HoMEDiCS®

ᛒ Bluetooth®

PREMIUM ARM BLOOD PRESSURE MONITOR

WITH SMART MEASURE® TECHNOLOGY

HoMedics Health

BPA-960BT, BPA-960BT-WT
Doc: L-01512, Rev.3

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.

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).

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

This device features a built-in “Bluetooth® Data Transmission” function, which enables the device to automatically transmit measuring results to a paired Bluetooth-enabled device. This function allows users to synchronize to current date and time, and check the battery status on the HoMedics Health app.

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 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
- Those who have had a mastectomy surgery (especially when lymph nodes have been removed), it is recommended to take measurements 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 overflow 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.
- 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.
- DO NOT plug or unplug the adapter power cord with wet hands.
- Please use only the AC adapter included with this monitor or 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 distributer.

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. Medical physicians generally recommend the “Rule of 3”, where you are encouraged to take your blood pressure three times in a row (at 3 ~ 5 minute intervals), three times a day for three days. After three days you can average all the results and this will give you an accurate idea of what your blood pressure really is.

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	Ⓔ
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	Ⓒ

*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) 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.

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.

Before measurement, it is suggested that you sit quietly for 15 minutes before measurement as measurements taken in a relaxed state have greater accuracy. The Rest Assure Function provides a helpful countdown of the last 5 minutes of this suggested time*. Refer to the Using Rest Assure Function section for more information on this feature.

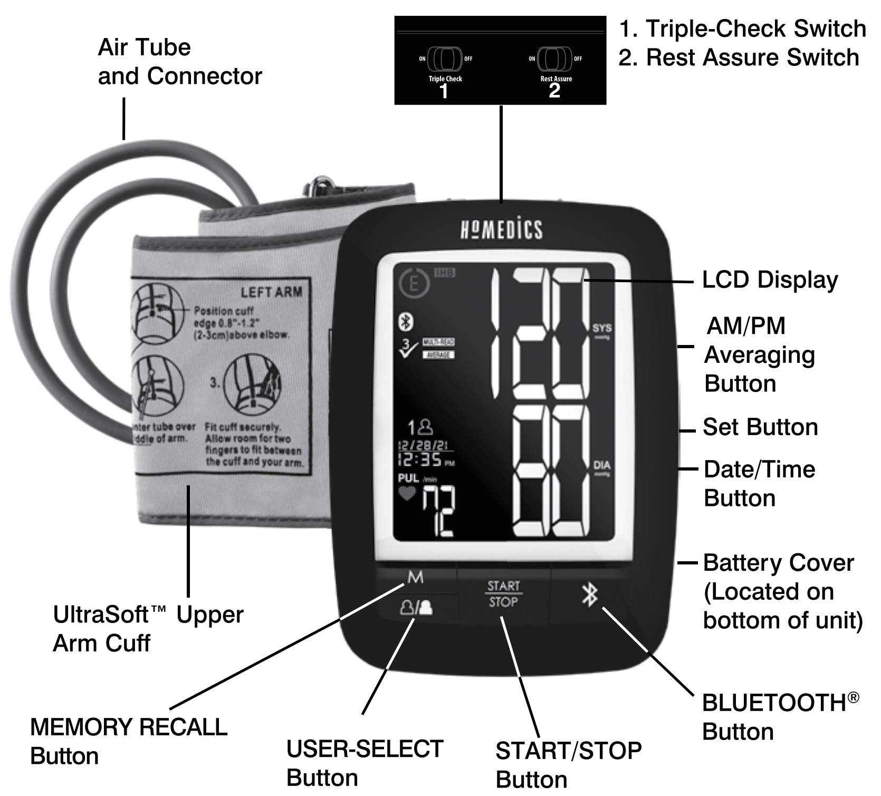
The Triple-Check (Multi-Read) Function automatically takes and averages three readings for accuracy you can trust. Using Triple-Check (Multi-Read) Function section for more information on this feature.

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 the Risk Category Index section for more information on this feature.

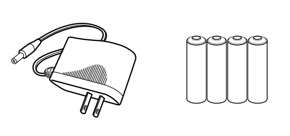
The appearance of the **IHB** icon indicates that a pulse irregularity consistent with an irregular heartbeat was detected during measurement. Please refer to the Irregular Heartbeat Detector section for more information on this feature.

*JNC7: The Seventh Report of the Joint National Committee on Prevention, Detection, Evaluation, and Treatment of High Blood Pressure. NIG Publication No. 04-5230 August 2004.

