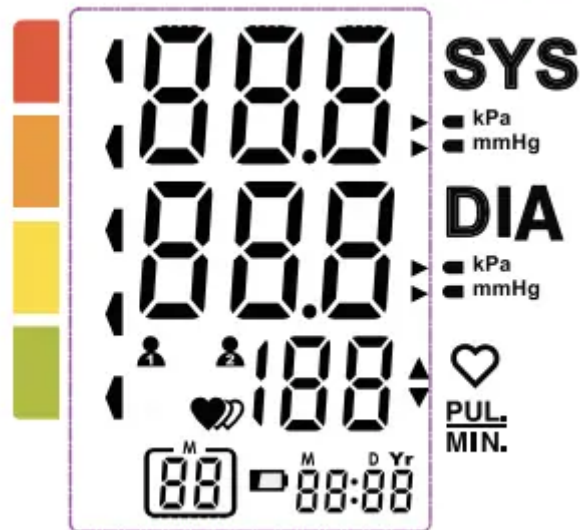
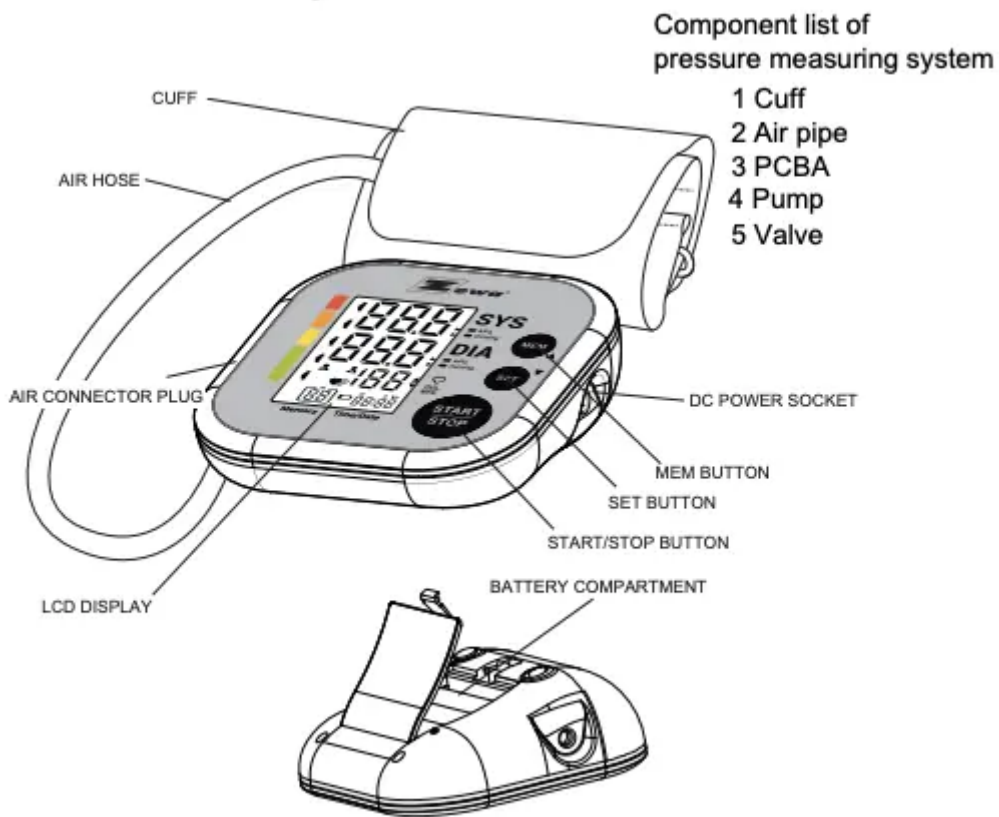


