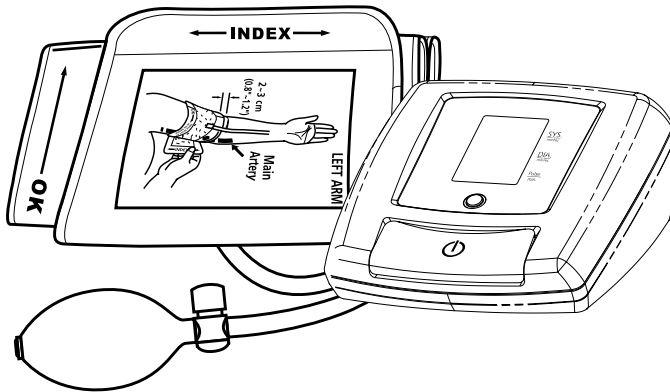


# LUMISCOPE®

## SEMI AUTOMATIC UPPER ARM Blood Pressure Monitor

### Model 1100



#### Features:

- Semi-Automatic
- Easy-to-read Display
- 60 Automatic Memories
- Beeping Reminder

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## **Introduction**

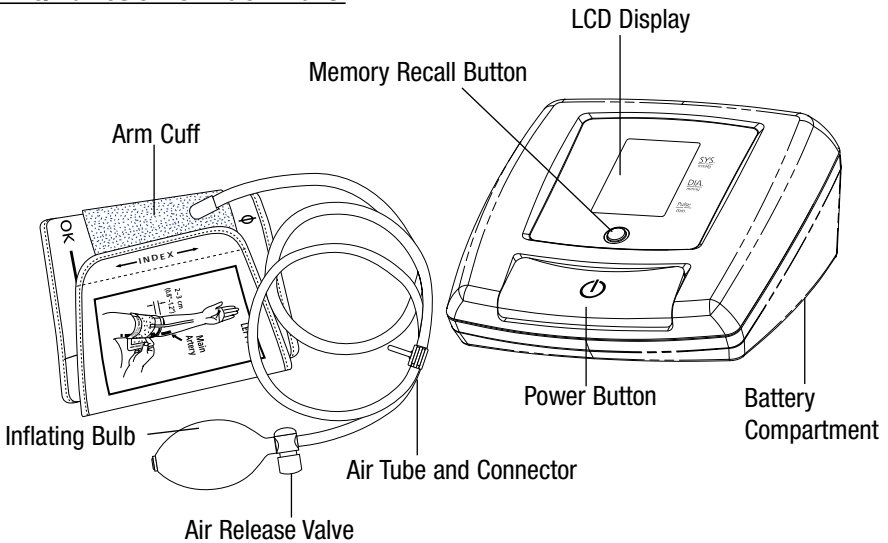
Blood pressure measurements determined with your Lumiscope Blood Pressure Monitor are equivalent to those obtained by a trained observer using cuff/stethoscope auscultation method, within the limits prescribed by the American National Standard, Electronic or Automated Sphygmomanometers. This monitor is to be used by adult consumers in a home environment.



**Attention: Consult the accompanying documents.**

- Please read this manual carefully before use, for specific information on your own blood pressure, contact your physician. Please be sure to keep this manual.

## **Name/Function of Each Part:**



# About Blood Pressure

## What is Blood Pressure?

Blood pressure is the pressure exerted on the artery tube while blood flows through the arteries. The pressure measured when the heart contracts and sends blood out of the heart is systolic (highest). The pressure measured when the heart dilates with blood flowing back into the heart is called diastolic (lowest) blood pressure.

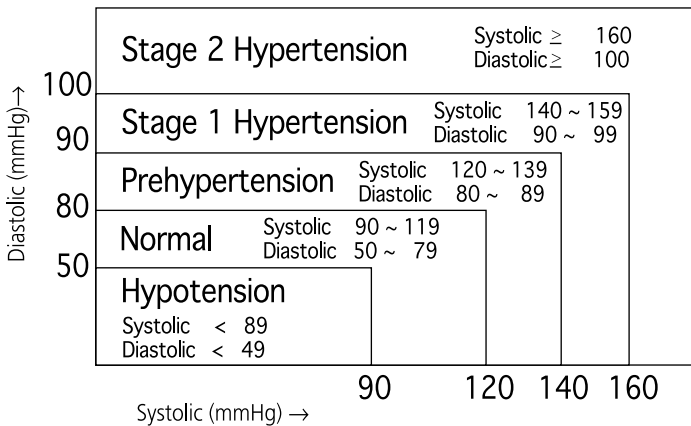
## Why Measure Your Blood Pressure?

Among the various health problems afflicting modern people, problems associated with high blood pressure are by far the most common. High blood pressure's dangerously strong correlation with cardiovascular disease has made measuring blood pressure a necessity for identifying those at risk.

