HoMEDICS

AUTOMATIC WRIST BLOOD PRESSURE MONITOR

HoMedics Health

BPW-930BT, BPW-930BT-WT
Doc: L-01513, 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.

Measurement position is at human being's wrist. This device is intended for over-the-counter home use in adults aged 18 years and older with a wrist circumference ranging from 5.3 inches to 7.7 inches (approx. 135 mm to 195 mm).

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 with the HoMedics Health app.

- Please note that this is a home health care product only and this manual and device are is not intended to serve as a substitute for the advice of a physician or medical professional.
- This device uses oscillometric method to measure systolic and diastolic blood pressure, as well as heart rate.
- DO NOT use this device for diagnosis or treatment of any health problem or disease. Measurement results are for reference only. Consult a health care 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 health care professional.
- This product is not suitable for people with arrhythmias.
- Excessive use may result in blood flow interference, which is likely to cause uncomfortable sensations, such as partial subcutaneous hemorrhage, or temporary numbness to your wrist. In general these symptoms should not last long. However, if you continue to experience these sensations, please seek advice from a medical professional.
- We recommend you using the same wrist (preferably the left wrist) and measuring around the same time each day.
- Perform measurements in a quiet and relaxed environment at room temperature.
- DO NOT move or shake the device during a measurement. Please keep quiet and DO NOT talk during measurements.
- This product is not suitable for:
  - Pregnant women
  - People with arrhythmias
  - People undergoing intravenous injection on any limb
  - People currently in a dialysis treatment
  - Pregnant women in preeclampsia condition
- 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 pregnant women and 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 health care professional before using this device.
- When used along with other electronic medical equipment on the same limb, 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: This device contains sensitive electronic components. Avoid strong electrical or electromagnetic fields in the direct vicinity of the device (e.g. cell phones, 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 in a home health care environment only.
- Use blood pressure monitor only for its intended use.
- DO NOT wrap the cuff around body parts other than your wrist.
- The patient is an intended operator.
- The applied part is the cuff.
- DO NOT use this device on infants, children, or those who cannot express their own intention.
- Blood pressure measurements determined with this device are equivalent to those obtained by a trained observer using the cuff/ stethoscope auscultatory method within the limits prescribed by the American National Standard, manual, electronic, or automated sphygmomanometers.
- 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.
- 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. 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	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	C

*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 Indicator 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 in helping you to understand your noninvasive 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.

To help guide your wrist into the ideal position, this blood pressure monitor comes equipped with an optional wrist positioning guide to help you take an accurate blood pressure reading. Please see wrist position guide section for more information on this feature.

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

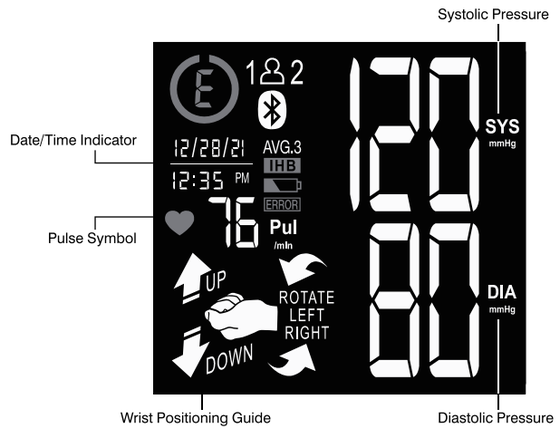
The appearance of the IHB icon indicates that a pulse irregularly consistent with an irregular heartbeat was detected during measurement. Refer to Irregular Heartbeat Detector section.

NAME/FUNCTION OF EACH PART

Accessories for unit:

2 "AAA" 1.5V alkaline batteries and a carrying case are included with the unit.

DISPLAY SYMBOL EXPLANATIONS



DISPLAY SYMBOL EXPLANATIONS:

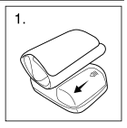
1	**User 1:** Appears when the monitor is operated by User 1.
2	**User 2:** Appears when the monitor is operated by User 2.
	Low Battery Symbol: Appears when batteries should be replaced.
	Pulse Symbol: Shows the heart rate per minute.
	Risk Category Index: See Risk Category Index Section for more information.
IHB	**Irregular Heartbeat Detector:** See Irregular Heartbeat Detector section for more information.
AVG. 3	**Memory Average:** Displays average of last 3 readings.
	Wrist Positioning Guide: See Wrist Positioning Guide section for more information.
	Bluetooth® Symbol: Appears when data is transmitting to your mobile device.