INTRODUCTION



SYMBOL	DESCRIPTION	EXPLANATION
SYS	Systolic blood pressure	High blood pressure
DIA	Diastolic blood pressure	Low blood pressure
PUL. MIN.	Pulse display	Pulse in beats per minute
▼	Deflation symbol	The cuff is deflating.
^M 88	Memory	Indicate it is in the memory mode and which group of memory it is.
kPa	kPa	Measurement Unit of the blood pressure
mmHg	mmHg	Measurement Unit of the blood pressure
Lo +	Low battery	Batteries are low and need to be replaced
	Irregular heartbeat	Blood pressure monitor is detecting an irregular heartbeat during measurement.
	Blood pressure level indicator	Indicate the blood pressure level
^M ^D ^{Yr} 88:88	Current Time	Year/Month/Day, Hour/Minute
	Heartbeat	Blood pressure monitor is detecting a heartbeat during measurement.
	User 1/User 2	Start measurement for User 1/User 2

♥ Monitor Components



♥ List

1. Blood Pressure Monitor (UAM-710)



2. Cuff (Type BF applied part) (22cm~42cm)



(Please use ZEWA authorized cuff. The size of the actual cuff please refer to the label on the attached cuff.)

3. 4×AAA batteries



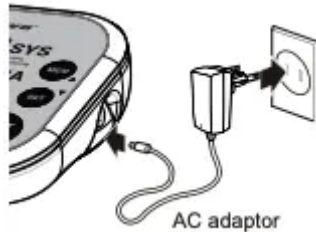
4. User manual

BEFORE YOU START

♥ The Choice of Power Supply

- 1. Battery powered mode: 6VDC 4×AAA batteries.
- 2. AC adaptor powered mode (Not included): 6V 1A (Please only use the recommended AC adaptor model).

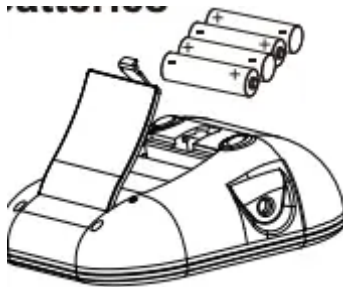
Please unplug the adaptor to depart from the using utility power




CAUTION : In order to get the best effect and protect your monitor, please use the right battery which complies with CE safety standard.

♥ Installing and Replacing the Batteries

- Open the battery cover.
- Install the batteries by matching the correct polarity, as shown.
- Replace the battery cover.



Replace the batteries whenever the below happen

- The  shows
- The display is dim.
- The display does not light up

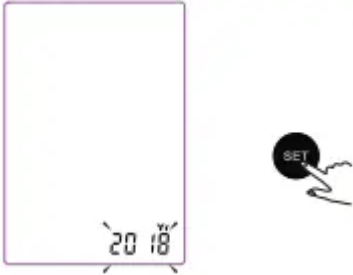
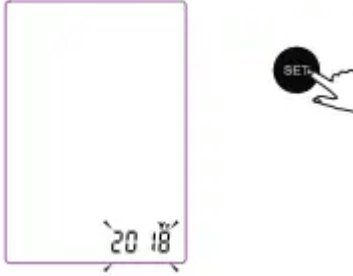
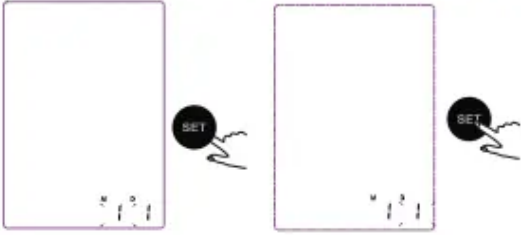
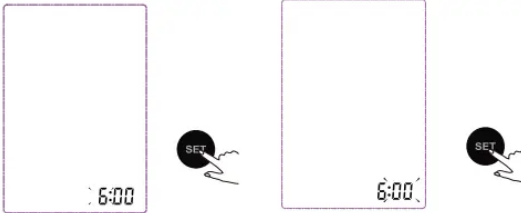
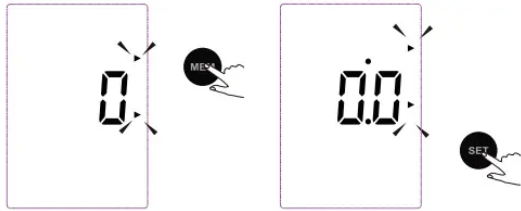

