



manual arm blood pressure monitor



BPM-700
Doc # L-02993, Rev.2

1 year
limited warranty

Technical Data

*Built to ISO81060-1 standards

*Scale grading: 2mmHg

*Measurement range:0~300mmHg

*Measurement precision: ±3mmHg

This aneroid sphygmomanometers offer the advantage of being sturdy and easy to transport, thus ensuring top reliability both in professional and domestic use.

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.

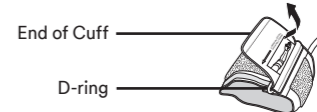
Blood Pressure Category	Systolic mmHG (upper number)		Diastolic mmHG (lower number)
Normal	<120	and	<80
Elevated	120–129	and	<80
High Blood Pressure (hypertension) Stage 1	130–139	or	80–89
High Blood Pressure (hypertension) Stage 2	≥140	or	≥90
Hypertension Crisis (consult your doctor immediately)	>180	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. 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.

APPLYING THE CUFF

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. Open the arm cuff so that your arm may be placed through it.
3. Wrap the cuff on a bare arm or over thin clothing. Thick clothing or a rolled up sleeve will cause inaccurate blood pressure measurements

4. Position cuff edge 0.8 - 1.2 inches (2-3 cm) above elbow.



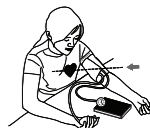
5. Center tube over middle of arm.



6. 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.



7. 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 “↓” 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 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.

In order to obtain an optimal reading, the diaphragm must be placed on the artery; the slightly flexed arm must rest on a flat surface and the musculature must be totally relaxed.



1. Check that the deflating valve on the bulb is tightly closed by rotating it clockwise, insert the stethoscope chest piece under the cuff, then attach the ear-pieces of the phonendoscope to the ears and start measuring by inflating the cuff to its maximum pressure which should not exceed the expected maximum by more than 20–30mmHg.



2. Open the exhaust valve a little by rotating it counter-clockwise and allow the air to escape as uniformly as possible at a rate of 2-3mmHg per second.

- When the pressure inside the cuff drops lower than the arterial peak, the typical tone of the artery will be heard at every beat through the stethoscope.



3. When you hear the first tone, read on the pressure gauge scale the value that corresponds to the maximum (or systolic) pressure. Listen carefully and when you hear the last tone, read the value on the pressure gauge scale: this is the minimum (or diastolic) pressure.

- After reading the pressure values, let all the air out of the cuff and, if the reading is doubtful, repeat the operation after allowing 10-15 minutes to elapse.

Caution:

- The equipment must be protected against shocks.
- Never inflate to more than 300mmHg.
- Do not damage the rubber parts with cutting or sharp objects.
- Do not expose the equipment to excessively high or low temperatures.

CARE, MAINTENANCE & CLEANING

- The appliance should be checked at least every two years, if find the equipment's error that exceeds the technical data, must be recalibrated.
- To clean your sphygmomanometer use a clean soft cloth.
- Do not immerse the equipment in liquids to clean it.
- Do not hot sterilize.

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, LLC
3000 N Pontiac Trail
Commerce Township, MI
48390
Printed in China

LIMITED 1-YEAR WARRANTY

Homedics sells its products with the intent that they are free of defects in manufacture and workmanship for a period of 1 year 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.

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