NAME/FUNCTION OF EACH PART



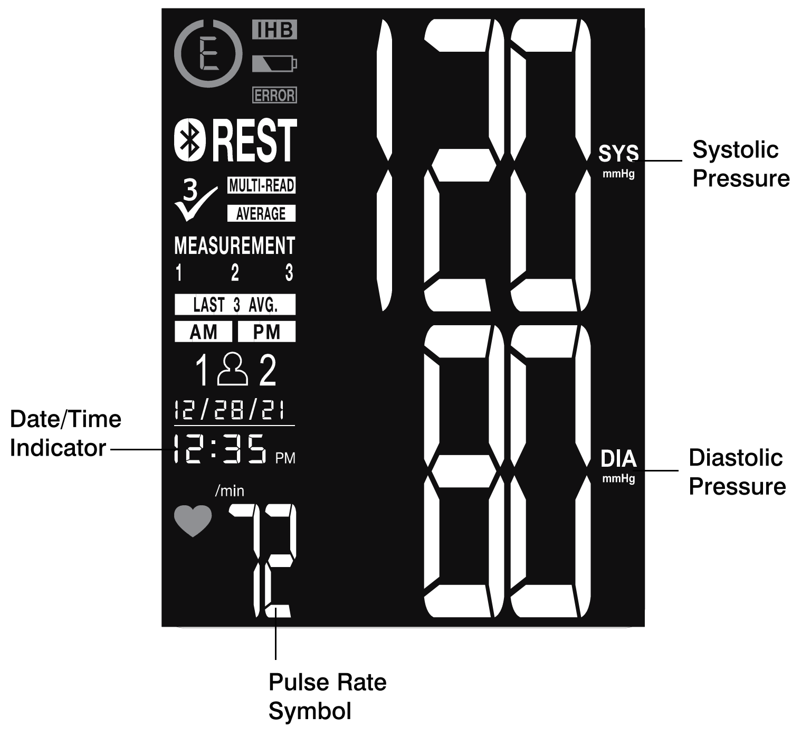
Other Accessories Included :



- 1 6V DC Output AC Adapter
- 4 “AA” size, 1.5V alkaline batteries

Note: Please remove the batteries when operating with the AC adapter for an extended period of time.

DISPLAY SYMBOL EXPLANATIONS



Display Explanation Symbols:

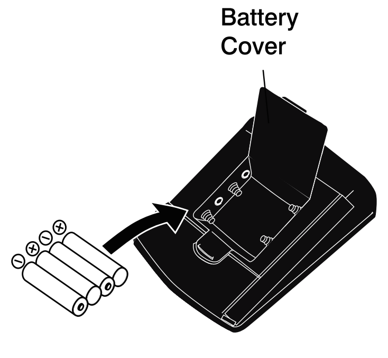
1👤	**User 1:** Appears when the monitor is operated by User 1.
👤2	**User 2:** Appears when the monitor is operated by User 2.
▭	**Low Battery Symbol:** Appears when batteries should be replaced.
♥	**Pulse Symbol:** Shows the heart rate per minute.
Ⓟ	**Risk Category Index:** See Risk Category Index Section for more information.
IHB	**Irregular Heartbeat Detector:** See Irregular Heartbeat Detector section for more information.
ᛒ	**Bluetooth® Symbol:** Appears when data is transmitting to your mobile device.
REST	• **Rest Assure ON:** The REST symbol will appear on monitor, then will countdown for 5 minutes before starting single measurement. • **Triple-Check Function ON:** The REST symbol will flash among 3 measurements during countdown.
LAST 3 AVG.	**Memory Average:** Displays average of last 3 readings.
LAST 3 AVG. AM PM	**AM/PM Averaging:** Indicates the reading being displayed is an average from the last 3 morning or last 3 evening measurements.
3✓ MULTI-READ	**Multi-Read Symbol:** Appears when Triple-Check (Multi-Read) Function is turned ON.
3✓ AVERAGE	**Average Symbol:** Displayed when viewing a Triple-Check average.
MEASUREMENT 1 2 3	**Measurement Indicator:** Indicates which measurement is being taken, or which measurement is being viewed from a Triple-Check average reading.

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. Take new measurement.
E1	**Air Circuit Abnormality:** Check cuff connection. Take new measurement.
E2	**Pressure Exceeding 300 mmHg:** Turn the unit off to clear, then take new measurement.
E3	**Error Determining Measurement Data:** Take new measurement.
E4	**Data Transmission Error:** Monitor cannot connect to the mobile device to transmit data. Make sure *Bluetooth* is ON.
EP	**System Error:** Contact Consumer Relations.

INSTALLING BATTERIES

1. Press foward on latch and lift the battery cover to open the battery compartment.
2. Install or replace 4 “AA” sized alkaline 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.
- When any button is pressed and nothing is displayed on the screen.

