HoMEDICS

AUTOMATIC ARM
BLOOD PRESSURE MONITOR

BPA-945,BPA-945-WT
Doc: L-01511, Rev. 2

5 year limited warranty

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.

The device can accurately measure blood pressure in pregnant patients including those with known or suspected preeclampsia conditions.

Measurement position is at the human being's upper arm. This device is intended for over-the-counter home use in adults 18 years and older with an arm circumference ranging from 9 inches to 17 inches (approx. 23cm to 43cm).

- Please note that this is a home healthcare product only and this manual and device are not intended to serve as a substitute for the advice of a physician or medical professional.
- This device uses the 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.
- Proper cuff size is critical for accurate measurements. Follow the instructions in this manual and printed on the arm cuff to ensure the arm cuff is used properly.
- If you are pregnant, you should pay more attention to your blood pressure changes because during this time, it may change drastically.
- This monitor is clinically validated for use in pregnancy and pre-eclampsia. When you detect unusual readings in pregnancy, you should measure again after taking some rest. If the reading is still abnormal, consult your doctor or gynecologist.
- This product is not suitable for:
  - People with arrhythmias
  - People undergoing intravenous injection on any limb
  - People currently in a dialysis treatment
- For those who have had a mastectomy or lymph node clearance, it is recommended to take a measurement on the unaffected side.
- This device may have difficulty determining proper blood pressure for users with irregular heartbeat, diabetes, liver disease, kidney disease, poor circulation of the blood or for users who have suffered a stroke. Please consult your healthcare professional before using this device.
- 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 arm. In general, these symptoms should not last long. However, if you continue to experience these sensations, please seek advice from a medical professional.
- When used along with other medical electronic equipment on the same arm, pressurization of the cuff may cause the other devices to temporarily malfunction.
- 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.
- Consider the electromagnetic compatibility of the device (ex. power disturbance, radio frequency interference etc.) Please use this device indoors only.
- Use blood pressure monitor only for its intended use.
- DO NOT wrap the cuff around body parts other than your arm.
- DO NOT use this device on infants, children, or those who cannot express their own intention.
- DO NOT plug or unplug the adapter power cord with wet hands.
- Please use 1.5V "AA" alkaline batteries for power supply.
- Please rest for at least 5-10 minutes before taking a measurement.
- To allow your blood vessels to return to the condition prior to taking the measurement, please wait at least 3-5 minutes between measurements. You may need to adjust the wait time according to your personal physiological situation.
- Wait 30-45 minutes before measurement if you've just consumed caffeinated beverages or smoked cigarettes.
- The applied part is the cuff.
- The patient is the intended operator.

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, Manual, electronic, or automated sphygmomanometers.*

In the event that the device needs to be checked for calibration, contact the distributor.

ABOUT BLOOD PRESSURE

What is Blood Pressure?
Blood pressure is the measurement of the force 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 yours or 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. This table is applicable to most adults aged 18 and older.

Blood Pressure Category	Systolic mmHg (upper number)		Diastolic mmHg (lower number)	Indicator Symbol
Normal	<120	and	<80	
Elevated	120–129	and	<80	E
High Blood Pressure (hypertension) Stage 1	130–139	or	80–89	1
High Blood Pressure (hypertension) Stage 2	140–180	or	90–120	2
Hypertensive Crisis (consult your doctor immediately)	>180	and/or	>120	E

*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 increased risk. See Risk Category Index section for more information on this feature.

Please note that 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 American Heart Association® (AHA 2017). They are not a substitute for a medical examination or diagnosis by your physician. It is important for you to consult with your physician regularly. Your physician will tell you your normal blood pressure range as well as the point at which you may actually be considered to be at risk.