## Blood Pressure Standard

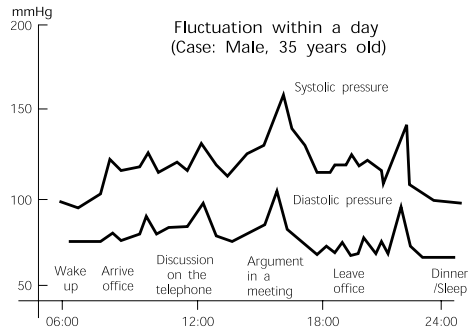
The World Health Organization (WHO) and National High Blood Pressure Education Program Coordinating Committee have developed a blood pressure standard, according to which areas of low- and high-risk blood pressure are identified. This standard, however, is a general guideline and blood pressures vary between different people, age groups, etc.

It is important that you consult with your physician regularly. Your physician will tell you your normal blood pressure range as well as the point at which you will be considered at risk.



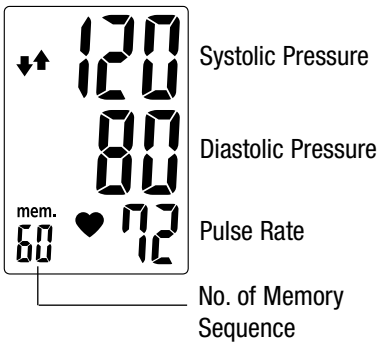
## **Blood Pressure Fluctuation**

Blood pressure fluctuates all the time! You should not be overly worried if you encounter two or three measurements at high levels. Blood pressure changes over the month and even throughout the day. It is also influenced by season and temperature.



## **Display Explanation**

### **Display:**



### **Icons:**

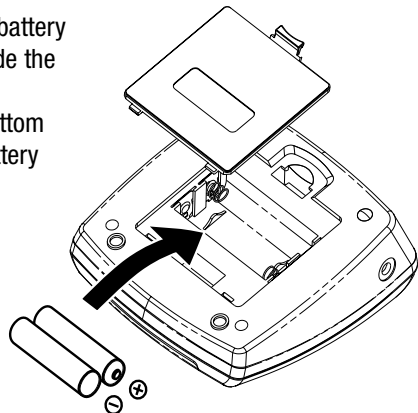
- ▲ Appears when manual cuff inflation is needed
- ▼ Appears when manual cuff deflation is needed
- 🔋 Appears when batteries should be replaced
- ♥ Shows the pulse rate per minute
- EE Occurs when a mistake was made during measurement

## **Installing Battery**

1. Press down and lift the battery cover in the direction of the arrow to open the battery compartment.
2. Install or replace 2 “AA” sized batteries in the battery compartment according to the indications inside the compartment.
3. Replace the battery cover by clicking in the bottom hooks first, then push in the top end of the battery door.

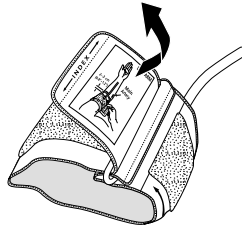
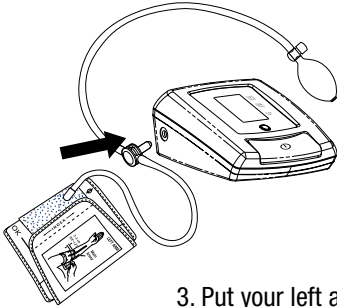
You need to replace the batteries when:

1. The low battery icon appears on display.
2. The POWER button is pushed and nothing appears on display.

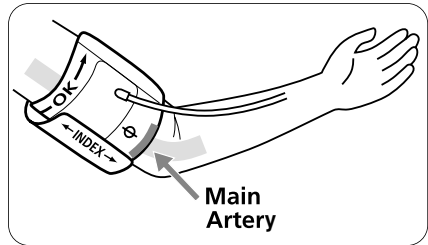
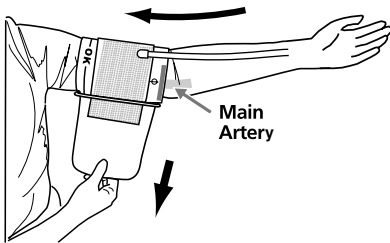


## **Applying the arm cuff**

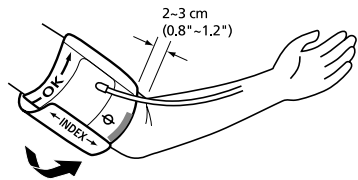
1. Plug in the cuff, connecting tube to the unit.
2. Unwrap the arm cuff, leaving the "Index" end of the cuff through the D-ring of the cuff.