Note:

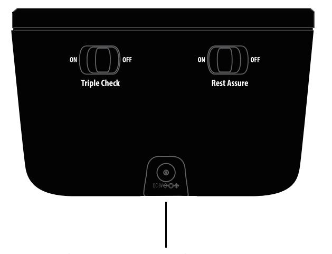
- If the batteries are removed or replaced, the date and time will need to be re-set either manually or automatically using your Bluetooth® mobile device.
- Replace all batteries at one time (as simultaneous set). Use only 1.5V “AA” alkaline batteries. Do not mix alkaline, standard (carbon-zinc) or rechargeable (cadmium) batteries.
- When the batteries are removed, the measurement values stored in memory are retained. However, the date and time must be reset.
- 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 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.**

USING THE AC ADAPTER

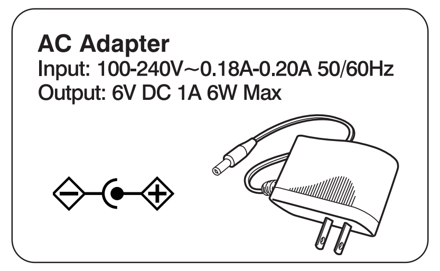
1. Connect the AC adapter with the AC adapter jack as shown below.
2. Please use only the AC adapter included with this monitor.

Note:

- When the AC adapter is your main power supply, make sure the adapter plug can be easily removed from the unit.
- Please unload the batteries when operating with an AC adapter for an extended period of time. Leaving the batteries in the compartment for a long time may cause leakage, which may lead to damage to the unit.
- No batteries are needed when operating with an AC adapter.
- Date and time will need to be reset if AC adapter is unplugged and unit is without batteries.



Connect AC adapter here



AC Adapter
Input: 100-240V~0.18A-0.20A 50/60Hz
Output: 6V DC 1A 6W Max

DATE & TIME SET PROCEDURE

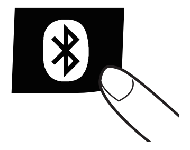
Date & time can be set by two methods, either sync automatically using your *Bluetooth®* mobile device, or set manually using the **DATE/TIME** and **SET buttons** on the monitor (◷ **+**).

If setting the date & time by syncing with your mobile device, it is important that this is done prior to taking any measurements to ensure the date & time are accurate.

To set using your device with Bluetooth wireless technology:

1. Before taking the first measurement, open the **HoMedics Health App** on your device. If you have not already installed the **HoMedics Health App** onto your device, it is available to download on the App Store® and on Google Play™. Make sure you have the app downloaded and open on your mobile device before trying to sync the date & time.

2. Press the ***Bluetooth*** ᛒ **button** on the monitor to enable the connection.



3. Once the *Bluetooth* connection is established, the date & time will automatically update on the blood pressure monitor.

Note:

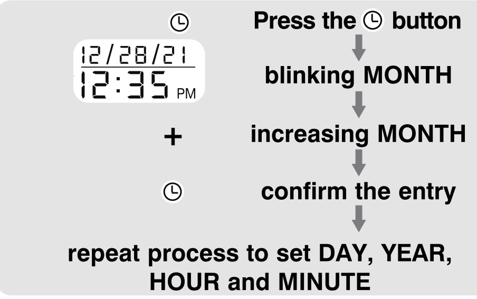
- Once the date & time have been successfully synced, future readings will automatically have the correct date & time.
- If you are having trouble automatically syncing the date & time, make sure the *Bluetooth* is ON on your device and ON on the blood pressure monitor.

To Set Manually:

1. To set the date and time, press the **DATE/TIME button** ◷.

2. The display will show a blinking number showing the MONTH. Change the MONTH by pressing the **+ button**. Each press will increase the number by one in a cycling manner. Press the **DATE/TIME button** ◷ again to confirm the entry, and the screen will show a blinking number representing the DAY.

3. Change the DAY, YEAR, HOUR and MINUTE as described in Step 2 above, using the **+ button** to change the numbers and the **DATE/TIME button** ◷ to confirm the entries.



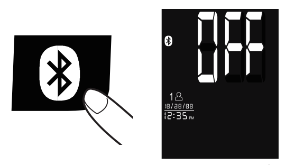
◷ **Press the ◷ button**
↓
blinking MONTH
↓
+ **increasing MONTH**
↓
◷ **confirm the entry**
↓
repeat process to set DAY, YEAR, HOUR and MINUTE

- The date and time will only need to be set manually if the monitor will not be used with the Homedics Health App.
- If the Homedics Health App is used after manually setting the date and time on the blood pressure monitor, the date and time on the mobile device will override the date and time on the blood pressure monitor.

BLUETOOTH® OPERATION

This monitor has *Bluetooth* function ON for your convenience. This will allow your readings to automatically transmit to the **HoMedics Health App**. By turning this function OFF, the measurements cannot be transmitted.

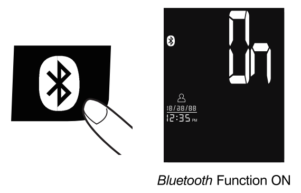
Turning Bluetooth® Function OFF:
While the screen is off (nothing is shown on the screen), press and hold the ***Bluetooth*** ᛒ **button** for 3 seconds to turn *Bluetooth* OFF.