HOW THIS BLOOD PRESSURE MONITOR WORKS

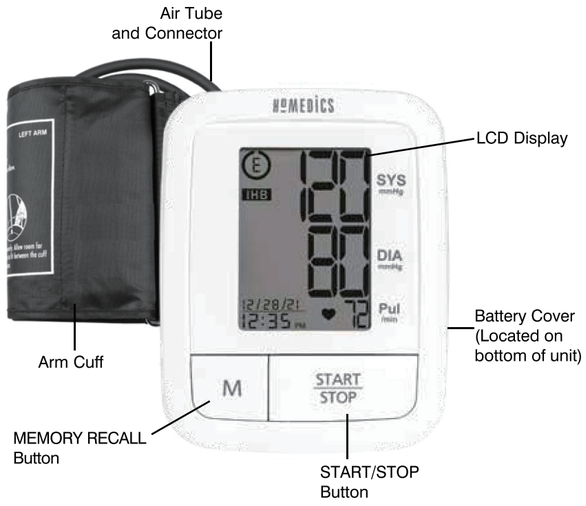
This monitor uses SmartMeasure® technology to detect your blood pressure. With one touch of the start/stop button, the monitor will turn on and the inflation will automatically start, creating pressure around the arteries inside the wrist.

Within the cuff is a gauge which senses the fluctuations (oscillations) in pressure. The fluctuation measured represents the degree of intensity that your arteries are contracting with each heartbeat, which is also a result of the pressure that the cuff has placed on the wrist. The monitor measures these contractions and converts the information to a digital value. Once the measurement is complete, the cuff will automatically deflate, and the result is displayed on the screen. Please note that any muscle movement during inflation will cause measurement error. When measurement is complete, the monitor will display your systolic pressure, diastolic pressure, and pulse readings.

The monitor automatically finds where your measurement results fall on the American Heart Association (AHA 2017) table and provides a cue if your reading falls into one of the stages that could potentially indicate increased risk. Please refer to Risk Category Index section for more information on this feature.

The appearance of the IHB icon indicates that a pulse irregularity consistent with an irregular heartbeat was detected during measurement. Refer to Irregular Heartbeat Detector section.

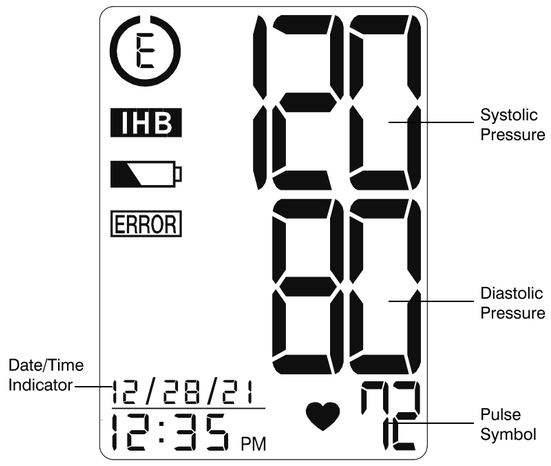
NAME/FUNCTION OF EACH PART



Note:
The **START/STOP** and **M buttons** are also used to set the date and time.

Other Accessories:
4 "AAA" size, 1.5V alkaline batteries (included)

DISPLAY SYMBOL EXPLANATIONS



Display Symbol Explanations:

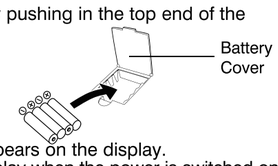
	Low Battery Symbol: Appears when batteries should be replaced.
	Pulse Symbol: Shows the heart rate per minute.
IHB	**Irregular Heartbeat Detector:** See Irregular Heartbeat Detector section for more information.
	Risk Category Index: See the Risk Category Index section for more information.

If ERROR and any of the following letters and numbers appear in the area that systolic pressure should be displayed, an error has occurred with your reading. See Troubleshooting section of this manual for more information.

EE	**Measurement Error:** Wrap the cuff correctly and keep arm steady during measurement. Measure again.
E1	**Air Circuit Abnormality:** Check cuff connection. Measure again.
E2	**Pressure Exceeding 300 mmHg:** Turn the unit off to clear, then measure again.
E3	**Error Determining Measurement Data:** Measure again.
EP	**System Error:** Turn off monitor and measure again. If 'EP' error still appears on the display, please call a Consumer Relations representative.

INSTALLING BATTERIES

1. Press down on latch and lift the battery cover to open the battery compartment.
2. Install or replace 4 "AAA" sized batteries in the battery compartment according to the indications inside the compartment.
3. Close the battery cover by pushing in the top end of the battery door.



