LOG BOOK

: _____ Age: _____ Weight: _____ kg/lbs

	21.2	22.2												
	10:05	10:12												
mmHg														
220														
200														
180														
160	x	x												
140														
120														
100	x	x												
	x	x												
80														
60														
♥ / min	85	90												
	158/92/110	155/93/112												

GB

LEGEND :  - FAST INCREMENT

 - FLASHING

BOLD - PRESS BUTTON

BOLD - PRESS AND HOLD BUTTON

F

LEGENDE :  - AUGMENTATON RAPIDE

 - CLIGNOTEMENT

BOLD - APPUYER SUR LE BOUTON

BOLD - APPUYER SANS LACHER SUR LE BOUTON

ES

LEYENDA :  - INCREMENTO RÁPIDO

 - DESTELLANDO

BOLD - PULSAR BOTÓN

BOLD - PULSAR MANTENER OPRIMIDO EL BOTÓN

WRIST TYPE BLOOD PRESSURE MONITOR

MODEL: BPW128

USER'S MANUAL

INTRODUCTION

Thank you for purchasing the Wrist Blood-Pressure Monitor (BPW128). This unit has been constructed using reliable circuitry and durable materials. Used properly, this unit will provide years of satisfactory use.

Before use please note:

- This device is intended for non-invasive measuring and monitoring of arterial blood pressure. Designed for use on the wrist, it is not intended for use on other extremities or for other functions other than obtaining a blood-pressure measurement.
- If the cuff pressure exceeds 300mmHg, this unit will automatically deflate. Should the cuff not deflate when pressures exceeds 300mmHg, the user is required to detach the cuff from the wrist.
- Do not begin medical treatment based solely on obtained measurement values from this device. Consult a physician for treatment advice.
- To avoid measurement errors, read this manual carefully before use.

INFORMATION CONCERNING THE CE SYMBOL

This device complies with the European regulations based on the Medical Products Code, and bears the CE mark "CE0123". The device has been quality inspected according to EG guideline 93/42/EWG and tested in compliance to the EN1060-1 Non-invasive sphygmomanometers-Part 1, General requirements and EN1060-3 Non-invasive sphygmomanometers-Part 3: Supplementary requirements for electromechanical blood pressure measuring systems. It is therefore not subject to calibration regulations and does not bear a calibration stamp.

The CE mark further indicates that this blood pressure monitor meets the general requirements for electronic products as regards resistance to electromagnetic interference. Malfunctioning may however occur in the proximity of extremely strong electromagnetic fields.

In accordance with the "Ordinance for Operators of Medical Products", a technical inspection must be carried out if this device is used for industrial or commercial purposes.

DESCRIPTION AND FUNCTION OF PARTS

A. Liquid Crystal Display (LCD) and protective cover
- Large easy-reading display
- 5 functional symbols
- Systolic [SYS/mmHg], Diastolic [DIA/mmHg], Mean [MAP/mmHg], Pulse [pul/min.]and date & time display.

B. Battery compartment
Houses two (2) LR03 /AAA/ UM4 size 1.5V batteries

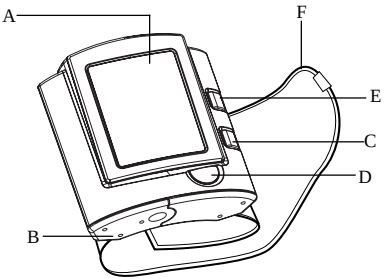
C. ⊙ Button
- For time adjustment.

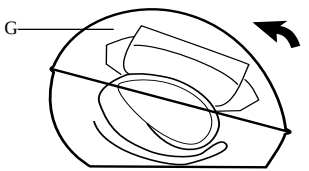
D. ⏻ Button
- Activates and deactivates the unit and initiates pressure measuement process.