Bluetooth Function OFF

- When *Bluetooth®* is OFF, measurements cannot be transmitted to the **HoMedics Health App**.

Turning Bluetooth® Function ON:
While the screen is off (nothing is shown on the screen), press and hold the ***Bluetooth*** ᛒ **button** for 3 seconds to turn *Bluetooth®* ON.



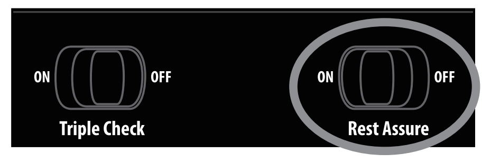
Bluetooth Function ON

- When *Bluetooth* is ON, readings can automatically and manually be trasnmistted to the App.
- The **HoMedics Health App** must be open on your mobile device in order to establish a connection with the monitor.

Bluetooth QDID Profile Information:
QDID: 45008, 51582, & 52727

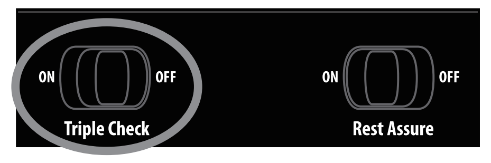
USING REST ASSURE FUNCTION

This blood pressure monitor features the Rest Assure Function. It is suggested you sit quietly for 15 minutes prior to measurement. The Rest Assure Function will count down the last 5 minutes before automatically starting the measurement*. To turn this feature OFF, slide the switch on the back to the OFF position.



USING TRIPLE-CHECK (MULTI-READ) FUNCTION

The Triple-Check (Multi-Read) Function automatically takes and averages three readings in a row, with 1 minute rest intervals in between each measurement. To deactivate this feature and take only a single reading, slide the switch on the back to the OFF position.



**JNC7: The Seventh Report of the Joint National Committee on Prevention, Detection, Evaluation, and Treatment of High Blood Pressure. NIG Publication No. 04-5230 August 2004.*

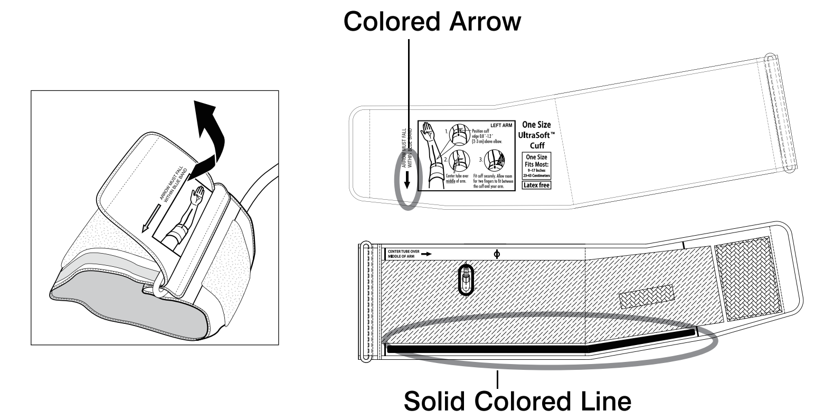
USING THE ULTRASOFT® UPPER ARM CUFF

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

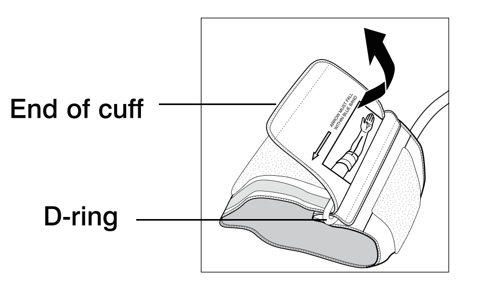
This monitor comes with one UltraSoft® Upper Arm Cuff that fits arm sizes 9”-17” (23cm - 43cm).

The appropriate cuff is suitable for your use if the colored arrow falls within the solid color line as shown below.

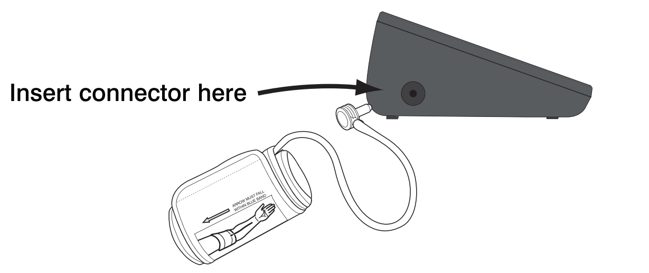
If the arrow falls outside of the solid color line, you will need to contact HoMedics Consumer Relations to purchase an XL arm cuff (17” - 22”, 43cm-56cm) at 1-800-466-3342.



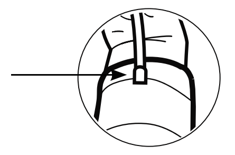
1. If the cuff is not assembled, pass the end of the cuff furthest away from the tubing through the metal D-ring in order to form a loop. The smooth side without the felt material should be on the inside of the cuff loop.



