



Homedics

INSTRUCTION MANUAL

wrist blood pressure monitor

BPW-0300A
Doc# L-04437, Rev.1

IMPORTANT PRODUCT NOTICES AND SAFETY INSTRUCTIONS

When using your blood pressure monitor, basic precautions should always be followed. Please read and follow all instructions and warnings before using this product. Save these instructions for future reference.

- Please note that this is a home healthcare product only and it is not intended to serve as a substitute for the advice of a physician or medical professional.
- This device uses oscillometric method to measure systolic and diastolic blood pressure, as well as heart rate.
- DO NOT use this device for diagnosis or treatment of any health problem or disease. Measurement results are for reference only. Consult a healthcare professional for interpretation of pressure measurements. Contact your physician if you have or suspect any medical problem. Do not change your medications without the advice of your physician or healthcare professional.
- This product is not suitable for people with arrhythmias. This device may have difficulty determining the proper blood pressure for pregnant women, and for users with irregular heartbeat, diabetes, poor circulation of blood, kidney problems, or for users who have suffered a stroke.
- For those who have undergone mastectomy or lymph nodeectomy surgery, it is recommended to take a measurement on the unaffected side.
- Not suitable for those undergoing intravenous injection on any limb or women with pre-eclampsia.
- Excessive use may result in blood flow interference, which is likely to cause uncomfortable sensations, such as partial subcutaneous hemorrhage, or temporary numbness to your wrist. In general, these symptoms should not last long. However, if you do not recover in time, please seek advice from a medical professional.
- The pulse display is not suitable for checking the frequency of heart pacemakers.
- Electromagnetic interference: The device contains sensitive electronic components. Avoid strong electrical or electromagnetic fields in the direct vicinity of the device (e.g., mobile telephones, microwave ovens). These may lead to temporary impairment of measurement accuracy.
- When used among medical electronic equipment on the same limb, pressurization of the cuff may cause the other devices to temporarily malfunction.
- Please use this device indoors only, in a home healthcare environment.
- Use blood pressure monitor only for its intended use.
- DO NOT wrap the cuff around body parts other than your wrist.
- Not for use by or on persons under the age of 18.
- DO NOT use this device on infants, children, or those who cannot express their own intention.
- Please use only the 1.5V AAA alkaline batteries for power supply. Blood pressure measurements determined with this device are equivalent to those obtained by a trained observer using the cuff/stethoscope auscultatory method within the accuracy limits prescribed by the American National Standard for manual, electronic, or automated sphygmomanometers.

ABOUT BLOOD PRESSURE

What is blood pressure?

Blood pressure is the pressure exerted on the artery walls while blood flows through the arteries. The pressure measured when the heart contracts and sends blood out of the heart is systolic (highest) blood pressure. The pressure measured when the heart dilates with blood flowing back into the heart is called diastolic (lowest) blood pressure.

Why measure your blood pressure?

Among today's various health problems, those associated with high blood pressure are very common. High blood pressure dangerously correlates with cardiovascular diseases. Therefore, blood pressure monitoring is important for identifying those at risk.

Why do my readings vary?

Blood pressure is a body parameter that is subject to normal variations throughout the day. A single reading that is different from your and your doctor's readings are not necessarily inaccurate. The average of several readings, taken under similar conditions, using the same arm, is preferred for accurate blood pressure readings.

Why are my readings different than those taken at my doctor's office?

Many experience a phenomenon called "White Coat Hypertension" when measured by a doctor. White Coat Hypertension refers to blood pressure that rises above its usual level when measured in a clinical setting, such as a doctor's office.

BLOOD PRESSURE STANDARD

The table below contains defined levels for hypertension that are publicly available from the American Heart Association® (AHA 2017).

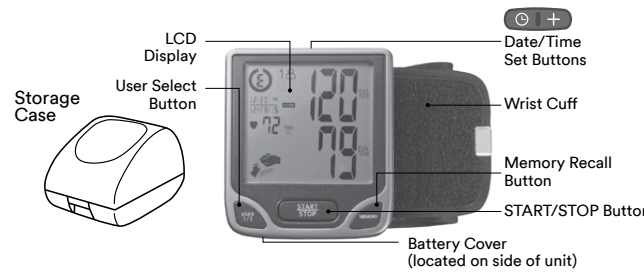
Users can compare their own blood pressure readings against these defined levels to determine if they may be potentially at increased risk.