If ERROR and any of the following letters and numbers appear in the area that systolic pressure should be displayed or the wrist icon appears, 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 wrist steady during measurement. Measure again.
E1	**Air Circuit Abnormality:** Measure again.
E2	**Pressure Exceeding 300 mmHg:** Switch the unit off to clear, then measure again.
E3	**Error Determine Blood Pressure Measurement:** Rewrap cuff properly, keep steady, and measure again.
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.

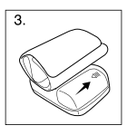
INSTALLING BATTERIES

1. The battery cover is located on the back of the monitor. Remove battery cover by pressing down and pulling away from the monitor.



2. Install batteries according to the polarity indications inside the compartment (Fig. 2). **Battery Type: 2 Alkaline LR03 (AAA) size.**
   NOTE: For easy battery removal, place batteries on top of the ribbon located inside of the battery compartment.

3. Replace the cover by inserting it back into place.



Replace the batteries if:

- The low battery symbol appears.
- When any button is pressed and nothing is displayed on the screen.

NOTE:

- If 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 "AAA" alkaline batteries. DO NOT mix alkaline, standard (carbon-zinc) or rechargeable (cadmium) batteries.
- When the batteries are removed, the measurement values stored in memory are retained. 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.**

WRIST POSITIONING GUIDE

- When using wrist blood pressure monitors, it is important to take the measurement while relaxing your wrist at heart level. This will help ensure an accurate reading will be taken. Because it is difficult to find the ideal location for a wrist measurement, we have included an optional Wrist Positioning Sensor that will assist in directing your wrist to the ideal location for a blood pressure measurement.
- After you press **START/STOP button**, the display will illuminate with different icons that are designed to help you move your wrist. Once the ideal location is found, the Pulse Symbol will flash and measurement will begin. Keep your arm still until measurement is completed.

SYMBOL	ACTION
	Move your wrist up.
	Move your wrist down.
	Rotate your wrist to your left.
	Rotate your wrist to your right.

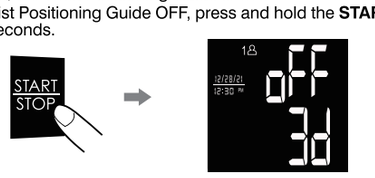
NOTE: Even if the monitor is not in the ideal position after 10 seconds, the measurement will still begin. If this occurs, the wrist symbol will appear and be stored in the memory with the measurement.

NOTE: Due to the differences in individual sizes and physique, this feature may not be helpful in all cases and you may wish to turn this feature OFF. If you feel the suggested wrist position does not match your heart level, please turn this feature OFF and consult your health care provider.

WRIST POSITIONING GUIDE SETTINGS

NOTE: By default, the Wrist Positioning Guide is ON.

1. To turn the Wrist Positioning Guide OFF, press and hold the **START/STOP button** for 3 seconds.



2. To turn the Wrist Positioning Guide ON, press and hold the **START/STOP button** again for 3 seconds.

DATE & TIME SET PROCEDURE

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

To set using your Bluetooth mobile device:

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

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

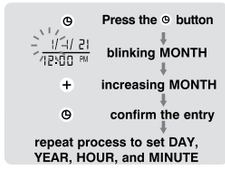
NOTE:

- Once the date and time have been successfully synced, future readings will automatically have the correct date and time.
- If you are having trouble automatically syncing the date and time, make sure 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 SET ◷ 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 SET ◷ 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 SET ◷ button** to confirm the entries.



NOTE:

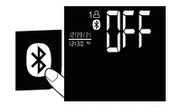
- The date and time will only need to be set manually if the monitor will not be used with the **HoMedics Health App.**
- If the **HoMedics Health App** is used after manually setting the date and time on the blood pressure monitor, the date and time on the mobile device will override the date and time 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 button** for 3 seconds to turn Bluetooth OFF.