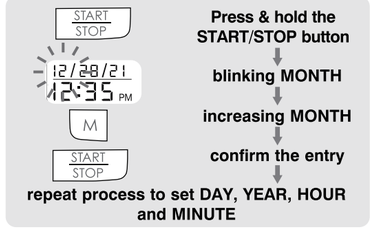
Replace the batteries if:
- The low battery symbol appears on the display.
- Nothing appears on the display when the power is switched on.

Note:
- Date and time will need to 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.
- Remove batteries when unit is not in use for extended periods of time.
- When the batteries are removed, the measurement values stored in memory are retained. However, the date and time must be re-set.
- 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 the 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 & TIME SET PROCEDURE

1. To adjust the date and time, press and hold the **START/STOP button** for 3 seconds.

2. The display will show a blinking number showing the MONTH. Change the MONTH by pressing the **M button**. Each press will increase the number by one in a cycling manner. Press the **START/STOP button** again to confirm the entry, and the screen will show a blinking number representing the DAY.
3. Change the DAY, YEAR, HOUR, & MINUTE as described in Step 2. above, using the **M button** to change the numbers and the **START/STOP button** to confirm the entries.

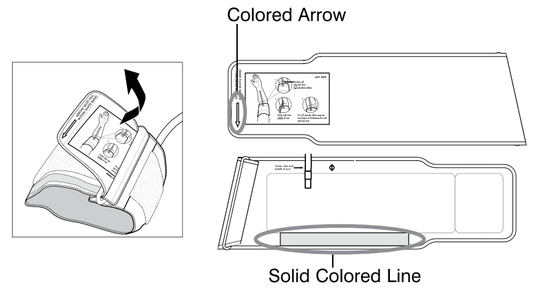


USING THE ARM CUFF

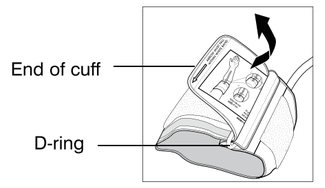
Very Important: Proper cuff size is critical to accurate measurement.

This monitor comes with a universal size arm cuff that fits arms 9"-17" (23cm-43cm).

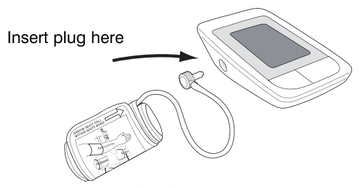
This cuff is suitable for your use if the colored arrow falls within the solid color line as shown below. If the arrow falls outside of the solid color line, you will need to contact HoMedics Consumer Relations to purchase an XL arm cuff (17"-22", 43cm-56cm) at 1-800-466-3342.



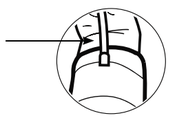
1. If the cuff is not assembled, pass the end of the cuff furthest away from the tubing through the metal D-ring in order to form a loop. The smooth side without the felt material should be on the inside of the cuff loop.



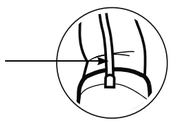
2. Plug the cuff tube into the left side of the unit.



3. Open the arm cuff so that your arm may be placed through it.
4. Wrap the cuff on a bare arm or over thin clothing. Thick clothing or a rolled-up sleeve will cause inaccurate blood pressure measurements.
5. Position cuff edge 0.8-1.2 inches (2-3 cm) above elbow.

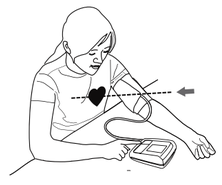


6. Center tube over middle of arm.

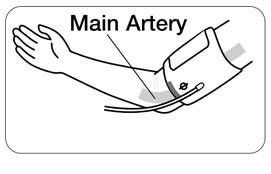


7. Pull the end of the cuff so that it tightens evenly around your arm. Press the hook and loop material together to secure. Allow room for 2 fingers to fit between the cuff and your arm. Please make sure the cuff does not slip during measurement, and the arrow falls within the proper fit range.

8. Lay your arm on a table (palm upward) so the cuff is at the same height as your heart. Make sure the tube is not kinked.