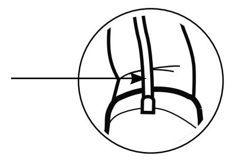
2. Plug the cuff tube into the left side of the unit.



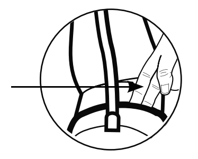
3. Open the arm cuff so that your arm may be placed through it.
4. Wrap the cuff on a bare arm or over thin clothing. Thick clothing or a rolled up sleeve will cause inaccurate blood pressure measurements
5. Position cuff edge 0.8 - 1.2 inches (2-3 cm) above elbow.



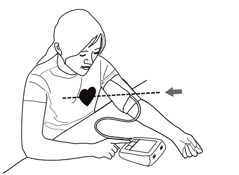
6. Center tube over middle of arm.



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.

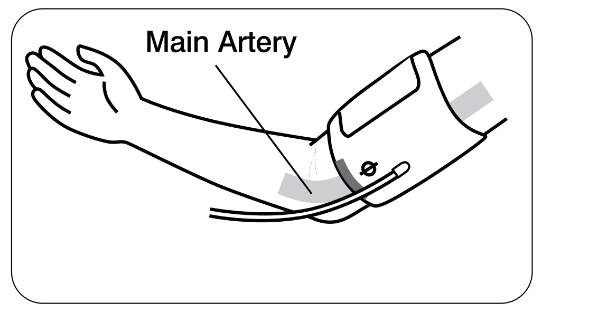


8. Lay your arm on a table (palm upward) so the cuff is at the same height as your heart. Make sure the tube is not kinked.



Note:

- This device should not be used when your arm is injured or wounded.
- 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.



MEASUREMENT PROCEDURE

Important 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 measurments during stressful times.
- Take your reading in a comfortable enviroment as measurements can be affected by hot or cold temperatures. Take your blood pressure at normal body temperature.

During Measurement:

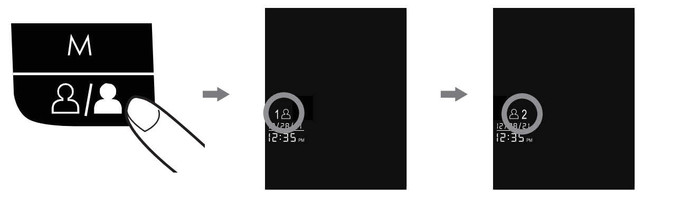
- DO NOT talk or move your arm or hand muscles.
- DO NOT cross your legs. Sit with feet flat on the floor.
- DO NOT touch cuff or monitor during measurement.

If you are using this blood pressure monitor for the first time, please remove the protective film from the screen.

Using Single Measurement Mode:

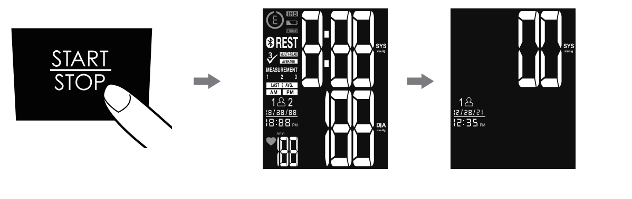
1. Please make sure the Triple-Check switch, located on the back of the unit, is in the OFF position.

2. Press the **USER-SELECT button** to choose User 1 or User 2.



After the user number is selected, press the **START/STOP button** to confirm the chosen user.

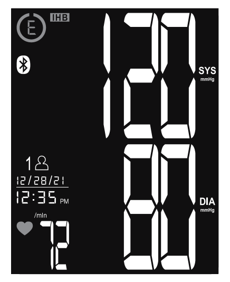
3. With the cuff wrapped around your arm, press the **START/STOP button.** Do not inflate the cuff unless it is wrapped around your arm. All digits will light up to check the display functions. The checking procedure will be completed after about 3 seconds.



Note:
If the Rest Assure Function is ON, the 5 minute countdown will begin after the checking procedure is complete.

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

5. 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 returns to standby mode approximately **60 seconds** after last operation. You may also press the **START/STOP button** to return to standby mode.
- To interrupt the measurement, you may press the **START/STOP button.** The cuff will deflate immediately after a button is pressed.
- If the cuff does not stop inflating, remove the cuff at once.

Using Triple-Check Measurement:

1. Please make sure the Triple-Check switch, located on the back of the unit, is in the ON position.

2. Press the **USER-SELECT button.** After the user number is selected, press the **START/STOP button** to confirm the chosen user.

3. 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.

Note:
If the Rest Assure feature is ON, the 5 minute countdown will begin after checking procedure is complete.