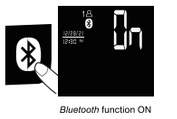


Bluetooth function OFF

- 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 button** for 3 seconds to turn Bluetooth ON.



Bluetooth function ON

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

NOTE:

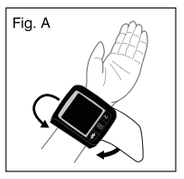
- BPW-930BT is subject to and complies with electromagnetic compatibility (EMC) standard of IEC 60601-1-2, EN 301 489--1, EN 301 489-17, EN 300 328 and U.S. federal guidelines, Part 15 of the FCC (Federal Communications Commission) rules for devices with RF capability. These guidelines help ensure that your device will not affect the operation of other nearby devices. Additionally, other devices should not affect the use of your device.
- Other wireless devices that are in use nearby, such as a cell or mobile phone, or a wireless network, may prevent or delay the transmission of data from your device to paired Bluetooth®-enabled device. Moving away from the source of the interference or turning off these devices to resolve the problem.
- Make sure BPW-930BT and paired Bluetooth-enabled device are within acceptable distance (no more than 10 meters) with each other. If not, put them closer.
- Be sure to select the correct User on the monitor before your blood pressure measurement begins.
- Bluetooth data transmission is not available under measurement.

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

APPLYING THE CUFF

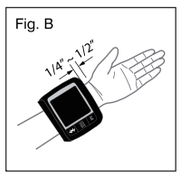
1. Remove all watches, wrist jewelry, etc. prior to attaching the wrist monitor. Clothing sleeves should be rolled up and the cuff should be wrapped around bare skin for correct measurements.
2. Apply cuff to left wrist with palm facing up as shown in Fig. A.

Fig. A



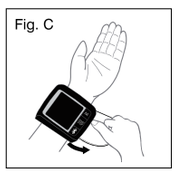
3. Make sure the edge of the cuff is about 1/4"-1/2" (1 cm) from the palm as shown in Fig. B.

Fig. B



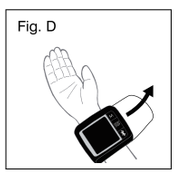
4. In order to ensure accurate measurements, fasten the hook and loop strap securely around your wrist so there is no extra space between the cuff and the wrist as shown in Fig. C. If the cuff is not wrapped tight enough, the measurement values will not be accurate.

Fig. C



5. If your physician has diagnosed you with poor circulation in your left arm, place the cuff around your right wrist as shown in Fig. D.

Fig. D



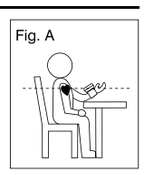
NOTE:

- This device should not be used when your wrist is wounded or injured.
- If it is not possible to use the cuff on your left wrist, it can also be used on your right wrist. However, all measurements should be made using the same wrist.

CORRECT MEASUREMENT POSTURE

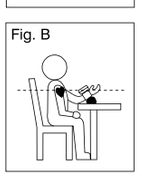
1. Place your elbow on a table so that the cuff is at the same level as your heart as shown in Fig. A. Relax your entire body, especially between your elbow and fingers.
   NOTE: Your heart is located slightly below your armpit.

Fig. A



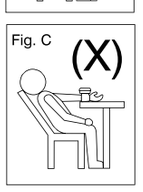
2. If the cuff is not at the same level as your heart or if you cannot keep your arm completely still throughout the reading, use a soft object such as a folded towel to support your wrist as shown in Fig. B.

Fig. B



3. Turn your palm upwards.
4. Sit upright in a chair, and take 5-6 deep breaths.

Fig. C



NOTE: Avoid leaning back while the measurement is being taken as shown in Fig. C.

MEASUREMENT PROCEDURE

NOTE:
- Position the monitor at the same level as your heart during measurement to ensure accurate readings.
- 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.

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

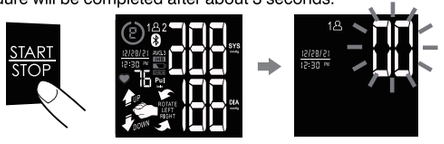
1. Press the **USER-SELECT button** to choose User 1 or User 2.

