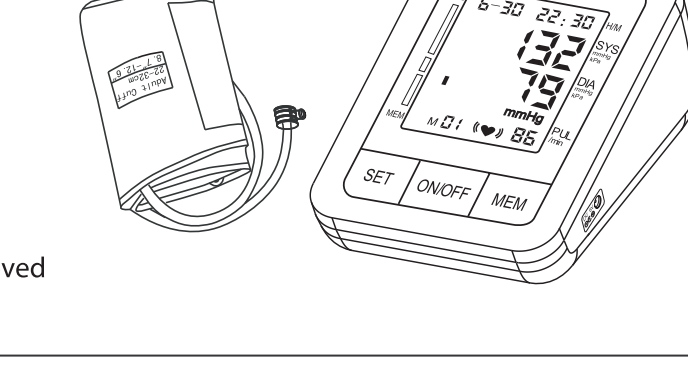


UPPER ARM ELECTRONIC BLOOD PRESSURE MONITOR **procare**

Instruction Manual
MODEL: 240388



CE 0413
FDA Approved

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INTRODUCTION

The Monitor uses the oscillometric method of blood pressure measurement. Measurement Automatic Electronic Blood Pressure Monitor is intended for use by medical professionals or at home to monitor and display diastolic, systolic blood pressure and pulse rate on adult each time, with an arm cuff attached to upper arm according to the instructions in the "ATTACHING THE ARM CUFF". The expected life of the product is 5 years.

NOTES ON SAFETY

- The warning signs and sample icons shown here are listed for your safe and correct use of the unit, so as to prevent injuries or damages to the device. The icons and meanings are as follow.
- Examples of signs
- The icon indicates prohibitions (what you should not do), Matters involving actual prohibitions are indicated by text or pictures in or near Q. The left icon refers to "general prohibition".

The icon indicates something that is compulsory (what must always be observed). Matters involving actual compulsory actions are indicated by text or pictures in or near P. The left icon refers to "general compulsion".

The icon indicates something that is disassembled or "Don't disassemble" Matters involving actual compulsory actions are indicated by text or pictures in or near S. The left icon refers to "general prohibition".

Type BF Applied part

Please refer to the instructions for use

Indicates a medical device that needs to be protected from moisture.

Marking of electrical and electronic equipment in accordance with Article 11(2) of Directive 2002/96/EC (WEEE)

The following symbol indicates that the device is MR-unsafe.

Patient must follow doctor's instruction and should not perform self-judgment and self-treatment by the measuring result. Self-diagnosis of measured results and treatment are dangerous. The device should not be used to judge illness, first aid and continuously monitor measuring.

This device can not be used for Patient transport and surgical care. It can be used in household or fixed places only.

Please press "on/off" button to stop work when you feel uncomfortable with the arm, or if the air is inflating abnormally without stop.

Do not let a child below 12 years old and the people who can't express one's intention, When it is used by the people of 12-18 years old, it should accompanied by the Adult. May cause accident or trouble.

Do not use the unit for purpose other than measuring blood pressure. May cause accident or trouble.

Please do not use mobile phone around the device. Please do not use the device around the magnetic field.

The device is prohibited from being used during movement.

Do not use the equipment in outdoor or shower rooms.

Do not disassemble, repair, or remodel the main unit or the arm cuff of the blood pressure monitor. Will cause the unit to function erroneously.

Requests from Manufacturer

Make sure there is no connection tubing kinking before start measuring to avoid any injury to patient.

For any patient, do not measure more than 3 times continuously, it should be at least above 5 minutes of interval rest between any two measurements, otherwise will cause extravasated blood.

Do not measure your blood pressure over 6 times each day.

Do not apply the cuff over a wound as this can cause further injury.

Do not measure on the arm which is on the side of a mastectomy, otherwise it could cause injury.

Observe the air pressure value from the LCD display.

When measuring, it could not exceed 280 mmHg, otherwise Please press "on/off" button to stop.

Do not use force to bend the arm cuff or the air tube.

Do not knock or drop the main unit.

Always use the specified accessories in the manual, the use of other parts not approved by the manufacturer may cause faults or injuries.

For service information, parts list etc., please contact the dealer.

-The PATIENT is an intended OPERATOR.
-Not servicing and maintenance while the ME EQUIPMENT is in use.
-The user can maintain the product, the maintenance method is described in the maintenance instructions of manual.
-Stop using the equipment immediately, if it is in contact with water.

ABOUT BLOOD PRESSURE

1. What is blood pressure?
Blood pressure is the force exerted by blood against the walls of the arteries. Systolic pressure occurs when the heart contracts. Diastolic pressure occurs when the heart expands.