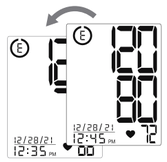
Note:
- This device should not be used when your arm is wounded or injured.
- If it is not possible to fit the cuff on your left arm, it can also be placed on your right arm. However, all measurements should be made using the same arm.
- To use on the right arm, you must position the artery symbol " Φ " over the main artery. Locate the main artery by pressing with two fingers approximately 1" (2 cm) above the bend of your elbow on the inside of your right arm. Identify where the pulse can be felt the strongest. This is your main artery.



RECALLING VALUES FROM MEMORY

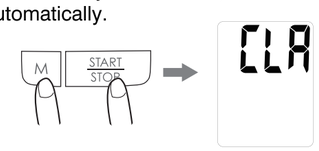
1. Press the **M button** to access the memory.

2. Every new press of the **M button** will recall a previous reading. The latest reading will be recalled first.



CLEARING VALUES FROM MEMORY

Press and hold the **START/STOP + M buttons** at the same time while in memory recall mode, and the data will be erased automatically.



Note:
Once deleted, your readings can not be restored.

IMPORTANT NOTES REGARDING YOUR BLOOD PRESSURE MEASUREMENT

- Take your reading in a comfortable environment as measurements can be affected by hot or cold temperatures.
- Take your blood pressure at normal body temperature.
- DO NOT move or talk during measurement as this can elevate readings.
- DO NOT move or cross legs during measurement. Keep feet flat on floor.
- DO NOT touch cuff or monitor during measurement procedure.
- It is suggested that you take your measurements at the same time each day and use the same arm for consistency.
- Users should wait a minimum of 5 minutes before taking additional measurements. More time may be necessary depending upon your physiology.
- The measurement results that users receive are for reference only. If users have any blood pressure concerns, please consult a physician.
- Once inflation reaches 300 mmHg, the unit will deflate automatically for safety reasons.
- This device may have difficulty determining the proper blood pressure for users with irregular heartbeat, diabetes, poor circulation of blood, kidney problems, or for users who have suffered a stroke.

CARE, MAINTENANCE & CLEANING

- Clean the blood pressure monitor body and cuff carefully with a slightly damp, soft cloth. Do not press. Do not wash cuff or use chemical cleaner on it. Never use thinner, alcohol or petrol (gasoline) as cleaner.
- Make sure the cuff is completely dry before using.
- Leaky batteries can damage the unit. Remove the batteries when the unit will not be used for a long time.
- Follow local ordinances and recycling instructions regarding disposal or recycling of the device and device components, including batteries.
- If the unit is stored near freezing, allow it to acclimate to room temperature before use.
- This blood pressure monitor is not field serviceable. You should not use any tool to open the device nor should you attempt to adjust anything inside the device. If you have any problems with this device, please contact HoMedics Consumer Relations (contact information can be found in the Warranty section).
- DO NOT immerse the unit in water as this will result in damage to the unit.
- DO NOT subject the monitor or cuff to extreme temperatures, humidity, moisture, or direct sunlight. Protect from dust.
- DO NOT fold the cuff and tubing tightly.
- DO NOT disassemble the monitor or cuff. If in need of repair, refer to the Warranty section of this manual.
- DO NOT subject the monitor to extreme shocks (do not drop on floor).
- DO NOT inflate the cuff unless wrapped around arm.
- DO NOT wrap the cuff around body parts other than your arm.
- DO NOT drop or insert any object into any opening or hose.
- To avoid accidental strangulation keep this product away from children. Do not drape tube around neck.
- This monitor may not meet its performance specifications if stored or used outside of these temperature and humidity ranges:

Storage/Transportation Environment	**Operating Environment**
Temperature: -13°F~158°F (-25°C~70°C)	Temperature: 41°F~104°F (5°C ~40°C)
Humidity: less than 93% RH	Humidity: 15% ~ 93% RH
	Atmospheric Pressure: 700hPa-1060hPa

MEASUREMENT PROCEDURE

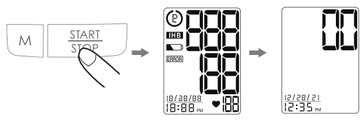
Notes:
- Blood pressure changes with every heartbeat and is in constant fluctuation throughout the day.
- Blood pressure measurement can be affected by the position of the user, his or her physiologic condition and other factors.