E. 🗐 / ▲ Button
- Recall memory or increases a value.

F. Wrist cuff
- For wrapping around the wrist.

G. Storage container
- Houses and neatly stores the unit.





DISPLAY-SYMBOL DESCRIPTION

Symbol	Description	Explanation
	Memory Mark	Appears when measurement value is recalled from memory
	Weak Battery	Appears when batteries should be replaced
	Inflating Mark	Appears when inflating until pressure is enough
	Air releasing	Appears when cuff air is exhausting
	Pulse Mark	Shows the pulse rate per minute

INSTALLING BATTERIES

1. Slide battery cover off.
2. Install batteries first. Ensure correct polarity.
   Battery Type:
   2 Alkaline LR03 (AAA)size
3. Replace the cover.

Replace the batteries if:

1. the weak battery mark appears in the display
2. nothing appears in the display when the power is switched on.

If not disposed of properly, batteries can be harmful. Protect the environment by taking exhausted batteries to authorized disposal stations.

Note:

When battery power is low, replace all the batteries.

PROPER EQUIPMENT SETUP

1. Remove all watches, jewelry, etc. prior to attaching the wrist monitor. Clothing sleeves should be rolled up and the cuff should be wrapped on bare skin for correct measurements.

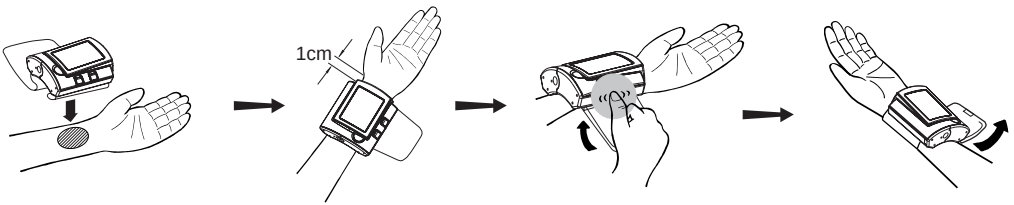
2. Apply cuff to left wrist with palm facing up.

3. Make sure the edge of the cuff is about 1 cm from the plam.

4. In order to ensure accurate measurements, fasten the velcro strap securely around your wrist so there is no extra space between the cuff and the wrist. If the cuff is not wrapped tight enough, the measurement values will be inaccurate.

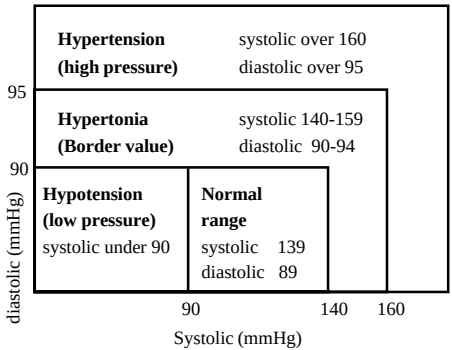
5. The measurement values will be correct even if you wrap the cuff askew.

6. If your physician has diagnosed you with poor circulation on your left arm, carefully place the cuff around your right wrist.



BLOOD PRESURE DEFINITIONS

Information obtained from the World Health Organization (WHO)



please note:

-Hypotension value is for reference only.

-Blood pressure is considered high when either the diastolic or systolic blood pressure value exceeds normal range.

-Consult a medical professional when blood-pressure values are outside of the normal range.

WHAT IS MEAN ARTERIAL PRESSURE (MAP)

The Mean Arterial Pressure is the average pressure forcing blood through the arteries. It is not the average of the systolic and diastolic blood pressure. It corresponds to a state of balance between the compressive and expansive forces acting on the arterial wall when there is no distension of the arterial wall, either outward or inward.

MAP is an excellent way to evaluate the stress on the walls of the vessels. It is useful to quickly evaluate excessive load on the cardiovascular system. Show the history of the MAP to your doctor may help providing more information for his reference to understand your situation.

Important:
Consult your doctor on Mean Arterial Pressure.

OSCILLOMETRIC MEASURING METHOD

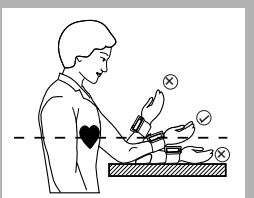
This device adopts the Oscillometric Measuring Method to provide readings of not only Diastolic and Systolic blood pressure, but also, unique, Mean Arterial Pressure. The Oscillometric Measuring Method was first described by Marey in the late 1800s, several decades before Korotkoffs description of the auscultatory method. The Oscillometric Measuring Method is a good means to determine the systolic / diastolic / mean blood pressure based on the measurement of pressure oscillation during the cuff pressure deflation phase.

