

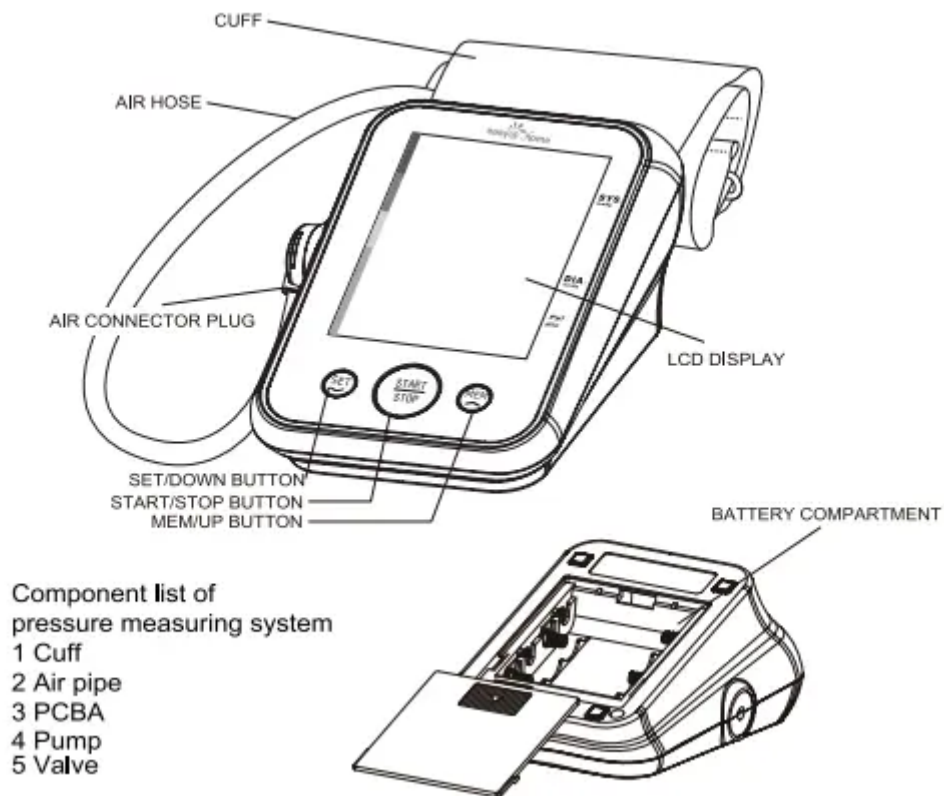
INTRODUCTION

LCD Display Signal



SYMBOL	DESCRIPTION	EXPLANATION
SYS	Systolic blood pressure	High pressure result
DIA	Diastolic blood pressure	Low pressure result
Pul/min	Pulse	Pulse/minute
▼	Deflating	CUFF air is exhausting of deflating
RM 88/88	Current Time	Time(year:month:day:hour:minute)
M 88/88	Memory	If "MEM" shows, the displayed measurement values is from the memory.
κPa mmHg	Measurement unit	Measurement Unit of the blood pressure (1mmHg=0.133kPa) (1kPa=7.5mmHg)
Lo +	Low battery	Batteries are low and need to be replaced
♥	Irregular heartbeat	Irregular heartbeat detection
◀▶	Grade	The grade of the blood pressure
♥	Heartbeat	Heartbeat detection during measurement
⚡	Shocking reminder	Shocking will result in inaccurate
♂	User 1	Start measurement for user 1 and save the measuring result automatically
♀	User 2	Start measurement for user 2 and save the measuring result automatically
🔍	Data Enquiry Mode	Recall the records

Monitor Components



List

1. Blood Pressure Monitor (EBP-095)



3. 4*AA Batteries



2. Cuff (Type B applied part)

(Please use easy@home authorized cuff 22cm~32cm (8 1/4" - 12 1/2") or 22cm~42cm (8 1/4" - 16 1/2"). The size of the actual cuff please refer to the label on the attached cuff.)