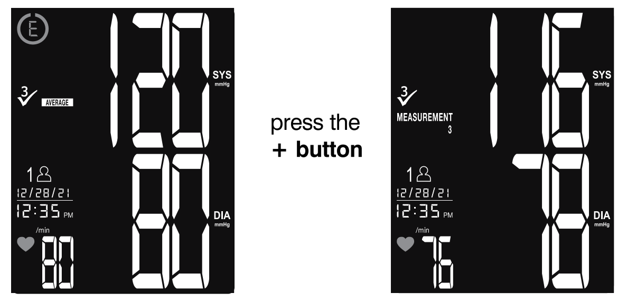
4. After all symbols disappear, the display will show “00”. The monitor is “**Ready to Measure**” and will automatically inflate the cuff to begin measurement.

5. When the measurement is completed, the cuff will deflate entirely. Once the cuff is fully deflated, a 1 minute countdown will begin before starting the second measurement automatically. This process will continue until the end of the third measurement.

Note:
- If an ERROR code is displayed during measurement, the monitor will repeat the measurement up to 3 times during the consecutive measurement process.
- Remain still until all 3 measurements are completed.

6. At the conclusion of the third measurement, the Triple-Check average will be displayed.

To review your individual results that make the Triple-Check average, press the **+ button.**



TRANSMIT READINGS TO YOUR MOBILE DEVICE

This monitor syncs your blood pressure readings to the **HoMedics Health App** that is free to download on the App Store® and on Google Play™. Make sure you have the **HoMedics Health App** downloaded, and open on your mobile device before trying to transmit your blood pressure measurements.

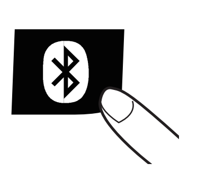
HoMedics Health

Before attempting to sync the blood pressure monitor with your mobile device, make sure *Bluetooth®* is turned ON, on both your mobile device and the monitor.

Automatically transmit readings:

After a measurement is taken, the *Bluetooth* icon will appear on the screen as the monitor automatically transmits your blood pressure readings to the App.

Manually transmit readings:



Press the ***Bluetooth* button**. The readings will automatically be transmitted to the App. The *Bluetooth* icon will appear on the screen as the monitor transmits your blood pressure readings to the App.

If the transmission(s) were successful, the *Bluetooth* icon will be displayed on the screen. See Fig. 1.

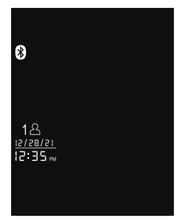


Fig. 1

If the transmission(s) were unsuccessful, E4 and the ERROR symbol will be displayed on the screen. See Fig. 2.

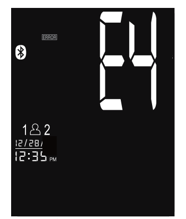


Fig. 2

Note:
- The measurement is stored in the monitor’s memory even if the reading is not transmitted to your mobile device.
- The **HoMedics Health App** must be open on your mobile device in order to transmit your measurements.
- Only new readings will be accepted by the App.
- This monitor can only pair with one Bluetooth®-enabled device at a time
- To ensure readings transmitted to the App have the correct date and time, it is important that the correct date and time is set on the blood pressure monitor before taking measurements.
- Measurements transmitted to the App cannot be edited.

Bluetooth compatibility with blood pressure monitor for Bluetooth-enabled device is:
- Bluetooth 4.2 for Android 6.0 or above,
- Bluetooth 4.2 for iOS 7.0 or above

RISK CATEGORY INDEX

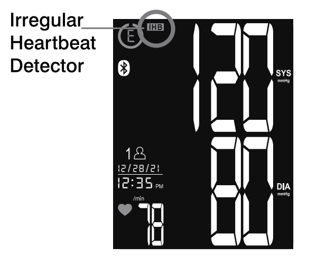
This monitor comes equipped with a Risk Category Index that automatically compares each reading to defined levels established by the American Heart Association® (AHA 2017) as described earlier in this manual, and provides a helpful cue if your reading falls into one of the stages that could potentially indicate increased risk. No cue is given if the reading falls in the normal range as defined by the AHA. 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 AHA 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	Ⓔ
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	Ⓒ

*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.

USING THE MEMORY FUNCTION

This monitor can be used by 2 users. **Each user can store up to 120 measurements.**

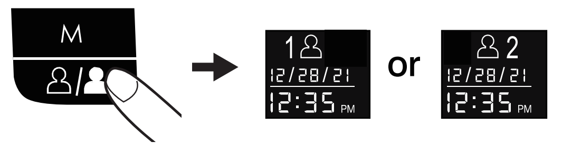
This monitor features an advanced memory mode to provide you with a variety of options for reviewing your measurement history, including AM/PM Averaging. Reviewing your morning (AM) and nighttime (PM) measurements can provide important information about how your blood pressure changes throughout the day.