CAUTION

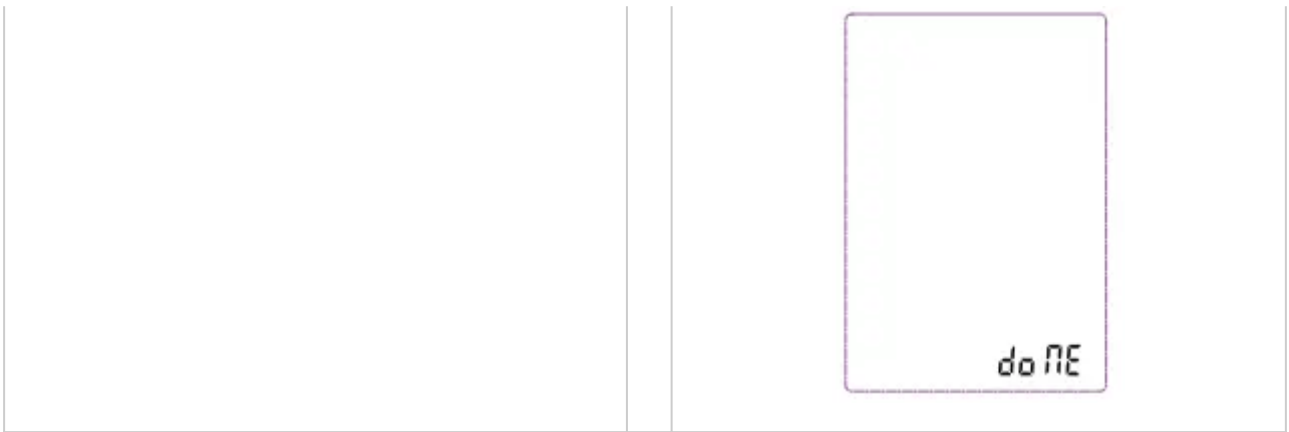
- Do not use new and used batteries together.
- Do not use different types of batteries together.
- Do not dispose the batteries in fire. Batteries may explode or leak.

- Remove batteries if the device is not likely to be used for some time.
- Worn batteries are harmful to the environment. Do not dispose with daily garbage.
- Remove the old batteries from the device following your local recycling guidelines.

♥ **Setting Date, Time and Measurement Unit**

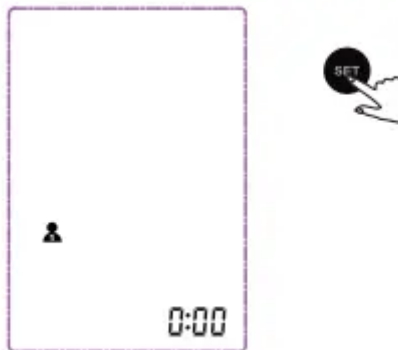
It is important to set the clock before using your blood pressure monitor, so that a time stamp can be assigned to each record that is stored in the memory. (The setting range of the year :2018—2058 time format:24H)

<p>1. When the monitor is off, hold pressing "SET" for 3 seconds to enter the mode for year setting.</p> <p>Or when the monitor is off, press "SET" button shortly, it will display the time. Then hold pressing "SET" button to enter the mode for year setting.</p>	
<p>2. Press the "MEM" to change the [YEAR]. Each press will increase the numeral by one in a cycling manner.</p>	
<p>3. When you get the right year, press "SET" to set down and turn to next step. Repeat steps 2 and 3 to set the [MONTH] and [DAY].</p>	
<p>4. Repeat steps 2 and 3 to set the [HOUR] and [MINUTE].</p>	
<p>5. Repeat steps 2 and 3 to set the [UNIT].</p>	
<p>6. After the unit is set, the LCD will display "donE" first, then display all the settings you have done and then it will turn off.</p>	