2. With the cuff wrapped around your wrist, press the **START/STOP button.** DO NOT start the measurement process unless the cuff is wrapped around your wrist.
3. If your wrist is not in the ideal position, the screen will suggest moving your wrist up or down, or rotating to the left, or to the right.

SYMBOL	ACTION
UP	Move your wrist up.
DOWN	Move your wrist down.
ROTATE LEFT	Rotate your wrist to your left.
ROTATE RIGHT	Rotate your wrist to your right.

NOTE: When the Wrist Positioning Guide Function is turned OFF, this instruction will not appear.

4. All digits will light up, checking the display functions. The checking procedure will be completed after about 3 seconds.



5. After all symbols disappear, the display will show “00”. The monitor is **“Ready to Measure”** and will **automatically** inflate the cuff to begin measurement.
6. When the measurement is completed, the cuff will deflate entirely and systolic pressure, diastolic pressure and pulse will be shown simultaneously on the LCD screen. **The measurement is then automatically stored into memory.**

NOTE:
- This monitor automatically turns off approximately 1 minute after last operation. You may also press the **START/STOP button** to turn the unit off.
- To interrupt the measurement, you may press the **START/STOP button.** The cuff will deflate immediately after this button is pressed.
- If the cuff does not stop inflating, remove the cuff at once.

TRANSMIT READING 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.

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 (Fig. 1).

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

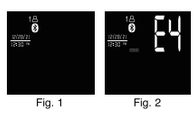


Fig. 1 Fig. 2

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 up 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. Please note that the cues provided by this monitor are only intended to assist you in using this table.

The table and cues are only provided for convenience to help you understand your non-invasive blood pressure reading as it relates to the AHA 2017 information. They are not a substitute for a medical examination or diagnosis by your physician. It is important for you to consult your physician regularly. Your physician will tell you your normal blood pressure range as well as the point at which you may actually be considered to be at risk.

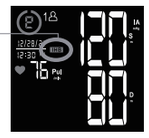
Blood Pressure Category	Systolic mmHg (upper number)		Diastolic mmHg (lower number)	Indicator Symbol
Normal	<120	and	<80	
Elevated	120–129	and	<80	E
High Blood Pressure (hypertension) Stage 1	130–139	or	80–89	1
High Blood Pressure (hypertension) Stage 2	140–180	or	90–120	2
Hypertensive Crisis (consult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

Irregular Heartbeat Detector



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.

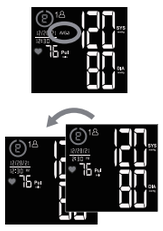
IMPORTANT INFORMATION:
This blood pressure monitor is not designed for use by people with arrhythmias nor for diagnosing or treating an arrhythmia problem. As a safeguard, we recommend that if you have arrhythmias such as atrial or ventricular premature beats and atrial fibrillation or any other special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

RECALLING VALUES FROM MEMORY

This monitor can be used by two individuals. Each user can store up to 120 measurements.

1. Press the **USER-SELECT button** on top of the monitor and choose User 1 or User 2.

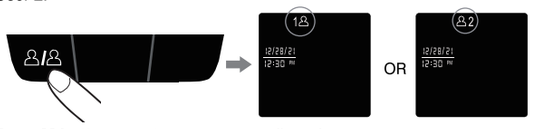
2. Press the **M button** to access the memory.
3. The monitor will first display the calculated average applied to the last 3 memories (“AVG. 3”).
4. Every new press of the **M button** will recall a previous reading. The latest reading will be recalled first.



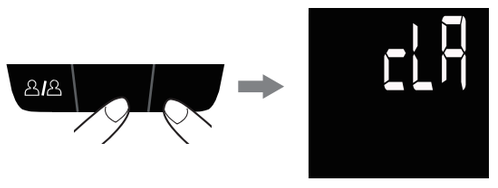
NOTE: If the wrist positioning guide is ON before the measurement and the monitor is not in the ideal position, the icon will be displayed with the saved readings.