Blood Pressure Category	Systolic mm Hg (upper number)	and	Diastolic mm Hg (lower number)
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
Hypertension Crisis (consult your doctor immediately)	Higher than 180	and/or	Higher than 120

*Source: American Heart Association® (AHA) 2017

Blood pressure tends to go up and down, even in people who normally don't have high readings. If your numbers stay above the "normal" range most of the time, you may be at increased risk and should consult your physician. Although one can easily find where their own blood pressure readings fall on this table, this monitor comes equipped with a Risk Category Index that automatically compares each reading to the defined levels and provides a helpful cue if your reading falls into one of the stages that could potentially indicate an increased risk. See Risk Category Index section for more information on this feature.

NAME/FUNCTION OF EACH PART



BATTERY INSTALLATION

1. Slide the battery cover to open.
2. Install or replace 2 AAA alkaline batteries in the battery compartment. Make sure the polarities "+" and "-" ends coincide with similar markings inside the compartment.
3. Close the battery cover by sliding back into place.

Replace the batteries if:

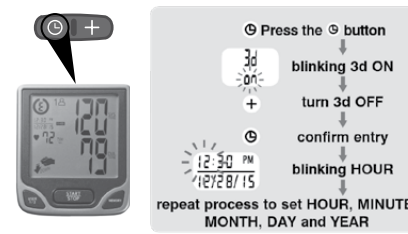
- The low battery symbol appears on the display.
- Nothing appears on the display when the power is switched on.

NOTE:

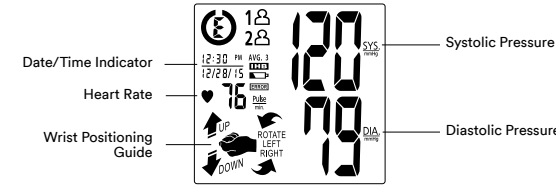
- Date and time must be reset if batteries are removed or replaced.
- Replace all batteries at one time (as simultaneous set). Use only 1.5V "AAA" alkaline batteries. DO NOT mix alkaline, standard (carbon-zinc) or rechargeable (cadmium) batteries.
- When the batteries are removed, the measurement values stored in memory are retained.
- Remove batteries when unit is not in use for extended periods of time.
- Clean contacts on battery and in battery compartment with a soft, dry cloth each time you install batteries.
- Batteries are hazardous waste. DO NOT dispose of them together with household garbage.
- DO NOT dispose of batteries in fire. Batteries may explode or leak.
- Recycle or dispose of properly in accordance with local, state, province, and country regulations.

DATE AND TIME SET

Press the DATE/TIME SET button and the display will show a blinking ON. By default, the wrist positioning guide is ON. To turn it OFF, press the + button. Press the DATE/TIME SET button again and the HOUR will flash on the screen. Press + button to increase to the desired time; press DATE/TIME SET button to confirm. Repeat steps for MINUTE, MONTH, DAY, and YEAR.



DISPLAY EXPLANATIONS



	User 1: Appears when the monitor is operated by User 1.
	User 2: Appears when the monitor is operated by User 2.
	Low Battery Symbol: Appears when batteries should be replaced.
	Pulse Symbol: Shows the heart rate per minute.
	Wrist Positioning Guide: See USING THE WRIST CUFF section for information.
	Irregular Heartbeat Detector
AVG, 3	Memory Average: Displays average of last 3 readings.
	Risk Category Index
EE	Measurement Error: Adjust the cuff and keep wrist steady during measurement.
E4	3D calibration value may be gone: Reposition your wrist using the wrist. Positioning sensor and remeasure.

RISK CATEGORY INDEX

This monitor comes equipped with a Risk Category Index that automatically compares each reading to defined levels established by the American Heart Association® (AHA 2017) as described earlier in this manual, and provides a helpful cue if your reading falls into one of the stages that could potentially indicate increased risk. Please note that the cues provided by this monitor are only intended to assist you in using this table. The table and cues are only provided for convenience to help you understand your non-invasive blood pressure reading as it relates to the AHA 2017 information. They are not a substitute for a medical examination or diagnosis by your physician. It is important for you to consult your physician regularly. Your physician will tell you your normal blood pressure range

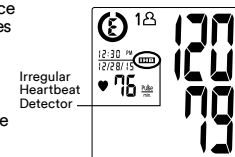
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IRREGULAR HEARTBEAT DETECTOR

The appearance of the 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. Movement, shaking, or talking during the measurement can result in pulse irregularities that may cause the appearance of this icon. Therefore, it is of great importance to not move or talk during measurement.