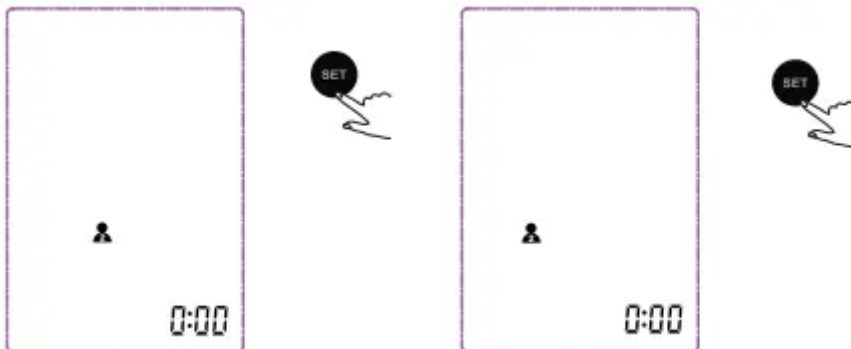


♥ Select the User

1. When the monitor is off, press the SET button shortly to enter user setting mode.



2. Then press SET button again, select the user ID user 1, user 2.



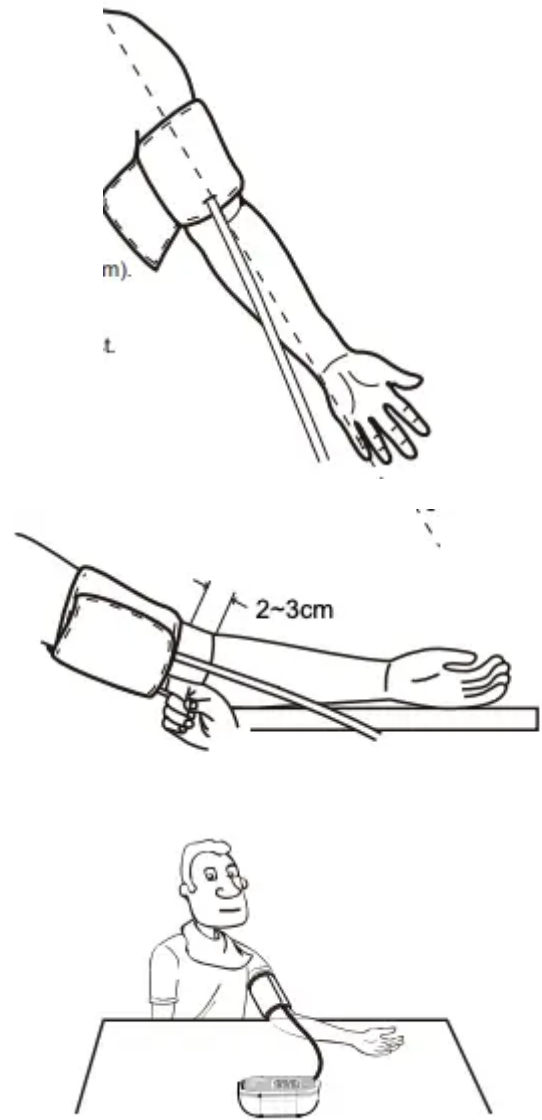
3. After selecting the suitable user ID, press "START STOP" button to confirm. Then the LCD will turn off.