4. User manual

BEFORE YOU START

The Choice of Power Supply

- | | | |
|--|--|--|
| <ol style="list-style-type: none">1. Battery powered mode: 6VDC 4*AA batteries2. This unit has an optional AC Power adaptor which is available as an accessory. Only use AC adaptor with below specification (not included).
Input: 100-240VAC 50/60HZ 0.3A Max Output: 6V "1000mA (Conforms to UL certificate)
Right picture is the hole in for power adaptor. | | |
|--|--|--|


CAUTION:

In order to get the best effect and protect your monitor, please use the right battery and special power adaptor.

Installing and Replacing the Batteries

- | | | |
|---|--|--|
| <ol style="list-style-type: none">1. Slide off the battery cover.2. Install the batteries by matching the correct polarity, as3. Replace the cover. | | |
|---|--|--|

Replace the batteries whenever the below happen

- The  shows
- The display dims
- The display does not light up

CAUTION

- Remove batteries if the device is not likely to be used for some time.
- The old batteries are harmful to the environment, so please do not dispose with other daily trash.
- Remove the old batteries from the device and follow your local recycling guidelines.
- Do not dispose of batteries in fire. Batteries may explode or leak.

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, (year :2011—2050 time format:12 H)

1. When the unit is off, hold "SET" for 3 seconds to enter the mode for year setting.
2. Press the "MEM" to change the [YEAR]. Each press will increase the numeral by one in a cycling manner.
3. When you get the right year, press "SET" to confirm, and it will divert to the [MONTH] setting.

4. Repeat steps 2 and 3 to set the [MONTH] and [DAY].
5. Repeat steps 2 and 3 to set the [HOUR] and [MINUTE].
6. Repeat steps 2 and 3 to set the [MEASUREMENT UNIT].
7. After the [MEASUREMENT UNIT] is set, the LCD will display "dOnE", and then turn off.

***Tie the Cuff**

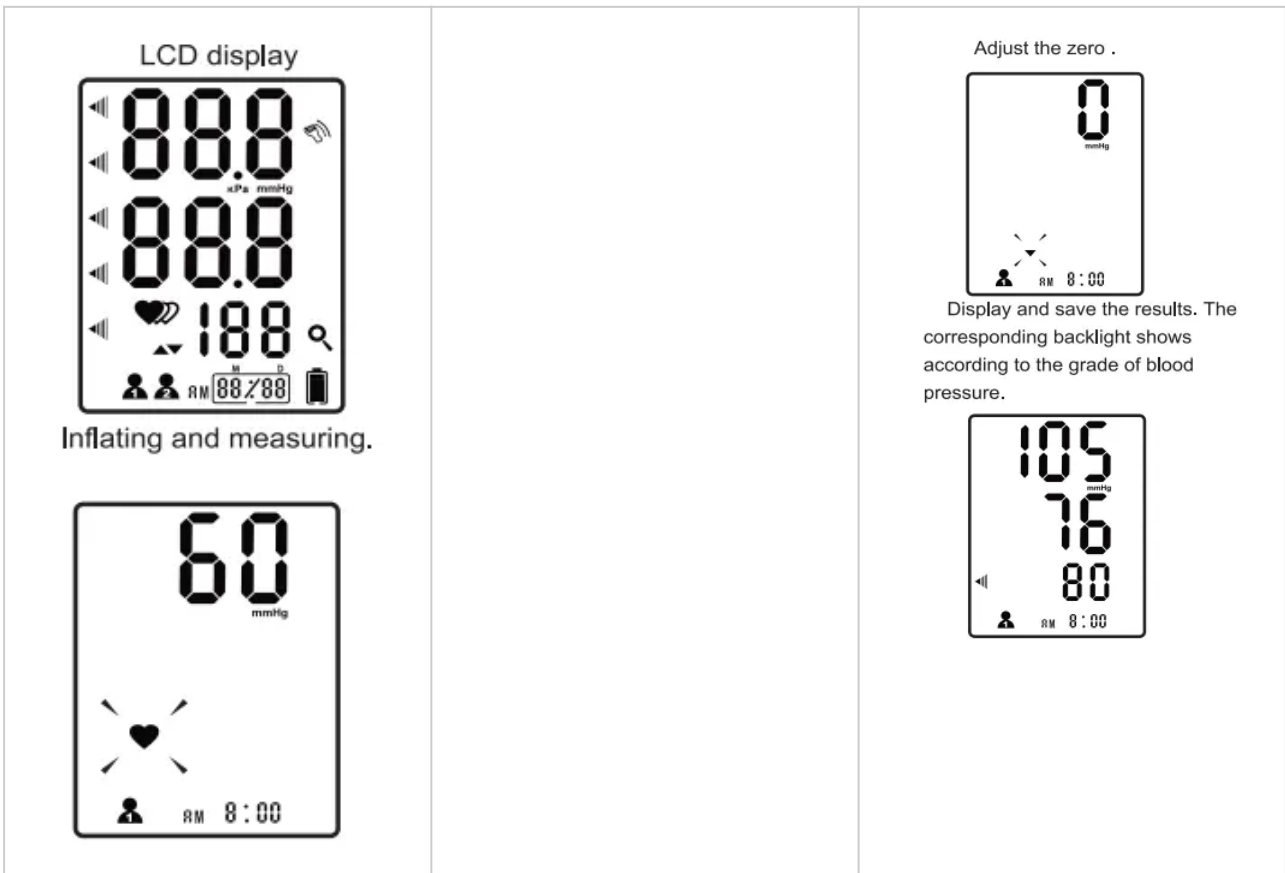
1. Tie the cuff on your upper arm, then position the tube off-center toward the inner side of arm in line with the little finger.
 2. The cuff should be snug but not too tight. You should be able to insert one finger between the cuff and your arm.
 3. Sit comfortably with your arm resting on a flat surface.
 4. Patients with Hypertension should sit with correct posture.
- Bare your arm or wear tights only when starting measurement.
 - Sit comfortably with legs uncrossed, feet flat on the floor, back and arm supported.
- The center of the cuff should be at the same level as the right atrium of the heart.
- Rest For 5 minutes before measuring.
 - 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, on the same wrist, or as directed by a physician.