Before Measurement:
To help ensure an accurate reading, follow these instructions before taking a measurement:

- Wait 1 hour after exercising, bathing, eating, drinking beverages with alcohol or caffeine, or smoking to measure blood pressure.
- Sit quietly and rest for 15 minutes.
- Stress raises blood pressure. Avoid taking measurements during stressful times.
- Take your reading in a comfortable environment as measurements can be affected by hot or cold temperatures. 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.

1. With the cuff wrapped around your arm, press the **START/STOP button**. Do not inflate the cuff unless it is wrapped around your arm. All digits will light up to check the display functions. The checking procedure will be completed after about 3 seconds.



2. After all symbols disappear, the display will show “00”. The monitor is **“Ready to Measure”** and will **automatically** inflate the cuff to start measurement.

3. 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** (recommended) or **M buttons.**
  The cuff will deflate immediately after a button is pressed.
- If the cuff does not stop inflating, remove the cuff at once.

RISK CATEGORY INDEX

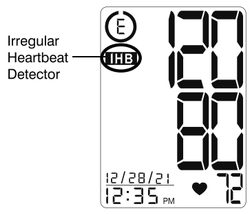
This monitor comes equipped with a Risk Category Index that automatically compares each reading to defined levels established by the American Heart Association® (AHA 2017) as described earlier in this manual, and provides a helpful cue if your reading falls into one of the stages that could potentially indicate increased risk. No cue is given if the reading falls in the normal range as defined by American Heart Association®. Please note that 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 American Heart Association® information. They are not a substitute for a medical examination or diagnosis by your physician. It is important for you to consult with your physician regularly. Your physician will tell you your normal blood pressure range as well as the point at which you may actually be considered to be at risk.

Blood Pressure Category	Systolic mmHg (upper number)		Diastolic mmHg (lower number)	Indicator Symbol
Normal	<120	and	<80	
Elevated	120–129	and	<80	E
High Blood Pressure (hypertension) Stage 1	130–139	or	80–89	1
High Blood Pressure (hypertension) Stage 2	140–180	or	90–120	2
Hypertensive Crisis (consult your doctor immediately)	>180	and/or	>120	E

*Source: American Heart Association (AHA) 2017

IRREGULAR HEARTBEAT DETECTOR (IHB)

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.



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 IHB icon on the screen.

Important Information:
This blood pressure monitor is not designed for use by people with arrhythmias nor for diagnosing or treating an arrhythmia problem. As a safeguard, we recommend that if you have arrhythmias such as atrial or ventricular premature beats and atrial fibrillation or any other special conditions you should check with your physician before using your blood pressure monitor.

POTENTIAL FOR ELECTROMAGNETIC INTERFERENCE

To avoid inaccurate results caused by electromagnetic interference between electrical and electronic equipment, do not use the device near a cell

phone or microwave oven. For most wireless communication devices, it is recommended to maintain a distance of 10.8 feet (3.3m) in order to avoid electromagnetic interference.

This device complies with Part 15 of the FCC Rules. Operation is subject to the following two conditions: (1) this device may not cause harmful interference, and (2) this device must accept any interference received, including interference that may cause undesired operation.

FEDERAL COMMUNICATIONS COMMISSION COMPLIANCE STATEMENT
Changes or modifications to this equipment not expressly approved by the manufacturer could void the user’s authority to operate the equipment.
This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to Part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates, uses and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:
- Reorient or relocate the receiving antenna.
- Increase the separation between the equipment and receiver.
- Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.
- Consult the dealer or an experienced radio/TV technician for help.