MEASUREMENT

♥ Tie the Cuff

1. Remove all jewelry, such as watches and bracelets from your left arm. **Note:** If your doctor has diagnosed you with poor circulation in your left arm, use your right arm
2. Roll or push up your sleeve to expose the skin. Make sure your sleeve is not too tight.
3. Hold your arm with your palm facing up and tie the cuff on your upper arm, then position the tube off-center toward the inner side of arm in line with the little finger. Or position the artery ϕ mark over the main artery (on the inside of your arm). **Note:** Locate the main artery by pressing with 2 fingers approximately 2 cm above the bend of your elbow on the inside of your left arm. Identify where the pulse can be felt the strongest. This is your main artery
4. The cuff should be snug but not too tight. You should be able to insert one finger between the cuff and your arm.
5. Sit comfortably with your tested arm resting on a flat surface. Place your elbow on a table so that the cuff is at the same level as your heart. Turn your palm upwards. Sit upright in a chair, and take 5-6 deep breaths.
6. Helpful tips for Patients, especially for Patients with Hypertension:
 - Rest for 5 minutes before first measuring.

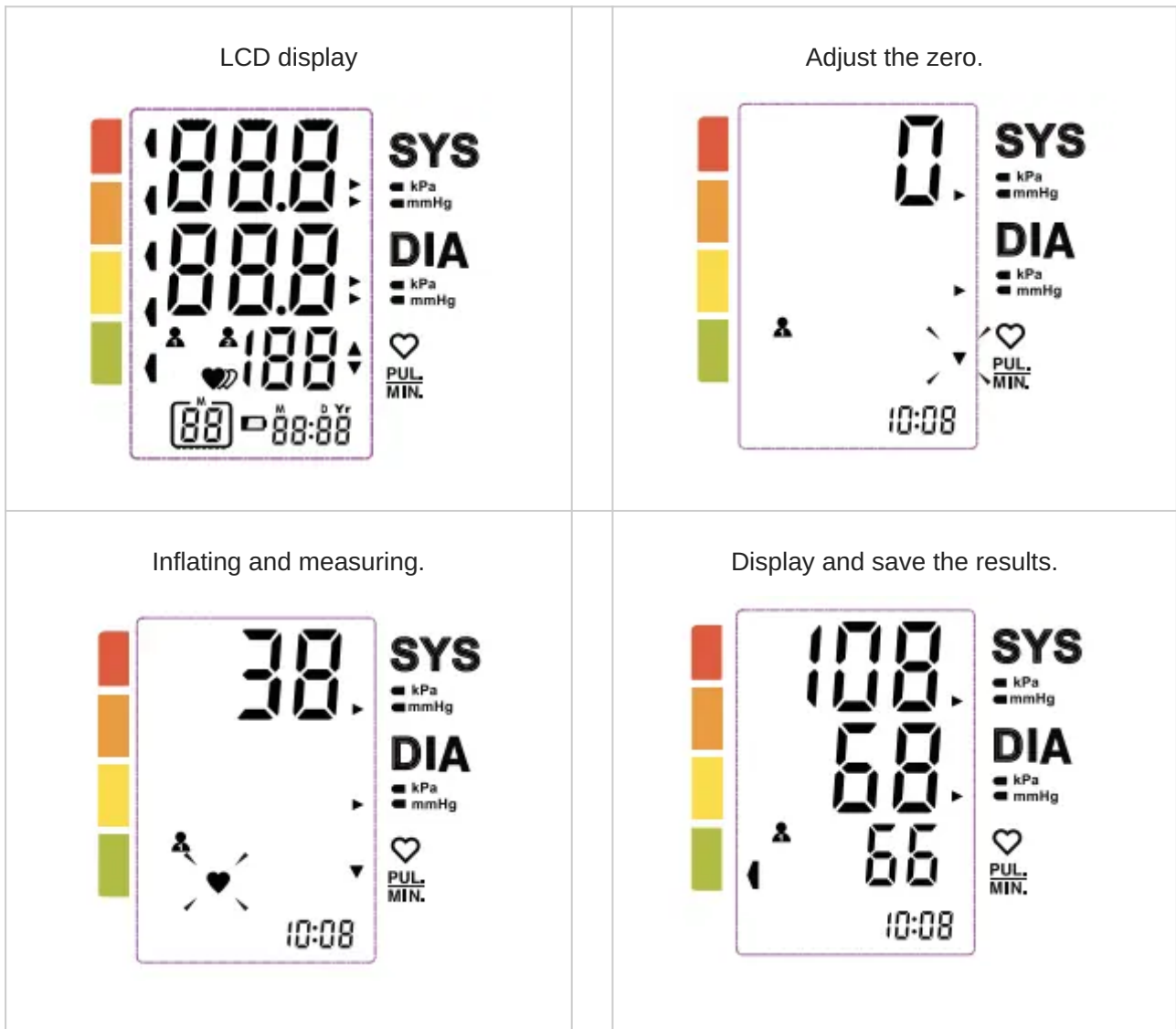