Start the Measurement

Before you start the measurement, please press the SET button to choose either User 1 or User 2 as the User ID. When the desired User ID is shown, press START/STOP button to confirm the User ID.



1 .After selecting the user, press the “START/STOP” to start measurement, and it will finish the whole measurement for the selected user. Take User 1 for example.

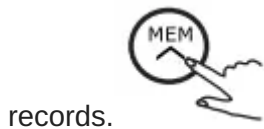


2. Press “SET”, “MEM” or “START/STOP” button to power off, otherwise it will turn off within 1 minute.

DATA MANAGEMENT

Recall the Records

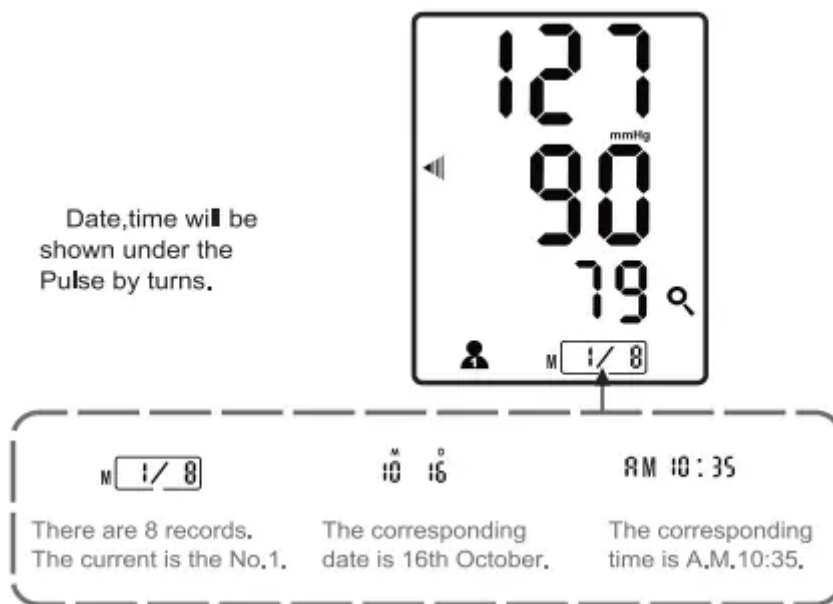
1. When the monitor is off, please press the “MEM” to show the average value of the latest three



records.