ELECTROMAGNETIC COMPATIBILITY (EMC)

- **Guidance and manufacturer’s declaration – electromagnetic emissions**
  The device is intended for use in the electromagnetic environments listed below, and should only be used in such environments:

Emissions test	**Compliance**	**Electromagnetic environment – guidance**
RF emissions CISPR 11	Group 1	RF energy is used only to maintain device’s operation. Therefore, its RF emissions are so low that it’s not likely to cause any interference in nearby electronic equipment.
RF emissions CISPR 11	Class B	
Harmonic emissions IEC 61000-3-2	Not Applicable	The device is suitable for use in all establishments, including domestic establishments, and those directly connected to the public low-voltage power supply network that supplies buildings used for domestic purposes.
Voltage fluctuations/ flicker emissions IEC 61000-3-3	Not Applicable	

- **Guidance and manufacturer’s declaration – electromagnetic immunity**
  The device is intended for use in the electromagnetic environments listed below, and should only be used in such environments:

Immunity test	**IEC 60601 test level**	**Compliance level**	**Electromagnetic environment–guidance**
Electrostatic discharge (ESD) IEC 61000-4-2	± 8 kV contact discharge ± 15 kV air discharge	± 8 kV contact discharge ± 15 kV air discharge	In the case of air discharge testing, the climatic conditions shall be within the following ranges: Ambient Temperature: 15 C°~35C° Relative Humidity: 30%~60%.
Power frequency magnetic field IEC 61000-4-8	30 A/m 50 or 60 Hz	30 A/m 50 or 60 Hz	Power frequency magnetic fields should be at levels characteristic of a typical location in a typical commercial or hospital environment.

- **Guidance and manufacturer’s declaration – electromagnetic immunity**
  The device is intended for use in the electromagnetic environments listed below, and should only be used in such environments:

Immunity test	**IEC 60601 test level**	**Compliance level**	**Electromagnetic environment – guidance**
Conducted RF IEC 61000-4-6	3V rms At 0.15-80 MHz 6V rms At ISM & Radio Amateur Freq	Not Applicable	Portable and mobile RF communications equipment should be used no closer to any part of the device, including cables, than the recommended separation distance calculated from the equation applicable to the frequency of the transmitter.
Radiated RF IEC 61000-4-3 Proximity fields from RF wireless communications equipment IEC 61000-4-3	10 V/m at 80-2700 MHz AM Modulation And 9-28V/m at 385-6000MHz,Pulse Mode and other Modulation. The system shall be tested as specified in IEC60601-1-2 Table 9 for proximity fields from RF wireless communications equipment using the test methods specified in IEC 61000-4-3	10 V/m at 80-2700 MHz AM Modulation And 9-28V/m at 385-6000MHz,Pulse Mode and other Modulation. The system shall be tested as specified in IEC60601-1-2 Table 9 for proximity fields from RF wireless communications equipment using the test methods specified in IEC 61000-4-3 385-6000MHz,Pulse Mode and other Modulation. The system shall be tested as specified in IEC60601-1-2 Table 9 for proximity fields from RF wireless communications equipment using the test methods specified in IEC 61000-4-3	Recommended separation distance Considering to reduce the minimum separation distance, based on RISK MANAGEMENT, and using higher IMMUNITY TEST LEVELS that are appropriate for the reduced minimum separation distance. Minimum separation distances for higher IMMUNITY TEST LEVELS shall be calculated using the following equation: $E = 6\sqrt{P}/d$ where P is the maximum power in W, d is the minimum separation distance in m, and E is the IMMUNITY TEST LEVELS in V/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:
NOTE 1 At 80 MHz and 800 MHz, 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 reorienting or relocating the device. b. Over the frequency range 150 kHz to 80 MHz, field strengths should be less than 3 V/m			

Test specification for enclosure port immunity to RF wireless communications equipment.

Test frequency (MHz)	**Modulation**	**Immunity Test Level (V/m)**
385	Pulse modulation 18 Hz	27
450	FM ± 5 kHz deviation 1kHz sine	28
710	Pulse modulation 217 Hz	9
745		
780		
810	Pulse modulation 18 Hz	28
870		
930		
1720	Pulse modulation 217 Hz	28
1845		
1970		
2450	Pulse modulation 217 Hz	28
5240	Pulse modulation 217 Hz	9
5500		
5785		
NOTE: If necessary to achieve the IMMUNITY TEST LEVEL, the distance between the transmitting antenna and the ME EQUIPMENT or ME SYSTEM may be reduced to 1 m, the 1 m test distance is permitted by IEC 61000-4-3.		
a). The carrier shall be modulated using a 50% duty cycle square wave signal. b). AS an alternative to FM modulation, 50% pulse modulation at 18 Hz may be used because while it does not represent actual modulation, it would be worst case.		