- Wait at least 3 minutes between measurements. This allows your blood circulation to recover.
- Take the measurement in a silent room
- The patient must relax as much as possible and do not move and talk during the measurement procedure.
- The cuff should maintain at the same level as the right atrium of the heart.
- Please sit comfortably. Do not cross your legs and keep your feet flat on the ground.
- Keep your back against the backrest of the chair.
- For a meaningful comparison, try to measure under similar conditions. For example, take daily measurements at approximately the same time, on the same arm, or as directed by a physician.

♥ Start the Measurement

1. When the monitor is off, press the “START/STOP” to turn on the monitor, and it will finish the whole measurement .(Take User 1 for example)



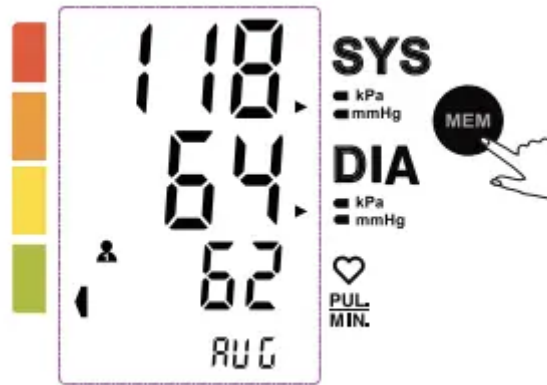


2. Press the “START/STOP” to power off, otherwise it will turn off within 1 minute.

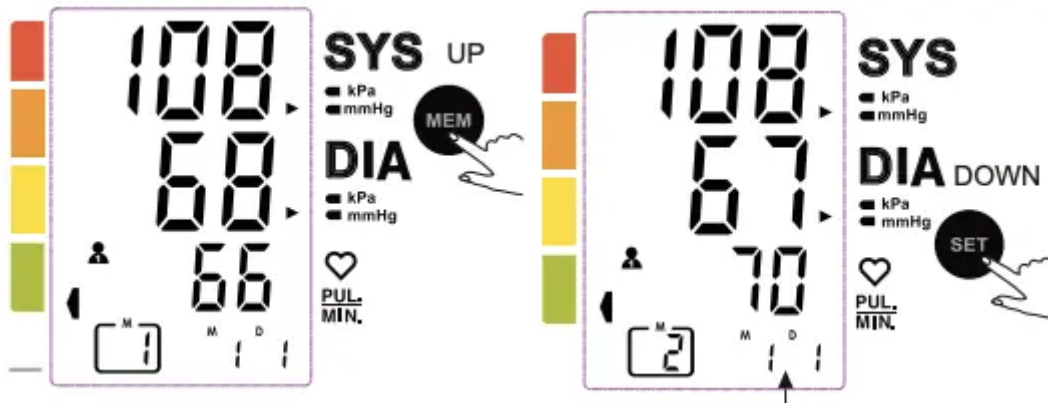


♥ Recall the Records

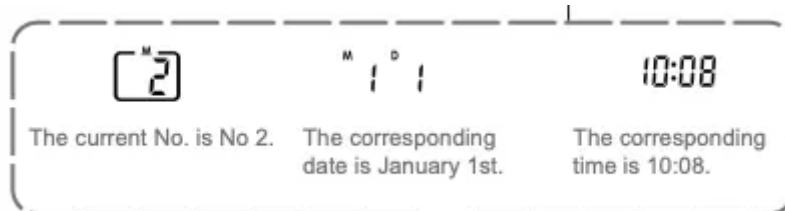
1. When the monitor is off, please press the “MEM” to show the average value of the latest three records. If the records are less than three groups, it will display the latest record first.