2. Press MEM button or SET button to rotate the records. Up to 60 records will be stored under each user ID.



3. If you want to check another user's records, press START/STOP button to turn off the monitor when it is in the memory recall mode. Then press SET button, the user icon will be shown, press "SET" button to select the desired user ID, press "MEM" button to review the selected user's records.



4. Press the START/STOP button to turn off the monitor. Otherwise, the monitor will shut off within 1 minute after last operation.

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 from the list.

Delete the Records

If you did not get the correct measurement, you can delete all results or the latest result for the selected user by the following steps below.

1.If you want to delete all the results, hold “MEM” for 3 seconds when the monitor is in the memory mode ,then “dEL ALL” will show.

OR

If you want to delete the latest result, hold “SET” for 3 seconds when the monitor is in the memory mode, then “dEL OnE” will show.



2.Press “MEM” to confirm deleting and the monitor will turn off.



3.If you don't want to delete the records, press “STRAT/STOP” button or “SET” button to escape.

4. If there is no record. the right display will show when recalling the record.

INFORMATION FOR USER

Tips for Measurement

Measurements may be inaccurate if taken in the following circumstances.



wait at least 1 hour after dinner or drinking



Wait at least 20 minutes after taking a bath



In a very cold environment



Immediate measurement
after tea, coffee, smoking



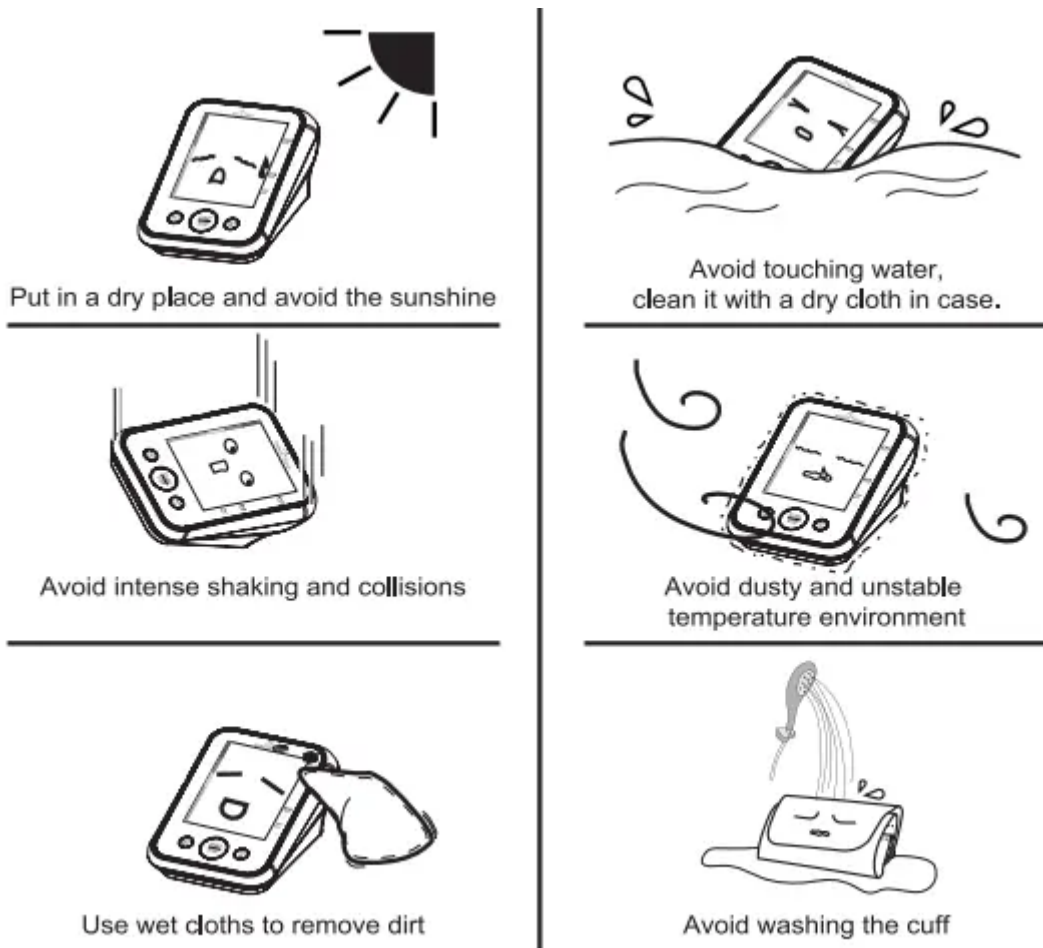
When talking or moving your fingers



When you want to discharge urine

Maintenance

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



ABOUT BLOOD PRESSURE

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).

AHA Home Guideline for Upper Limit of Normal BP

SYS	135 mm Hg
DIA	85 mm Hg

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

Backlight on BPM	AHA Color guide line	Blood Pressure Category	Systolic mmHg (upper#)		Diastolic mmHg (lower#)
Blue	Green	Normal	less than 120	and	less than 80
Blue	Green	Prehypertension	120-129	and	less than 80
Orange	Yellow	High Blood Pressure (Hypertension) Stage 1	130-139	or	80-89
Red	Orange	High Blood Pressure (Hypertension) Stage 2	140 or higher	or	90 or higher
Red	Red	Hypertensive Crisis (Emergency care needed)	Higher than 180	and/or	Higher than 120

CAUTION