LAST 3 AVG.	Displays average of last three readings.
LAST 3 AVG. AM	Displays average of last 3 morning readings. (AM is defined as 4:00 AM – 12:00 PM).
LAST 3 AVG. PM	Displays average of last 3 nighttime readings. (PM is defined as 6:00 PM – 2:00 AM).
3✓ AVERAGE	Indicates reading is an average of a Triple-Check measurement. Press the **+ button** to review individual readings that make up the Triple-Check average.

Note:
A Triple-Check average and the 3 measurements that make this average, count as 4 readings when stored in memory.

RECALLING VALUES FROM MEMORY

1. Press the **USER-SELECT button** to select User 1 or User 2.

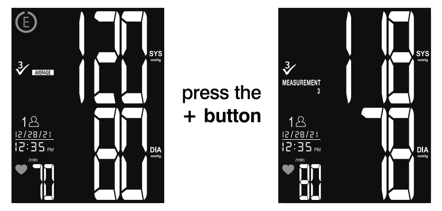


2. Press the **M button** to access memory.

3. The monitor will first display the calculated average applied to the last 3 memories.

Note:
- If the last 3 readings was a Triple-Check average, then the Triple-Check average will be displayed.
- Memory averaging function will only average individual readings.
- Every new press of the **M button** will recall a previous reading. The latest reading will be recalled first.

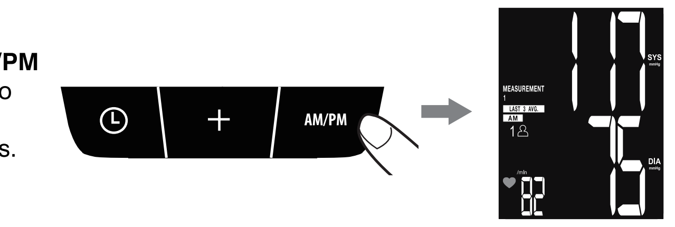
Note:
While reviewing the readings, the Triple-Check Average icon may appear on the screen. Press the **+ button** to review individual readings that make up the Triple Check average.



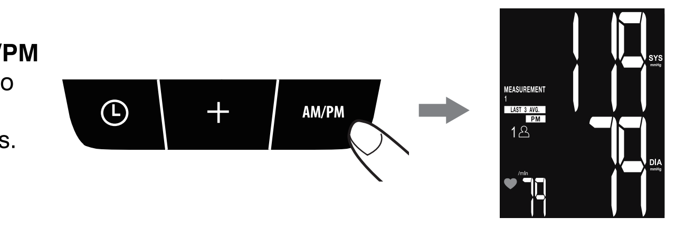
To use the AM/PM averaging function:

1. Press the **USER-SELECT button** to select User 1 or User 2.

2. Press the **AM/PM button** once to access last 3 AM averages.

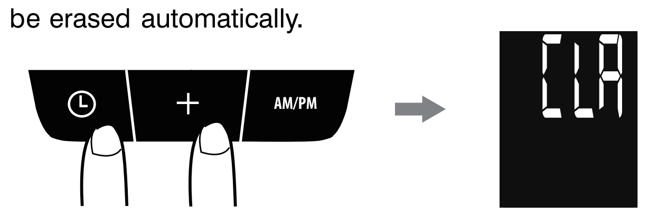


3. Press the **AM/PM button** twice to access last 3 PM averages.



CLEARING VALUES FROM MEMORY

1. Press the **USER-SELECT button** to select User 1 or User 2.
2. Press the **M button** to enter into memory recall mode.
3. Press and hold the **DATE/TIME** and **+ buttons** (⏲ **+**) at the same time and the data for the selected user will be erased automatically.



Note: Once deleted, your readings cannot be restored.

IMPORTANT NOTES REGARDING YOUR BLOOD PRESSURE MEASUREMENT

- 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 product is not suitable for people with arrhythmias.
- 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.

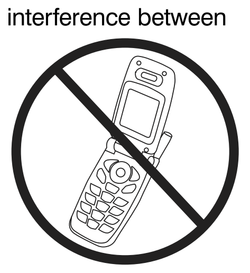
CARE, MAINTENANCE & CLEANING

- 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 on the warranty page).
- 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

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) inorder 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 COMMISION 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	Class A	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	Complies	