TROUBLESHOOTING

If any abnormality arises during use, please check the following points.

SYMPTOMS	POSSIBLE CAUSES	CORRECTION
Unit does not turn on when the **START/STOP button** is pushed.	Batteries have run down.	Replace them with four new “AAA” alkaline batteries.
	Battery polarities have been positioned incorrectly.	Re-insert the batteries in the correct positions.
EE measurement error symbol shown on display or the blood pressure value is displayed excessively low (or high).	Cuff has been placed incorrectly.	Wrap the cuff properly so that it is positioned correctly. Measure again.
	Did you talk or move during measurement?	Keep arm steady during measurement. Measure again.
	Shaking of the arm with the cuff on.	
E1 error symbol shown on display.	Air circuit abnormality. Cuff tube may not be plugged into monitor correctly.	Check cuff connection. Measure again.
E2 error symbol shown on display.	Inflation pressure exceeding 300 mmHg.	Switch the unit off, then measure again.
E3 error symbol shown on display.	Error determining measurement data.	Measure again.
EP error symbol shown on display.	System error.	Turn off monitor and measure again. If ‘EP’ error still appears on the display, please call a Consumer Relations representative.

Note: If the unit still does not work, contact HoMedics Consumer Relations. Under no circumstance should you disassemble or attempt to repair the unit by yourself. Contact information for HoMedics Consumer Relations Department can be found on the warranty page.

SPECIFICATIONS

Power Supply:	DC 6 V AAA “LR03” (1.5V) Alkaline Battery x 4
Measurement Method:	Oscillometric
Rated Range of Cuff Pressure:	0-300 mmHg
Measurement Range:	Pressure: 40~280 millimeters mercury (mmHg) Pulse: 40~199 beats/minute
Rated Range of Determination:	40-280 mmHg
Accuracy:	Pressure: ±3 mmHg Pulse: ±5% of reading
Inflation:	Automatic Inflation Pump driven
Deflation:	Automatic air release control valve
Display:	Liquid Crystal Display
Memory Capacity:	60 memories
Auto-Shut-Off:	1 minute after last button operation
Battery Life:	Approx. 250 measurements
Operation Environment:	Temperature: 41°F~104°F (5°C ~40°C) Humidity: 15% ~ 93% RH Atmospheric Pressure: 700 - 1060 hPa
Storage/Transportation Environment:	Temperature: -13°F~158°F (-25°C~70°C) Humidity: Less Than 93% RH
Weight:	0.49 lbs (221 g) (without batteries)
Arm Circumference:	UC-01: Universal size cuff: 9”-17” (23cm-43cm)
Dimensions:	3.96”(L) x 5.08”(W) x 1.91”(H) 100.7mm(L) x 129mm(W) x 48.6mm(H)
Accessories:	(4) “AAA” alkaline batteries, arm cuff with tube, Instruction manual
Shelf Life (battery):	3 Years (Temperature: 20 ± 2°C; Relative humidity: 65 ± 20%RH)
Product Life:	5 Years (4 times per day)

	Follow instruction for use.
	TYPE BF Applied Part.
	To avoid innacurate results caused by electromagnetic interference. Warning: Portable RF communications equipment (including peripherals such as antenna cables and external antennas) should be used no closer than 30cm (12 inches) to any part of the device. Otherwise, degradation of the performance of this equipment could result.
	Waste of electrical and electronic equipment (WEEE). Discard the used product to the recycling collection point according to local regulations.
SN	Serial number. SN YYMMXXXXXX
IP22	Ingress Protection Rating. First characteristic numeral - Degree of protection against access to hazardous parts and against solid foreign objects N1=2 (Protected against solid foreign objects of 12.5 mm ø and greater). Second characteristic numeral - Degree of protection against ingress of water. N2 = 2 (Protected agaisnt vertically falling water drops when ENCLOSURE tilted up to 15°).
	Non-ionizing electromagnetic radiation.

Note: These specifications are subject to change without notice.

