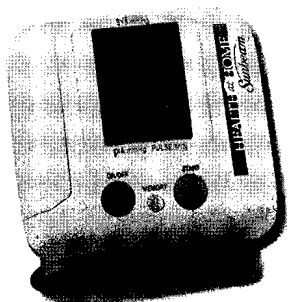


HEALTH *at* HOME[®]

Sunbeam

AUTOMATIC WRIST BLOOD PRESSURE MONITOR

One piece, one step



Model
7689

Important Notes:

Only a physician is qualified to interpret changes in your blood pressure. This device is not intended to replace regular medical examinations. It is recommended that your physician review your procedure for using this monitor. Never make adjustments to your medication unless it is the advice of a physician.

Please read this manual carefully before using this device. This Blood Pressure Monitor is intended for use by adults only. Children should not use this monitor unless it is under the supervision of an adult.

Please read these instructions carefully before using this Blood Pressure Monitor.

Helpful information

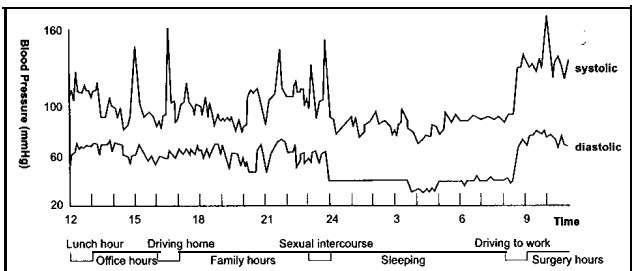
What is Blood Pressure?

Blood pressure is the force that blood exerts on the arteries. This force is constantly changing as the heart beats. When the heart contracts, blood pressure reaches its highest value. This is called systolic blood pressure. When the heart relaxes between beats, the value of blood pressure is lower. This is called the diastolic blood pressure. The unit of measure for blood pressure is the millimeter of mercury, abbreviated **mmHg**.

For example, an individual's blood pressure may be measured as 120 **mmHg** (systolic) and 80 **mmHg** (diastolic). This would be spoken as "120 over 80" and written as "**120/80**". Remember that blood pressure varies throughout the day. Food intake, smoking, time of day, stress, level of exercise and many other factors can affect it.

Typical daily blood pressure fluctuations

(Example: 35-year-old male)



What is High Blood Pressure?

Hypertension, or high blood pressure, is a condition where an individual's blood pressure

remains high over a long period of time. Untreated, hypertension can cause many serious medical problems including strokes and heart attacks. To control hypertension, the American Heart Association recommends that you not smoke, reduce fat and salt intake, maintain proper weight, exercise and get regular physical check-ups.

Why Is It Important to Measure Your Blood Pressure at Home?

Having your blood pressure taken at the doctor's office may cause you to become nervous, thus artificially raising your reading. Having the ability to take your blood pressure at home makes it easy to record a log of your daily readings. This will help you gain a greater understanding of your blood pressure reading and the factors that effect it. Be sure that you share your information with your physician.

Hints for Accurate Measurement

- 1) Relax and try to remain still for 5 to 10 minutes before a measurement.
- 2) Remove shirts or other tight-fitting garments on the wrist (for example wristwatches) and upper arm before applying the wrist cuff.
- 3) Refrain from eating, smoking, and drinking (especially alcoholic beverages) before a measurement since these activities can affect your blood pressure.
- 4) Remember that blood pressure varies continuously throughout the day. Try to take your blood pressure at **the same** time each day.

- 5) Do not be concerned with the results of one measurement. Many measurements, recorded over a long period of time, will provide a better indication of your blood pressure.
- 6) Please relax for 5 to 10 minutes before taking another measurement.
- 7) Many factors can affect your blood pressure – such as exercising, eating, talking, moving, nervousness, environment and temperature changes. Emotional stress can cause an increase in blood pressure. Daily fluctuations of 25 to 50 mmHg are common.