CLEARING VALUES FROM MEMORY

1. Press the **USER-SELECT button** on top of the monitor to select User 1 or User 2.



2. Press **M button** to enter memory recall mode.
3. Press and hold the **DATE/TIME SET** 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 wrist 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 is not suitable for people with arrhythmias.
- This device may have difficulty determining the proper blood pressure for pregnant women and for users with irregular heartbeat, diabetes, poor circulation of blood, kidney problems, or for users who have suffered a stroke.

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 on 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 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 wrist.
- DO NOT wrap the cuff around body parts other than your wrist.
- DO NOT drop or insert any object into any opening.
- This monitor may not meet its performance specifications if stored or used outside of these temperature and humidity ranges:

Storage/Transportation Environment
Temperature:
-13°F~158°F
(-25°C~70°C)
Humidity:
Less than 93% RH

Operation Environment
Temperature:
41°F~104°F
(5°C ~40°C)
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) 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~35°C 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	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 trans-mitters, such as base stations for radio (cellular/cordless) tele-phones and land mobile radios, amateur radio, AM and FM radio broadcast and TV broadcast can-not be predicted theoretically with accuracy. To assess the electro-magnetic environment due to fixed RF transmitters, an electromagnet-ic site survey should be considered. If the measured field strength in the location in which the device is used exceeds the ap-plicable RF compliance level above, the device should be ob-served 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 specifications 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 two 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 wrist steady during measurement. Measure again.
	Shaking of the wrist with the cuff on.	
E1 error symbol shown on display.	Air circuit abnormality.	Check cuff placement. 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.	Can't determine blood pressure measurement data.	Rewrap the cuff properly, keep steady, and measure again.
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 iOS 7.0 or newer, or AndroidTM 6.0 and newer.
	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.
		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 in the Warranty page.
Innovation, Science and Economic Development Canada ICES-003 Compliance Label: CAN ICES-3 (B)/NMB-3(B)

SPECIFICATIONS

Model Number	HL158VA
Measurement Method	Oscillometric
Rated Range of Cuff Pressure	0 ~ 300 mmHg
Rated Range of Determination	40 ~ 280 mmHg
Measurement Range of Heart Rate	40 ~ 199 beats/minute
Accuracy	Pressure: ± 3 mmHg Pulse: ± 5 % Max.
Inflation	Automatic Inflation (Air Pump)
Deflation	Automatic (Passive Exhaust Valve)
Display	Transmissive TN LCD (with backlight)
Memory	2 x 120 Memory Sets
Unit Dimensions	90.0 X 70.0 X 35.3 mm (L X W X H) 3.54 X 2.76 X 1.39 inch (L X W X H)
Unit Weight (Batteries Excluded)	128 g ± 10 g ± (4.48 oz ± 0.35 oz)
Cuff Size	135 ~ 195 mm (5.3 ~ 7.7 inch)
Storage/ Transportation Environment	Temperature: -25 °C ~ 70 °C (-13 °F ~ 158 °F) Humidity: ≤ 93 % R.H.
Operation Environment	Temperature: 5 °C ~ 40 °C (41 °F ~ 104 °F) Humidity: 15 % ~ 93 % R.H. Atmospheric pressure: 700hPa-1060hPa
Power Supply	DC 3V AAA (LR03) (1.5V) Alkaline Battery x 2
Battery Life	Approx. 200 Measurements
Shelf life (battery)	3 years (Temperature: 20 ± 2°C; Relative humidity: 65 ± 20%RH)
Product Life	5 years (4 times per day)
Sleeping Mode	Without any operation for 1 minute, device automatically shuts off.
Accessories	Instruction manual, 2 AAA (LR03) (1.5V) alkaline batteries, Storage pouch
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

**The contents of this manual and the specifications of the device covered by this manual are subject to change for improvement without notice.*

EXPLANATION OF SYMBOLS:

Symbol	Explanation
	Follow instruction for use
	TYPE BF Applied Part
	To avoid inaccurate 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 against vertically falling water drops when ENCLOSURE tilted up to 15°)
	Non-ionizing electromagnetic radiation

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
Made in China

5-YEAR LIMITED 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.

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 the 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-BPW930BTEN
P/N: 323103464 VER: 001