Innovation, Science and Economic Development Canada ICES-003
Compliance Label: CAN ICES-3 (B)/NMB-3(B)

HoMedics®

For service or repair, do not return this unit to the retailer. Contact HoMedics Consumer Relations at:

Email:
cservice@homedics.com

Phone:
1-800-466-3342
Business Hours:
8:30am-7pm EST
Monday-Friday

In USA Distributed by:
HoMedics USA, LLC
3000 N Pontiac Trail
Commerce Township, MI 48390
Printed in China

In Canada Manufactured for:
HoMedics Group Canada
A Division of HoMedics USA, LLC
6460 Kennedy Road, Unit C.
Mississauga, ON L5T 2X4
Toll Free:
1-888-225-7378
Business Hours:
8:30am-5pm EST
Made in China

LIMITED 5-YEAR WARRANTY

HoMedics sells its products with the intent that they are free of defects in manufacture and workmanship for a period of 5 years from the date of original purchase, except as noted below. HoMedics warrants that its products will be free of defects in material and workmanship under normal use and service. This blood pressure monitor meets the simulated measurement cycles test requirement per EN1060-3, part 8.10. This warranty extends only to consumers and does not extend to Retailers.

To obtain warranty service on your HoMedics product, contact a Consumer Relations Representative. Please make sure to have the model number of the product available.

HoMedics does not authorize anyone, including, but not limited to, Retailers, the subsequent consumer purchaser of the product from a Retailer or remote purchasers, to obligate HoMedics in any way beyond the terms set forth herein. This warranty does not cover damage caused by misuse or abuse; accident; the attachment of any unauthorized accessory; alteration to the product; improper installation; unauthorized repairs or modifications; improper use of electrical/power supply; loss of power; dropped product; malfunction or damage of an operating part from failure to provide manufacturer’s recommended maintenance; transportation damage; theft; neglect; vandalism; or environmental conditions; loss of use during the period the product is at a repair facility or otherwise awaiting parts or repair; or any other conditions whatsoever that are beyond the control of HoMedics.

This warranty is effective only if the product is purchased and operated in the country in which the product is purchased. A product that requires modifications or adoption to enable it to operate in any other country than the country for which it was designed, manufactured, approved and/or authorized, or repair of products damaged by these modifications is not covered under this warranty.

THE WARRANTY PROVIDED HEREIN SHALL BE THE SOLE AND EXCLUSIVE WARRANTY. THERE SHALL BE NO OTHER WARRANTIES EXPRESS OR IMPLIED INCLUDING ANY IMPLIED WARRANTY OF MERCHANTABILITY OR FITNESS OR ANY OTHER OBLIGATION ON THE PART OF THE COMPANY WITH RESPECT TO PRODUCTS COVERED BY THIS WARRANTY. HOMEDICS SHALL HAVE NO LIABILITY FOR ANY INCIDENTAL, CONSEQUENTIAL OR SPECIAL DAMAGES. IN NO EVENT SHALL THIS WARRANTY REQUIRE MORE THAN THE REPAIR OR REPLACEMENT OF ANY PART OR PARTS WHICH ARE FOUND TO BE DEFECTIVE WITHIN THE EFFECTIVE PERIOD OF THE WARRANTY. NO REFUNDS WILL BE GIVEN. IF REPLACEMENT PARTS FOR DEFECTIVE MATERIALS ARE NOT AVAILABLE, HOMEDICS RESERVES THE RIGHT TO MAKE PRODUCT SUBSTITUTIONS IN LIEU OF REPAIR OR REPLACEMENT.

This warranty does not extend to the purchase of opened, used, repaired, repackaged and/or resealed products, including but not limited to sale of such products on internet auction sites and/or sales of such products by surplus or bulk resellers. Any and all warranties or guarantees shall immediately cease and terminate as to any products or parts thereof which are repaired, replaced, altered, or modified, without the prior express and written consent of HoMedics.

This warranty provides you with specific legal rights. You may have additional rights which may vary from state to state. Because of individual state regulations, some of the above limitations and exclusions may not apply to you.

For more information regarding our product line in the USA, please visit: www.homedics.com.

IB-BPM945EN
P/N: 323103465 VER: 001
QDID: 45008, 51582, & 52727