Using a Wrist Unit

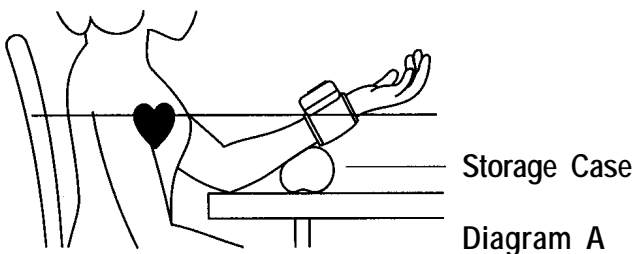
Taking your blood pressure at the wrist may give different readings than from the upper arm – as is done in most doctor offices. Because of the location of measurement and differences in arterial diameters, a healthy person may see a maximum difference of +/- 10 mmHg in both systolic and diastolic measurements, versus those taken with an arm unit with cuff.

Please note: Some individuals with hypertension, diabetes, kidney disorders, arteriosclerosis or poor circulation may see a significant difference in blood pressure readings taken from the wrist as compared to readings from the upper arm. It is recommended that you consult with your physician concerning the use of this monitor.

Correct Method of Measurement

To obtain the most accurate blood pressure measurement, please follow these important directions.

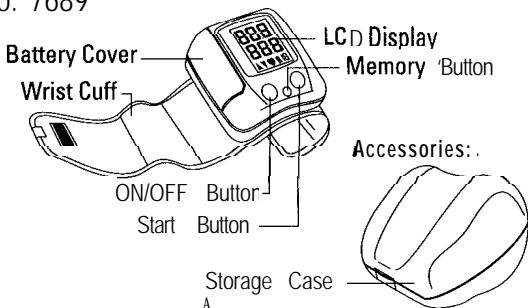
- Be seated in a chair with back support.
- Rest your arm on a table so the cuff is at the same level as your heart.
- Use the storage case or similar item to support the forearm. (see diagram A)
- Place both feet on the ground.



IMPORTANT: The wrist cuff must be at the same level as your heart, or accurate measurement will not be possible. (Your heart is located slightly below your left armpit).

Getting to Know Your Wrist Unit

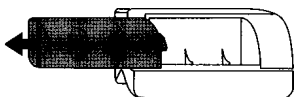
Model No. 7689



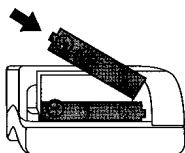
Preparation Before Taking a Measurement

Battery Installation/Replacement

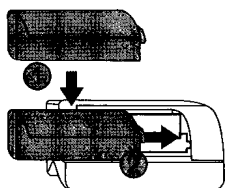
1) Slide the battery cover off in the direction of the arrow.



2) Install or replace the two AA batteries, noting the proper orientation of positive (+) and negative (-) terminals of the batteries in the battery compartment. Alkaline batteries are recommended.



3) Replace the battery cover.



4) If the Low Battery Symbol appears on the display, replace both batteries.

5) Remove the batteries if the unit will not be used for an extended period of time.

How to Apply the Wrist Cuff

(These directions are for either right or left hand measurements.)

1) With your palm side up, apply the cuff so that the cuff's edge should be approximately $\frac{1}{4}$ to $\frac{1}{2}$ inch from your palm. You can use the width of your forefinger as a simple way to measure the distance between the cuff and palm. (diagram **B**)

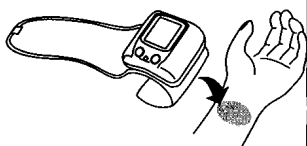


Diagram A

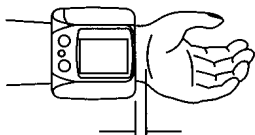


Diagram B

- 2) Do not apply wrist unit on top of a shirt sleeve.
- 3) Wrap the cuff snugly around your wrist and attach using the fastener. The top and bottom edges of the cuff should be tightened evenly around your wrist. (diagram C)

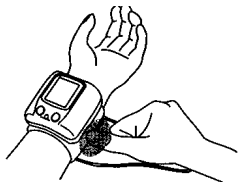


Diagram C

- 4) Any gap between the wrist and cuff will affect the result of measurement.
- 5) The fabric cuff can be folded down for ease of viewing the display. (diagram D)

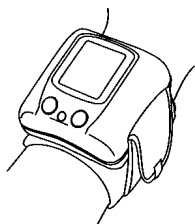


Diagram D

Taking a Measurement

Please review the previous sections on proper placement of the cuff and proper arm position.