2. Press the “MEM” or “SET” to get the record you want.



The date and time of the record will be shown alternately



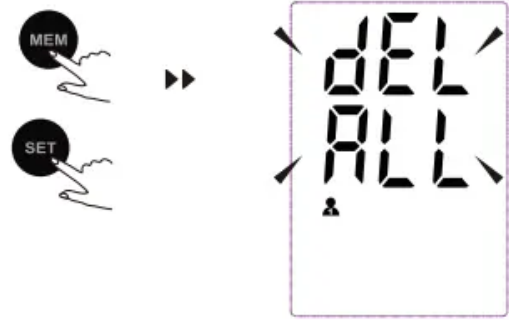
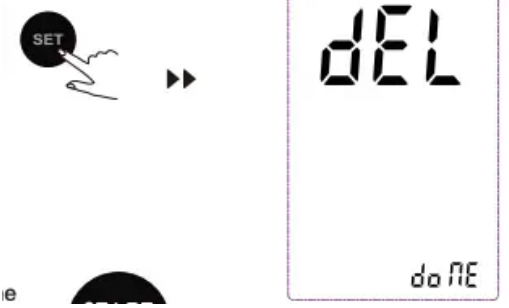

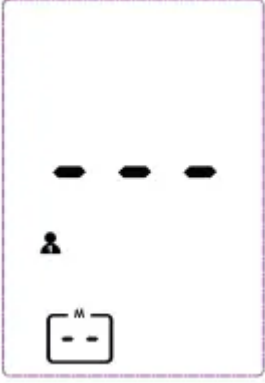
CAUTION

The most recent record (1) is shown first. Each new measurement is assigned to the first (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

DATA MANAGEMENT

♥ Delete Records

To delete records, follow these steps.

<p>1. When the monitor is in the memory recall mode, hold pressing “MEM” and “SET” at the same time for 3 seconds, the flash display will show.</p>	
<p>2. Press “SET” and “ ” to confirm deleting and the monitor will turn off.</p>	
<p>3. If you don't want to delete the records, press “START/STOP” to escape.</p>	
<p>4. If there is no record, the right display will show.</p>	

♥ Tips for Measurement







Measurements may be inaccurate if taken in the following circumstances.



INFORMATION FOR USER

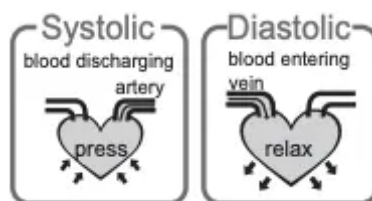
♥ Maintenance

In order to get the best performance, please follow the instructions below.

 <p>Put in a dry place and avoid the sunshine</p>	 <p>Avoid touching water, clean it with a dry cloth in case.</p>
 <p>Avoid intense shaking and collisions</p>	 <p>Avoid dusty and unstable temperature environment</p>
 <p>Using wet cloths to remove dirt</p>	 <p>Do not attempt to clean the reusable cuff with water and never immerse the cuff in water.</p>

♥ **What are systolic pressure and diastolic pressure?**

When ventricles contract and pump blood out of the heart, the blood pressure reaches its maximum value in the cycle, which is called systolic pressure. When the ventricles relax, the blood pressure reaches its minimum value in the cycle, which is called diastolic pressure.



♥ **What is the standard blood pressure classification?**

The chart on the right is the standard blood pressure classification published by American Heart Association (AHA).

This chart reflects blood pressure categories defined by American Heart Association.

