affect this device (e.g. cell phones, PDAs, and PCs with wireless function).

Guidance and Declaration - Electromagnetic Emissions		
The Health Monitor is intended for use in the electromagnetic environment specified below. The customer or the user of the device should assure that it is used in such an environment.		
Emission tests	Compliance	Electromagnetic environment - guidance
RF emissions CISPR 11	Group 1	The device uses RF energy only for its internal function. Therefore, its RF emissions are very low and are not likely to cause any interference in nearby electronic equipment.
RF emissions CISPR 11	Class B	
Harmonic emissions IEC61000-3-2	Class A	
Voltage Fluctuations / Flicker Emissions IEC 61000-3-3	Complies	

Guidance and Declaration - Electromagnetic Immunity
The Health Monitor is intended for use in the electromagnetic environment specified below. The customer or the user of the Health Monitor should

assure that it is used in such an environment.			
Immunity test	IEC60601 test level	Compliance level	Electromagnetic environment - guidance
Electrostatic discharge (ESD) IEC 61000-4-2	± 6 kV contact ± 8 kV air	± 6 kV contact ± 8 kV air	Floors should be wood, concrete or ceramic tile. If floors are covered with synthetic material, the relative humidity should be at least 30 %.
Electrical fast transient/burst IEC 61000-4-4	± 2 kV for power supply lines ± 1 kV for input/output lines	± 2 kV for power supply lines ± 1 kV for input/output lines	Mains power quality should be that of a typical commercial or hospital environment.
Surge IEC 61000-4-5	± 1 kV line(s) to line(s) ± 2 kV line(s) to earth	± 1 kV line(s) to line(s) ± 2 kV line(s) to earth	
Voltage dips, short Interruptions and Voltage variations on power supply input lines IEC 61000-4-11	<5 % UT (>95 % dip in UT) for 0.5 cycle 40 % UT (60 % dip in UT) for 5 cycles	<5 % UT (>95 % dip in UT) for 0.5 cycle 40 % UT (60 % dip in UT) for 5 cycles	Mains power quality should be that of a typical commercial or hospital environment. If the user of our product

	70 % UT (30 % dip in UT) for 25 cycles <5 % UT (>95 % dip in UT) for 5 s	70 % UT (30 % dip in UT) for 25 cycles <5 % UT (>95 % dip in UT) for 5 s	requires continued operation during power mains interruptions, it is recommended that our product be powered from an uninterruptible power supply or a battery.
Power frequency (50/60 HZ) magnetic field IEC 61000-4-8	3 A/m	3 A/m	Power frequency magnetic fields should be at levels characteristic of a typical location in a typical commercial or hospital environment.
Note: UT is the AC mains voltage prior to application of the test level.			

Guidance and Declaration - Electromagnetic Immunity			
The Health Monitor is intended for use in the specified electromagnetic environment. The customer or the user of the Health Monitor should assure that it is used in such an environment as described below.			
Immunity	IEC60601	Compliance	Electromagnetic

test	test level	level	environment - guidance
Conducted RF IEC61000-4-6	3 Vrms 150 kHz to 80 MHz outside ISM bands	3 Vrms 150 kHz to 80 MHz outside ISM bands	Portable and mobile RF communications equipment should be used no closer to any part of the system, including cables, than the recommended separation distance calculated from the equation appropriate for the frequency of the transmitter. Recommended separation distances: $d = 1.2\sqrt{P}$
Radiated RF IEC61000-4-3	3 V/m 80 MHz to 2.5 GHz	3 V/m 80 MHz to 2.5 GHz	Recommended separation distances: 80 MHz ~ 800 MHz: $d = 1.2\sqrt{P}$ 800MHz-2.5GHz: $d = 2.3\sqrt{P}$ Where, P is the maximum output power rating of the transmitter in watts (W) according to the transmitter manufacturer and d is the recommended separation distance in meters (m). Field strengths from fixed RF transmitters, as determined by an electromagnetic site survey a, should be less than the compliance level in each frequency range b. Interference may occur in

			the vicinity of equipment marked with the following symbol: 
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Note 1: At 80 MHz to 800 MHz, the separation distance for the higher frequency range applies.

Note 2: These guidelines may not apply in all situations. Electromagnetic propagation is affected by absorption and reflection from structures, objects and people.

a Field strengths from fixed transmitters, such as base stations for radio (cellular/cordless) telephones and land mobile radios, amateur radio, AM and FM radio broadcast and TV broadcast cannot be predicted theoretically with accuracy. To assess the electromagnetic environment due to fixed RF transmitters, an electromagnetic site survey should be considered. If the measured field strength in the location in which the device is used exceeds the applicable RF compliance level above, the device should be observed to verify normal operation. If abnormal performance is observed, additional measures may be necessary, such as re-orienting or relocating the device.

b Over frequency range 150kHz to 80MHz. For Resp field strength should be less than 1V/m.

Recommended separation distances between portable and mobile RF communications equipment and the device

The Health Monitor is intended for use in an electromagnetic environment in which radiated RF disturbances are controlled. The customer or the user of the Health Monitor can help prevent electromagnetic interference by maintaining a minimum distance between portable and mobile RF communications equipment (transmitters) and the monitor as recommended below, according to the maximum output power of the communications equipment.

Rated max. output power of transmitter (W)	Separation distance according to frequency of the transmitter (m)		
	150 kHz - 80 MHz $d = 1.2\sqrt{P}$	80 MHz - 800 MHz $d = 1.2\sqrt{P}$	800 MHz - 2.5 GHz $d = 2.3\sqrt{P}$

0.01	0.12	0.12	0.23
0.1	0.38	0.38	0.73
1	1.20	1.20	2.30
10	3.80	3.80	7.30
100	12.00	12.00	23.00

For transmitters rated at a maximum output power not listed above, the recommended separation distance d in metres (m) can be estimated using the equation applicable to the frequency of the transmitter, where P is the maximum output power rating of the transmitter in watts (W) according to the transmitter manufacturer.

Note 1: At 80 MHz and 800 MHz, the separation distance for the higher frequency range applies.

Note 2: These guidelines may not apply in all situations. Electromagnetic propagation is affected by absorption and reflection from structures, objects and people.