Blood pressure is measured in millimeters of mercury (mmHg). One's natural blood pressure is represented by the fundamental pressure, which is measured first thing in the morning while one is still at rest and before eating.

2. What is hypertension and how is it controlled?
Hypertension, an abnormally high arterial blood pressure, if left unattended, can cause many health problems including stroke and heart attack. Hypertension can be controlled by altering lifestyle, avoiding stress and with medication under a doctor's supervision. To prevent hypertension or keep it under control:

- Do not smoke
- Reduce salt and fat intake
- Maintain proper weight
- Exercise regularly
- Have regular physical checkups

3. Why measure blood pressure at home?
Blood pressure measured at a clinic or doctor's office may cause apprehension and produce an elevated reading, 25 to 30 mmHg higher than that measured at home. Home measurement reduces the effects of outside influences on blood pressure readings, supplements the doctor's readings and provides a more accurate, complete blood pressure history.

4. WHO blood pressure classification
Standards for assessment of high blood pressure, without regard to age, have been established by the World Health Organization (WHO), and are shown in chart below.

5. Blood pressure variations
An individual's blood pressure varies greatly on a daily and seasonal basis. It may vary by 30 to 50 mmHg due to various conditions during the day. In

hypertensive individuals, variations are even more pronounced.

Normally, the blood pressure rises while at work or play and falls to its lowest levels during sleep. So, do not be overly concerned by the results of one measurement. Take measurements at the same time every day using the procedure described in this manual, and know your normal blood pressure. Many readings give a more comprehensive blood pressure history.

Be sure to note date and time when recording your blood pressure. Consult your doctor to interpret your blood pressure data.

PRECAUTIONS BEFORE USE

1. If you are taking medication, consult with your doctor to determine the most appropriate time to measure your blood pressure. NEVER change a prescribed medication without first consulting with your doctor.

2. For people with irregular or unstable peripheral circulation problems due to diabetes, liver disease, hardening of the arteries, etc., there may be fluctuation in blood pressure values measured at the upper arm versus at the wrist.
3. Measurements may be impaired if this device is used near televisions, microwave ovens, X-ray, mobile phone equipment or other devices with strong electrical fields. To prevent such interference, use the monitor at a sufficient distance from such devices or turn them off.
4. Before using, should wash your hands.
5. Do not measure on the arm which simultaneously used monitoring ME Equipment, otherwise it could cause loss of function.
6. Consult your doctor if the unexpected readings are obtained, also please refer to "Trouble shooting" of the manual.
7. The reading is probably a little lower than measured in the hospital due to the steady mood at home.
8. Cuff pressure range 0-299mmHg

PARTS IDENTIFICATION

Component: 1. Air Connector Plug, 2. Arm Cuff, 3. Arm Cuff Hose, 4. Main Unit, 5. Battery Cover, 6. ON/OFF Button, 7. Memory Button, 8. SET Button, 9. Power Cord, 10. AC Adapter.

Accessory: 1. Manual, 2. Manual, 3. Adapter.

SYMBOLS ON DISPLAY

MONITORING: 1. 1888 2. 8888 3. 8888 4. 8888 5. 8888 6. 8888 7. 8888 8. 8888 9. 8888 10. 8888 11. 8888 12. 8888 13. 8888 14. 8888 15. 8888 16. 8888 17. 8888 18. 8888 19. 8888 20. 8888 21. 8888 22. 8888 23. 8888 24. 8888 25. 8888 26. 8888 27. 8888 28. 8888 29. 8888 30. 8888 31. 8888 32. 8888 33. 8888 34. 8888 35. 8888 36. 8888 37. 8888 38. 8888 39. 8888 40. 8888 41. 8888 42. 8888 43. 8888 44. 8888 45. 8888 46. 8888 47. 8888 48. 8888 49. 8888 50. 8888 51. 8888 52. 8888 53. 8888 54. 8888 55. 8888 56. 8888 57. 8888 58. 8888 59. 8888 60. 8888 61. 8888 62. 8888 63. 8888 64. 8888 65. 8888 66. 8888 67. 8888 68. 8888 69. 8888 70. 8888 71. 8888 72. 8888 73. 8888 74. 8888 75. 8888 76. 8888 77. 8888 78. 8888 79. 8888 80. 8888 81. 8888 82. 8888 83. 8888 84. 8888 85. 8888 86. 8888 87. 8888 88. 8888 89. 8888 90. 8888 91. 8888 92. 8888 93. 8888 94. 8888 95. 8888 96. 8888 97. 8888 98. 8888 99. 8888 100. 8888 101. 8888 102. 8888 103. 8888 104. 8888 105. 8888 106. 8888 107. 8888 108. 8888 109. 8888 110. 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