Blood Pressure Category	Systolic mmHg (upper#)		Diastolic mmHg (lower#)
Normal	less than 120	and	less than 80
Elevated	120-129	and	less than 80
High Blood Pressure (Hypertension) Stage 1	130-139	or	80-89
High Blood Pressure (Hypertension) Stage 2	140 or higher	or	90 or higher
Hypertensive Crisis (Consult your doctor immediately)	Higher than 180	and/or	Higher than 120

CAUTION Please consult a physician if your measuring result falls outside the range. Please note that only a physician can tell whether your blood pressure value has reached a dangerous point.

♥ Irregular Heartbeat Detector

An irregular heartbeat is detected when a heartbeat rhythm varies while the unit is measuring the systolic and diastolic blood pressure. During each measurement, the monitor records all the pulse intervals and calculate the average ; if there are two or more pulse intervals ,the difference between each interval and the average is more than the average value of $\pm 25\%$, or there are four or more pulse intervals ,the difference between each interval and the average is more than the average value of $\pm 15\%$,the irregular heartbeat symbol appears on the display when the measurement results are appeared.

CAUTION The appearance of the IHB icon indicates that a pulse irregularity consistent with an irregular heartbeat was detected during measurement. Usually this is NOT a cause for concern. However, if the symbol appears often, we recommend you seek medical advice. Please note that the device does not replace a cardiac examination, but serves to detect pulse irregularities at an early stage.

♥ Why does my blood pressure fluctuate throughout the day?

1. Individual blood pressure varies multiple times everyday. It is also affected by the way you tie your cuff and your measurement position, so please take the measurement under the same conditions.
- 2.If the person takes medicine, the pressure will vary more.
- 3.Wait at least 3 minutes for another measurement.



♥ Why do I get a different blood pressure at home compared to the hospital?

The blood pressure is different even throughout the day due to weather, emotion, exercise etc, Also, there is the “white coat” effect, which means blood pressure usually increases in clinical settings.

What you need to pay attention to when you measure your blood pressure at home:

If the cuff is tied properly.

If the cuff is too tight or too loose.

If the cuff is tied on the upper arm.

If you feel anxious.

Taking 2-3 deep breaths before beginning will be better for measuring.

Advice: Relax yourself for 4-5 minutes until you calm down.


♥ Is the result the same if measuring on the right arm?

It is ok for both arms, but there will be some different results for different people. We suggest you measure the same arm every time.



TROUBLESHOOTING

This section includes a list of error messages and frequently asked questions for problems you may encounter with your blood pressure monitor. If the products not operating as you think it should, check here before arranging for servicing.

PROBLEM	SYMPTOM	CHECK THIS	REMEDY
No power	Display will not light up.	Batteries are exhausted.	Replace with new batteries
		Batteries are inserted incorrectly.	Insert the batteries correctly
		AC adaptor is inserted incorrectly.	Insert the AC adaptor tightly
Low batteries	Display is dim or show 	Batteries are low	Replace with new batteries
Error message	E 1 shows	The cuff is too tight or too loose.	Readjust the cuff ,not too loose or too tight and then measure again.
	E 2 shows	The monitor detected motion,talking or the pluse is too poor while measuring.	Relax for a moment and then measure again.
	E 3 shows	The measurement process does not detect the pulse signal.	Loosen the clothing on the arm and then measure again
	E 4 shows	The treatment of the measurement failed.	Relax for a moment and then measure again.
	EExx,shows on the display	A calibration error occurred.	Retake the measurement. If the problem persists, contact the retailer or our customer service department for further assistance.Refer to the warranty for contact information and return
Warning message	“out ” shows	Out of measurement range	Relax for a moment. Refasten the cuff and then measure again. If the problem persists, contact your physician.

Warning

This content is compiled from multiple sources and is provided for reference purposes only. It may not be complete or fully applicable to all situations. If you are unable to resolve your issue, please contact the product manufacturer or an authorized service provider for official support.

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