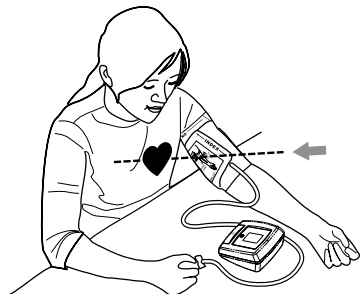
3. Put your left arm through the cuff loop. The "OK" range indication should be positioned closer to yourself with the rubber tube pointing in the direction of your arm. Position the artery mark (  $\Phi$  ) over the main artery (on the inside of your arm) in the upper arm.



4. Turn your left palm upward and place the edge of the arm cuff at approximately 2 to 3 cm above the inner side of the elbow joint. Tighten the cuff by pulling the "Index" end of the cuff.

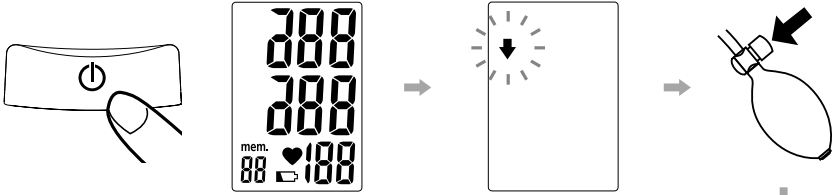


5. If the Index line falls within the OK range, indicated at the edge of the cuff, this cuff is suitable for your use. If the Index line falls out of the OK range, you may need a special cuff for measurement. Please visit [www.lumiscopes.net](http://www.lumiscopes.net) or contact our service department at 1-800-672-8293 for more information regarding additional cuffs.



# Taking a Measurement

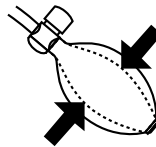
1. Press the POWER button. All displays will appear for approximately one second before returning to "0". If the downward arrow "▼" flashes, there is air remaining in the cuff. Release it by pressing the "Air Release Valve" until "0" appears on display.



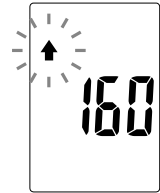
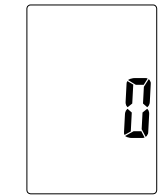
The unit is ready for measurement at this point.

2. Pump the bulb to increase pressure in the arm cuff. The display will show the pressure reading within the cuff. Continue pumping until the pressure reaches approximately 50~60 mmHg above your normal systolic pressure. Three short beeps will be heard if you pump the pressure to 170 mmHg, to remind you to stop.

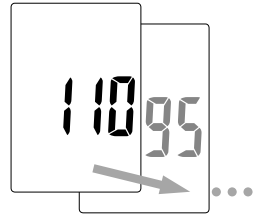
If the cuff pressure is not enough, an upward arrow (▲) will display and two short beeps will be heard to remind you that you should continue pumping.



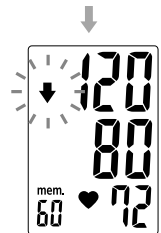
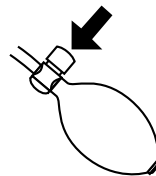
3. Sit still and wait for the monitor to deflate and measure your blood pressure. It is important to remain still and quiet during measurement. Any significant movement may affect measurement results.



4. Upon completion of the measurement cycle, the monitor will display systolic, diastolic, and pulse readings and the unit will make a long beep. Measurement is now complete, and the reading is automatically stored in the monitor. The display will indicate a downward arrow (▼). Keep pressing the air release valve above the bulb until all pressure in cuff is released.

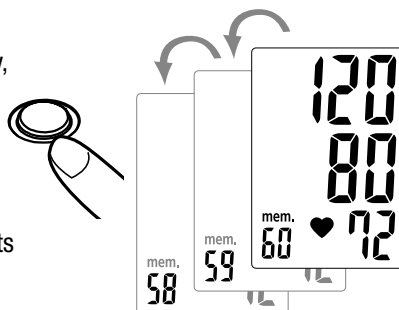


5. Press the POWER button to turn off the power. If no button is pressed, the unit will shut off automatically in approximately one minute.



## Recalling Memory

1. To recall stored blood pressure readings from memory, simply press the Memory button. The last set of memorized readings will be displayed.
2. Another press of the Memory button will recall the previous set of readings.
3. All readings stored in memory will be displayed with its sequence number.



## Helpful Tips

Here are a few helpful tips to help you obtain more accurate readings:

- Do not measure your blood pressure immediately after consuming a large meal. To obtain more accurate readings, please wait one hour before measuring.
- Do not smoke or drink alcohol before measuring your blood pressure.
- You should not be physically tired or exhausted while taking a measurement.
- It is important that you relax during measurement. Take a 15-minute rest before a reading.
- Do not take measurements if you are under stress or under tension.
- Take your blood pressure at normal body temperature. If you are feeling cold or hot, wait a while before taking a measurement.
- If the monitor is stored at very low temperature (near freezing), have it placed at a warm location for at least one hour before using it.
- Wait about 5 minutes before taking the next pressure measurement.