MEASUREMENT

With the individual in a sitting position and with the cuff attached as previously mentioned, a blood pressure reading can be obtained.

Note:

- For accurate pressure measurement, take blood-pressure readings in a seated position. Avoid leaning back while the measurement is being taken.
- Ensure that the lower arm is raised so that the upper edge of the cuff is on the same level as the heart.
- Ideally, place the palm of the hand facing upwards.



- In order to ensure a proper measurement, sit quietly and avoid talking and moving the fingers and hand. Rapid movements or other activities may alter blood pressure readings.
- At any time, to stop the pressurizing process, press the " ⏻ "Button; the cuff will stop inflating and air will exhaust from the unit.

HOW TO TAKE MEASUREMENT

Refer to Fig1

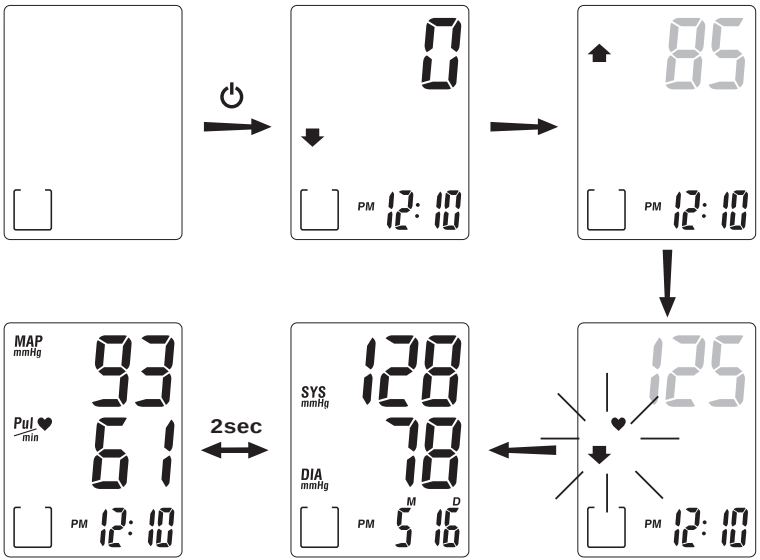


Fig1

Note:

1. Remove all watches, jewelry, etc. prior to attaching the wrist monitor. Clothing sleeves should be rolled up and the cuff should be wrapped on bare skin for correct measurements.
2. Apply cuff to left wrist with palm facing up.
3. Make sure the edge of the cuff is about 1 cm from the plam.
4. In order to ensure accurate measurements, fasten the velcro strap securely around your wrist so there is no extra space between the cuff and the wrist. If the cuff is not wrapped tight enough, the measurement values will be inaccurate.
5. Press the " ⏻ " Button, to start the measurement process.
6. To interrupt the measurement, simply press ⏻ button. The cuff will deflate immediatey after the ⏻ button is pressed.
7. Do not talk or move your arm or hand muscles. This monitor will re-inflate automatically if the system detects that your body needs higher pressure to measure your blood pressure.
8. Each reading will be saved to the memory automatically after each measurement.
9. Up to 30 measurements can be stored to the memory.

HOW TO RECALL VALUES FROM MEMORY

Refer to Fig2

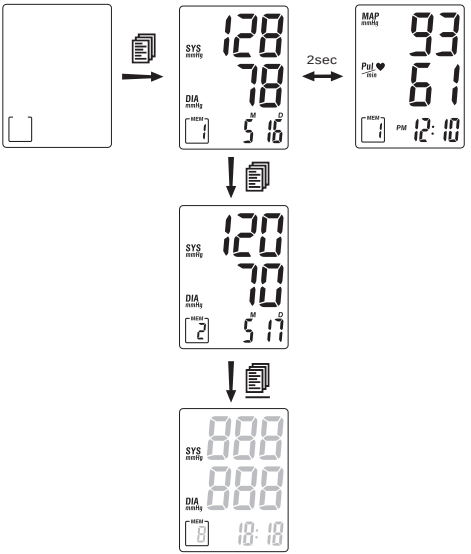


Fig 2

Note:

a. The latest measurement will be shown first.

b. Every new press of the 🗐 calls for one prior value stored.

c. The date & time of measurement will be shown in the memory of the same time.