- **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 ± 15 kV air	± 8 kV contact ± 15 kV air	In the case of air discharge before testing, the climatic conditions shall be within the following ranges: Ambient Temperature: 15°C~35°C, Relative Humidity: 30%~60%
Power frequency (50/60 Hz) magnetic field IEC 61000-4-8	30A/m 50 or 60 Hz	30A/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.
Electrical fast transient/burst IEC 61000-4-4	± 2 kV for power supply lines ± 1 kV for input/output lines	± 2 kV for power supply lines ± 1 kV for input/ output lines	Mains power quality should be that of a typical commercial or hospital environment.
Surge IEC 61000-4-5	AC Power port ± 1 kV line to line	AC Power port ± 1 kV line to line	Mains power quality should be that of a typical commercial or hospital environment.
Interruptions and voltage variations on power supply input lines IEC 61000-4-11	0% UT; 0.5 cycle At 0°, 45°, 90°, 135°, 180°, 225°, 270° and 315° 0% UT; 1 cycle 70% UT; 25 cycles 0% UT; 250 cycles	0% UT; 0.5 cycle At 0°, 45°, 90°, 135°, 180°, 225°, 270° and 315° 0% UT; 1 cycle 70% UT; 25/30 cycles 0% UT; 250/300 cycles	Mains power quality should be that of a typical commercial or hospital environment. If the user of the device requires continued operation during power mains interruptions, it is recommended that the device be powered from an uninterruptible power supply or a battery.

- **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	3V rms At 0.15-80 MHz 6V rms At ISM & Radio Amateur Freq	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 61000-4-385-6000MHz,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: $E=6/d\sqrt{P}$ 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			

Table continued on the following page.

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 “AA” 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).	The UltraSoft™ Upper Arm Cuff has been positioned on the arm incorrectly.	Re-wrap the cuff properly so that it is positioned correctly. Take new measurement.
	Did you talk or move during measurement?	Keep arm steady during measurement. Measure again. Refer to “Measurement Procedure” instructions.
	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. See Using the Ultrasoft Upper Arm Cuff section. Take new measurement.
E2 error symbol shown on display.	Inflation pressure exceeding 300 mmHg.	Switch the unit off and then turn back ON. Take new measurement.
E3 error symbol shown on display.	Error determining measurement data.	Re-wrap the cuff properly so that it is positioned correctly. Take new measurement.
E4 - Data transmission error symbol shown on the display.	Bluetooth® function is turned OFF, on your mobile device.	Turn Bluetooth ON, on your mobile device, and try again.
	Bluetooth function is turned OFF, on the blood pressure monitor.	Turn the Bluetooth function ON, on your blood pressure monitor, then try again.
	Mobile device does not pair with the blood pressure monitor.	Make sure Bluetooth is ON, on the mobile device and the blood pressure monitor, and try again.
		Requires compatible mobile device. This blood pressure monitor is compatible with mobile devices that are running Bluetooth 4.2 for Android 6.0 or above, Bluetooth 4.2 for iOS 7.0 or above.
	The App on the mobile device is not open.	Make sure the app is open on the mobile device, and try again.
	The blood pressure monitor and mobile device are out of transmitting range.	Make sure the mobile device and blood pressure monitor are within the acceptable range of 32 feet (10 meters).
	Unexpected loss of electrical/ mechanical integrity.	Make sure your last reading is stored in memory and the App is open and try again. See Transmitting Readings to Your Mobile Device section.
		Remove batteries, re-insert, and try again.
		Return the device to your local distributor or importer.
EP error symbol shown on display.	System Error.	Measure again. If error persists, contact Consumer Relations.

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 6V AA “LR6” (1.5V) Alkaline Battery x 4
Battery Life:	Approx. 200 measurements
Measurement Method:	Oscillometric
Rated Range of Cuff Pressure:	0 -300 mmHg
Rated Range of Determination:	40~280 millimeters Mercury (mmHg)
Measurement Range:	Pulse: 40~199 beats/minute
Accuracy:	Pressure: ±3 mmHg Pulse: ±5% of Max
Inflation:	Automatic inflation (air pump)
Deflation:	Deflation Automatic Air Release Control Valve
Display:	Liquid Crystal Display
Memory Capacity:	120 memories for each User (240 total)
Operation Environment:	Temperature: 41°F~104°F (5°C ~40°C) Humidity: 15% ~ 93% RH Atmospheric Pressure: 700hPa ~ 1060hPa
Storage/Transportation Environment:	Temperature: -13°F~158°F (-25°C~70°C) Humidity: Less Than 93% RH
Weight:	0.74 lb (330 g) (without batteries)
Arm Circumference:	Ultrasoft™ Upper Arm Cuff Size: 9”- 17” (23-43cm)
Dimensions:	4.65”(L) x 6.46”(W) x 1.89”(H) 118mm(L) x 164mm(W) x 48mm(H)
Product Life:	5 Years (4 times per day)
Sleeping Mode:	Without any operation for 1 minute, device automatically shuts off.
Accessories:	(4) “AA” alkaline batteries, 6V DC AC adapter, instruction manual, 1 arm cuff with tube
Shelf Life (battery):	3 years (Temperature: 20 ± 2°C; Relative humidity: 65 ± 20% RH)
RF Type	Bluetooth® 4.2 BLE
System requirement of the Bluetooth-enabled device	Bluetooth 4.2 for Android 6.0 or above, Bluetooth 4.2 for iOS 7.0 or above

📖	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.
🗑	Wase 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 15º).
((•))	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

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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
Monday-Friday
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.

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