If any abnormality should arise during use, please check the following points:

## Troubleshooting

| Symptom  | Check Point   | Correction   |
|--|---|--|
| No display when the POWER button is pressed  | Have the batteries run down?  | Replace with two new batteries   |
|  | Have the batteries' polarities been positioned incorrectly?                   | Re-insert the batteries in the correct positions.                        |
| EE mark shown on display or the blood pressure value is displayed excessively low (high) | Is the cuff placed correctly?   | Wrap the cuff properly so that it is positioned correctly.               |
|  | Is the cuff pressure pumped enough? (50~60 mmHg above normal systolic value?) | Measure it again and pump up 50~60 mmHg more than normal systolic value. |
|  | Did you talk or move during measurement?                                      | Measure it again quietly.  |
|  | Did you shake the arm with the cuff on?                                       |  |

**Cautionary Notes:**

1. The unit contains high-precision assemblies. Therefore, avoid extreme temperatures, humidity, and direct sunlight. Avoid dropping or strongly shocking the main unit, and protect it from dust.
2. Clean the blood pressure monitor body and the cuff carefully with a slightly damp, soft cloth. Do not iron, wash or use chemical cleaner on the cuff. Never use thinner, alcohol or petrol (gasoline) as cleaner.
3. Leaky batteries can damage the unit. Remove the batteries when the unit will not be used for a long period of time.
4. The unit should not be operated by children.
5. If the unit is stored near freezing, allow it to acclimate at room temperature before use.
6. Your Lumiscope 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, please contact the store or the doctor from whom you purchased your Lumiscope Blood Pressure Monitor.
7. For users diagnosed with common arrhythmia (atrial or ventricular premature beats or atrial fibrillation), diabetes, poor circulation of blood, kidney problems, or for users who have suffered a stroke, the device might not be suitable for use.
8. Do not use on unconscious patients.

**Specifications:**

|                       |  |
|-----------------------|--|
| Measurement Method    | : Oscillometric  |
| Measurement Range     | : Pressure: 20~280mmHg; Pulse: 40~180 beats/min                  |
| Pressure Sensor       | : Semi conductor   |
| Accuracy              | : Pressure: ± 3mmHg; Pulse: ± 5% of reading                      |
| Inflation             | : Manual Inflation   |
| Deflation             | : Automatic Pressure Release Valve                               |
| Memory capacity       | : 60 memories  |
| Auto-shut-off         | : 1 minute after last button operation                           |
| Operating Environment | : Temperature: 5 °C ~ 45 °C (41 °F~113 °F); Humidity: 40 ~ 85%   |
| Storage Environment   | : Temperature: -10 °C ~ 60 °C (14 °F~140 °F); Humidity: 10 ~ 95% |
| Power Source          | : 3V DC, two 'AA' Batteries                                      |
| Dimensions            | : 115 (L) X 94.5 (W) X 60.5 (H) mm                               |
| Weight                | : 320 g (G.W.) (No Batteries)                                    |
| Arm circumference     | : Adult: 24 ~36 cm (9.4"~14.2") (standard)                       |

\*Specifications are subject to change without notice.



## **Two-Year Limited Warranty:**

LumiscopE guarantees this product free from defects in material and workmanship for a period of two years from the date of purchase, except as noted below:

This LumiscopE product warranty does not cover damage caused by misuse or abuse, the attachment of any unauthorized accessory, alteration to the product, or any other conditions whatsoever that are beyond the control of LumiscopE. LumiscopE shall not be responsible for any type of incidental, consequential, or special damage. All implied warranties, including, but not limited to those implied warranties of fitness and merchantability, are limited to the total duration of two years from the original date of purchase.

To obtain warranty service on your LumiscopE Blood Pressure Monitor, please contact the LumiscopE Repair Department at 1-800-672-8293 or visit [www.lumiscopE.net](http://www.lumiscopE.net). There is a \$15 fee for return shipping and handling. Please make checks payable to The LumiscopE Co., Inc.

Upon receipt, LumiscopE will repair or replace, as appropriate, this blood pressure monitor and return it to you. Warranty is solely through the LumiscopE Repair Department. Service of this product by anyone other than the LumiscopE Repair Department voids warranty.

In the event that LumiscopE does not abide by the terms of this warranty, the consumer may seek breach of contract remedies in the New York State Federal courts of law. This warranty gives you specific legal rights and you may also have other rights which vary from state to state.

Some states do not allow the exclusion or limitation of incidental or consequential damages, so the above limitation may not apply to you.

Distributed By  
The LumiscopE Co., Inc.  
[www.lumiscopE.net](http://www.lumiscopE.net)  
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