HOW TO SET THE TIME

Refer to Fig3

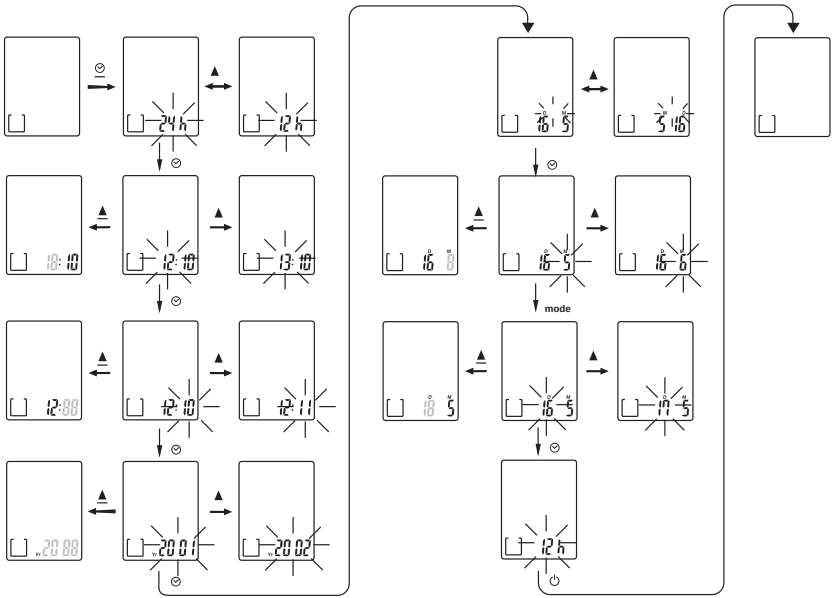


Fig 3

Note:

1. Press and hold the [⊙]button for 2 seconds, the display will flash 12h or 24h.
2. Press the [▲] button to select either 12 hour or 24 hour display.
3. Press the [⊙] button to accept
4. The hour digits will flash. Press the [▲] button to set the hour
5. Press the [⊙] button to accept
6. The minutes digits will flash. Press the [▲] button to set the minutes
7. Press the [⊙] button to accept
8. Similarly, set the display for year, day / month or month / day setting, month and date.
9. Press the [⏻] button to exit time date setting.

AUTOMATIC POWER OFF

The device will automatically switch off after about 1 minute. However, to conserve battery power, press the ⏻ button when finished to turn the unit off.

ERROR MESSAGES

Display	Description	Remedies
Err 1	Deflation period too long	Do not move during deflation.
Err 2, 8, 12, 13, 14, 15	Incorrect measurement	Check whether the unit is worn well on wrist and measure again. Check if battery power is low. Change all batteries and measure again.
Err 3	Cuff is not fastened	Fasten the cuff and measure again.
Err 4	Vigorous motion is being detected during measurement	Stay calm and easy then measure again.
Err 5, 6, 7	Measurement error	Stay calm and easy then measure again.
Err 9, 10,11	Calibration error	Retry again, return the unit to the manufacturer for repairing if same symptom persists. (Repairing/Replacement charge free only if under the valid warranty. Proof of purchase is needed).

MAINTENANCE, CLEANING AND CARE

When handled properly, this unit is engineered to give years of satisfactory service.