- 1) After the cuff has been properly placed on either the right or left wrist, press the ON/OFF button. All display symbols will appear momentarily. Note: The low battery symbol will also appear at this time. This does not indicate a low battery unless the low battery symbol remains on continuously.
- 2) After the display reads "0", press the START button.
- 3) The cuff will automatically inflate to an appropriate pressure, and will then begin to slowly deflate as it takes the measurement. The cuff will be quite

snug for a short while; this is normal. Try to remain relaxed, refrain from talking, and be as still as possible during the measurement. Note: If the unit determines that the initial inflation pressure was insufficient, it will re-inflate to a higher pressure.

- 4) After the measurement cycle is finished, the unit will release any remaining air in the cuff. The systolic and diastolic pressure will be displayed for 5 seconds and then be replaced by the pulse rate. The blood pressure reading and pulse rate will then be displayed alternately.

For any reason you feel a need to end a measurement, just press the ON/OFF button to turn off the monitor and release the cuff pressure.

If during a measurement the power drops to an insufficient level, the monitor will end the measurement and display the low battery symbol. Please replace the batteries and repeat the measurement.

If the monitor cannot detect your pulse, it will end the measurement attempt. Wait a few minutes, make sure that the cuff is positioned properly, and try again.

The monitor will automatically shut off 3 minutes following a reading, or it can be turned off manually by pressing the ON/OFF button.

Memory Function

Memory Input

Your Sunbeam Wrist Blood Pressure Monitor has a memory feature. When a valid measurement is made, the reading data (systolic, diastolic and pulse rate) will be stored in the memory automatically as soon as the unit is turned off, automatically shuts off, or when another measurement is initiated. **The monitor has the capacity to store 14 readings, and also computes an average of all memory readings.** When more than 14 readings are taken and recorded to memory, the oldest ones will be lost.

Memory Recall

To recall your last reading, press the MEMORY button. A "1" will appear in the lower right hand corner of the display which represents the newest memory reading. When the memory button is pressed again, the display will show "2", which represents the second newest reading, and so on. The memory will recall up to 14 previous readings. When the letter "A" appears in the display, the average value of your systolic, diastolic and pulse rate based on the memory readings is shown.

Memory Erase

When the batteries are taken out of the monitor, all records of readings saved in memory will be erased. NOTE: When taking a measurement, the MEMORY button is inactive.

ERR Indicators

Err 330

Indication: Cuff pressure reaches 330 mmHg.
Cause: Twisted bladder inside of the cuff.
Correction: Make sure that the bladder lays flat within the cuff.

Err

Indication: Displays "Err": cuff pressure releases and "0" pressure displays.

Cause: Excessive arm movement or talking during measurement.

Correction: Press Start button to measure again while keeping still.

Indication: Could not obtain pulse rate.

Cause: Cuff was loosely applied, extremely weak pulse or arrhythmia.

Correction: Reapply cuff and measure again.



Batteries are-exhausted.
Replace with new alkaline AA batteries.

Troubleshooting

Problem

Nothing appears in display

No measurement occurs

Blood pressure readings are too high or low

Recommended Action

- Make sure that the batteries are properly installed (Battery polarity matches the indications in the battery case.)
- Check that the cuff is positioned properly.
- Go over the measurement procedure again.
- Check if the wrist is positioned properly.
- Remain seated during the entire measurement period.
- Hold your arm so that the cuff is level with your heart during measurement.
- Refrain from hand and body movements during measurement.

Troubleshooting (cont.)