To determine the presence of an irregular heartbeat, the average of the heartbeat intervals is calculated with the first 3 normal effective heartbeat values. It is important to note that the average is not a strict mathematical averaging of all recorded intervals. At least 3 beats with 25% or greater difference from the average heartbeat interval will generate the icon on the screen.



USING THE WRIST CUFF



1. Wrap the pressure cuff snugly around the bare wrist with the monitor facing you. The hook and loop strap should be fastened securely around your wrist to ensure and accurate measurement. Do not make it too tight.
2. Leave approximately 0.4" between the cuff and bottom of your palm.

When using wrist blood pressure monitors, it is important to take the measurement while relaxing with your wrist at heart level. This will help ensure an accurate reading will be taken. Because it is difficult to find the ideal location for a wrist measurement, we have included an optional **Wrist Positioning Sensor** that will assist in directing your wrist to the ideal location for a blood pressure measurement.

After you press the **START/STOP button**, the display will illuminate with different icons that are designed to help you move your wrist. Once the ideal location is found, the Pulse Symbol will flash and measurement will begin.

SYMBOL	ACTION
	Move your wrist up.
	Move your wrist down.
	Rotate your wrist to your left.
	Rotate your wrist to your right.
	Wrist in the ideal position. Measure again. Once the wrist positioning sensor guides your wrist to your ideal location, keep arm still until measurement is complete.

If and the EE symbol appear on the screen, an error has occurred with your reading. Reposition your wrist using the Wrist Positioning Sensor and remeasure.

NOTE: Even if the monitor is not in the ideal position after 10 seconds, the measurement will still begin. If this occurs, the wrist symbol will appear and will be stored in the memory with the measurement.

MEASUREMENT PROCEDURE

IMPORTANT: BEFORE MEASUREMENT

- Wait 30 minutes after exercising, bathing, eating, drinking anything with alcohol or caffeine, or smoking before using the blood pressure monitor.
- Sit quietly and rest for 15 minutes before each reading.
- Empty your bladder, as a full one can temporarily raise blood pressure.
- Take your blood pressure at normal body temperature.

DURING MEASUREMENT

- DO NOT talk or move your arm or hand muscles.
- DO NOT cross your legs. Sit with feet flat on the floor.
- DO NOT touch cuff or monitor during measurement.
- Position the blood pressure monitor on your wrist.
- Place your elbow on the table and rest the back of your hand on the device storage case or other object.
- Rest your wrist on the armrest until it's at the same height as your heart.
- Relax your hand and turn your palm upward.
- DO NOT use this device if your wrist has any wound or injury.
- Once the measurement has started, keep your wrist steady until the measurement is complete.

1. Press **START/STOP button** to turn the monitor ON.
2. Press **USER button** to choose User 1 or 2.



3. With the cuff wrapped around your wrist, press the **START/STOP button**. Do not inflate the cuff unless it is wrapped around your wrist. If your wrist is not in the ideal position, the screen will suggest moving your wrist up or down, or rotating to the left or right. **NOTE:** Even if the monitor is not in the ideal position after 10 seconds, the measurement will still begin. If this occurs, the wrist symbol will appear and be stored in the memory with the other measurement. When the Wrist Positioning Guide function is turned OFF, this instruction will not appear.
4. All digits will light up to check the display function. The checking procedure will be completed after about 1.5 seconds.



5. After all symbols disappear, the display will show "00". The monitor is "Ready to Measure" and will automatically inflate the cuff to begin measurement.
6. When the measurement is completed, the cuff will deflate entirely. Systolic pressure, diastolic pressure and pulse will be shown simultaneously on the LCD screen. **The measurement is then automatically stored into memory.** **NOTE:** This monitor automatically turns off approximately 1 minute after last operation. You may also press the **START/STOP button** to turn the unit off. To interrupt the measurement, you may press the **START/STOP button**. The cuff will deflate immediately after a button is pressed.