Here are a few product care instructions:

- When not in use, store the unit in the protective plastic container provided with your purchase.
- Do not immerse the unit in water. If the unit comes in contact with water, dry it immediately with a soft lint-free cloth.
- The unit casing and the cuff may be carefully cleaned with a soft, slightly moistened cloth. Do not use abrasive or corrosive cleaning agents which might damage the device.
- Remove the batteries if the device will not be used for long periods of time.
- When replacing batteries, use new batteries as specified in this instruction manual. Do not mix new and old batteries.
- Do not place objects on the cuff, or the main unit.
- Do not subject the unit to excessive force, shock, dust, temperature, or humidity. Such treatment may result in malfunction, a shorter electronic life span, damaged batteries or distorted parts.
- Do not tamper with the unit's internal components. Doing so will terminate the unit's warranty and may cause damage. The unit contains no user-serviceable parts.
- If, one day, the device should not be required for further use, protect the environment by bringing it to your dealer or designated collection point for proper disposal.

SPECIFICATIONS

Measuring method	: Oscillometric / non-invasive
Application	: Adults
Measurement location	: Wrist section of lower arm
	Circumference (approx.)
	5.3"-7.7"(13.5-19.5cm)
Pressure Measuring range	: 30 - 280mmHg
Pulse Measuring Range	: 30 - 200 pulse/min
Accuracy	: (Pressure) +/- 3mmHg
	(Pulse) +/- 5%
Operating environment	
Operation	: 50°F ... 104°F (10°C...40°C)
	(10% ... 83% rel. hum.)
Storage / Transport:	-4°F...158°F (-20°C... 70°C)
	(10% ... 83% rel.hum.)
Power supply	: 3.V DC, two (2) LR03/AAA /UM4 size batteries
Dimensions	: approx. 3.1"(H)x3.0"(W)x1.3"(D)
	(80mm(H)x77mm(W)x34mm(D)
Weight	: 4 oz (without battery)

SYMBOL DESCRIPTIONS

Please observe user's manual

Protection class BF

DC (Direct current)

CE 0123

This device is complied to American National Standard: ANSI/AAMI SP10-1992.

Manufacturer : IDT Technology Limited
9/F Kaiser Estate Phase 1
41 Man Yue Street
Hunghom, Kowloon
Hong Kong

Customer Assistance : Oregon Scientific, Inc.
19861 SW 95th Place
Tualatin, OR 97062
U.S.A.
website address:
www.oregonscientific.com

Should you require assistance regarding this product and its operation, please contact our Customer Care Department at 1-800-853-8883 or via email at helpme@oscientific.com.

WARRANTY

This product is warranted to be free of manufacturing defects for a period of 12 months from date of retail purchase. Defective product should be directed to the place of retail purchase for exchange.

Should this not be possible, contact our customer care department for assistance and a return material authorization. No returns may be made without a return authorization. Warranty exchanges require proof of date of purchase (purchase receipt showing date, place and product purchased).

This warranty does not cover product subjected to abuse, misuse, accidental damage or tampering.

IMPORTANT ADVICE - RETAIN FOR FUTURE REFERENCE

For meaningful comparisons, it is suggested to measure the blood pressure under similar conditions. For example, daily measurements should be taken at approximately the same time or as suggested by a medical professional. Physical activity may affect blood pressure; rest about 5 minutes before obtaining a blood pressure measurement.

Blood pressure measurements are not a treatment. Initiating treatment or making changes to a treatment regime should not be implemented without first consulting a physician.

Measurement error will be indicated on the display. Check the cuff and tubing for possible kinks or air leaks. Before attempting a

measurement again, ensure that the cuff is properly attached, the arm is in the proper position and that movement has been minimized during the measurement process.

If the device does not function:

- Check that the unit is on. After about 3 minutes of inactivity, the unit will automatically turn off.
- Ensure that batteries are properly inserted. Batteries may be exhausted and require replacement. A battery-low indicator **[ ]** will display to indicate that batteries are low and need changing.

Measurement errors may occur in persons with very low blood pressure or heart-rhythm irregularities. For individuals with special health conditions consult a physician.

Note:
This device is intended for adult use only. **Do not** use this unit on children without first consulting a physician.

CAUTION

- The content of this manual is subject to change without further notice.
- Due to printing limitation, the displays shown in this manual may differ from the actual display.
- The contents of this manual may not be reproduced without the permission of the manufacturer.