Problem

Recommended Action

Blood pressure readings are variable

- Your blood pressure can fluctuate considerably throughout the day.
 - All of the following factors can influence your blood pressure:
 - 1) *Emotional state*
 - 2) *Daily activities or exercise*
 - 3) *Smoking*
 - 4) *Drinking alcoholic beverages*
 - 5) *Eating*
 - 6) *Taking certain medications*
-

Care and Maintenance

Cleaning and storage

- Only clean the monitor with a soft, dry cloth. Do not use solvents or other petroleum based liquids.
- Keep the unit out of locations with high temperatures, high humidity and direct sunlight.
- Keep sharp objects away from the cuff.
- Remove the batteries if the monitor will not be used for extended periods of time.
NOTE: Removing the batteries will erase all readings in memory.
- Do not stretch or twist the wrist cuff.

Care and Maintenance (cont.)

Cleaning and storage

- Do not press the START button without the cuff around your wrist.
- Do not disassemble or modify the monitor or the wrist cuff.
- Do not drop or subject the monitor to strong mechanical shock.

Specifications

Model	7689
Measurement Location	Wrist
Display	LCD size 40.5 x 33 mm (LxW)
Digit size	7 x 12 mm (WxH)
Measurement type	Oscillometric
Inflate System	Automatic, with Fuzzy Logic pressure level determination
Measurement range	Pressure: 0 - 300 mmHg Pulse: 30 - 190 beats/min.
Accuracy	Cuff Pressure: +/- 3 mmHg Pulse rate: +/- 5% Performance: Designed to meet ANSI/AAMI SP-10 standards
Exhaust cuff	Auto air-release valve Velcro fastener with spring support
Memory	14 readings with average calculation.
Operation Environment	+10° C - +40° C Less than 85% relative humidity
Storage Environment	-10° C to +60° C Less than 95% relative humidity
Power Source	2 "AA" batteries
Dimension	81x72x33.5 mm
Weight	approx. 250 grams with batteries.
Cuff size	77x312 mm
Wrist circumference	135 to 220 mm (approx. 5.3 to 8.6 inches)

1 Year limited Warranty

Sunbeam Products, Inc. "Sunbeam" warrants that for a period of one year from the date of purchase, this product will be free from defects in material and workmanship. Sunbeam, at its option, will repair or replace this product or any component of the product found to be defective during the warranty period. Replacement will be made with a new or remanufactured product or component. If the product is no longer available, replacement may be made with a similar product of equal or greater value. This is your exclusive warranty.

This warranty is valid for the original retail purchaser from the date of initial retail purchase and is not transferable. Keep the original sales receipt. Proof of purchase is required to obtain warranty performance. Sunbeam dealers, service centers, or retail stores selling Sunbeam products do not have the right to alter, modify or any way change the terms and conditions of this warranty.

This warranty does not cover normal wear of parts or damage resulting from any of the following: negligent use or misuse of the product, use on improper voltage or current, use contrary to the operating instructions, disassembly, repair or alteration by anyone other than Sunbeam or an authorized service center. Further, the warranty does not cover Acts of God, such as fire, flood, hurricanes and tornadoes.

Sunbeam shall not be liable for any incidental or consequential damages caused by the breach of any express or implied warranty. Except to the extent prohibited by applicable law, any implied warranty of merchantability or fitness for a particular purpose is limited in duration to the duration of the above warranty. Some states, provinces or jurisdictions do not allow the exclusion or limitation of incidental or consequential damages or limitations on how long an implied warranty lasts, so **the above** limitations or exclusion may not apply to you. This warranty gives you specific legal rights, and you may also have other rights that vary from state to state or province to province.

How to Obtain Warranty Service

Take the product to an authorized Sunbeam service center. You can find the nearest authorized Sunbeam service center by calling 1-800-435-1250. If a service center is not conveniently located, attach a tag to the product that includes your name, address, daytime telephone number and description of the problem. Include a copy of the original sales receipt. Carefully package the product and send either by UPS or Parcel Post with shipping and insurance prepaid to:

For products purchased in the United States:
Sunbeam Products, Inc.
117 Central Industrial Row,
Purvis, MS 39475

Do not return this product to the place of purchase. If you have any questions regarding this warranty please call 1-800-435-1250 or write to:
Sunbeam Consumer Care Center
P.O. Box 948389
Maitland, FL 32794-8389

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