Only a physician can tell your normal BP range. Please contact a physician if your measuring result falls out of 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, this equipment records the heartbeat intervals and works out the standard deviation.

If the calculated value is larger than or equal to 15, the irregular heartbeat symbol appears on the symbol when the measurement results are displayed.

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?

- | | | |
|--|--|--|
| <ol style="list-style-type: none"> 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 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.

No power

Display is dim or 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

 Show on the display

- Batteries are low.
 - Replace with new batteries

Error message

E 1 shows

- The cuff is not secure.
 - Refasten the cuff and then measure again.

E 2 shows

- The cuff is very tight
 - Refasten the cuff and then measure again.

E 3 shows

- The pressure of the cuff is excess.
 - Relax for a moment and then measure again.

E 10 or E11 shows

- The monitor detected motion while measuring.
 - Movement can affect the measurement. Relax for a moment and then measure again.

E20 shows

- The measurement process does not detect the pulse signal.
 - Loosen the clothing on the arm and then measure again


E21 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 instructions.

SPECIFICATIONS

Power supply	Battery powered mode: 6VDC 4*AA batteries AC adaptor powered mode: (INPUT: 100-240VAC 50/60Hz 0.3A Max OUTPUT: 6V  1000mA)(Not Included)
Display mode	Digital LCD V.A.60mm*80mm (2.36"*3.15")
Measurement mode	Oscillographic testing mode
Measurement range	Pressure: 0mmHg~300mmHg(0kPa-40kPa) pulse value:(40-199)times/minute
Accuracy	Pressure: 5°C-40°C(41°F-104°F)within±3mmHg(0.4kPa) pulse value:±5%
Normal working condition	Temperature:5°C to 40°C(41°F to 104°F) Relative humidity: ≤85%RH Atmospheric pressure: 86kPa to 106kPa
Storage & transportation condition	Temperature:-20°C-60°C(-4°F to 140°F) Relative Humidity: 10%RH-93%RH Atmospheric Pressure: 50kPa-106 kPa
Measurement perimeter of the upper arm	About 22cm~32cm (8 $\frac{3}{4}$ "-12 $\frac{1}{2}$ ") or 22cm~42cm (8 $\frac{3}{4}$ "-16 $\frac{1}{2}$ ")
Net Weight	Approx.388g(13.69oz)(Excluding the batteries)
External dimensions	Approx.102mm*143mm*73mm(4.02"*5.63"*2.87")
Attachment	4*AA batteries, one storage bag, user manual
Mode of operation	Continuous operation
Degree of protection	Type B applied part
Protection against ingress of water	IPX0
Software Version	V01

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.

