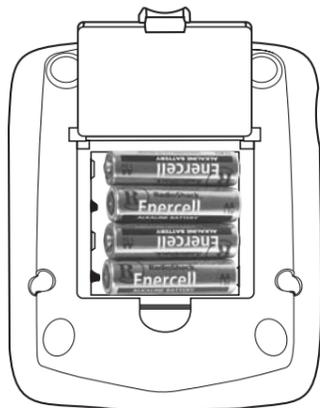


RadioShack
Arm Cuff Blood Pressure Monitor
63-1514

Step One

Installing Batteries

1. Press the tab to lift up the battery compartment cover.
2. Insert four AA batteries (not supplied) into the compartment as indicated by the polarity symbols (+ and -) marked inside.



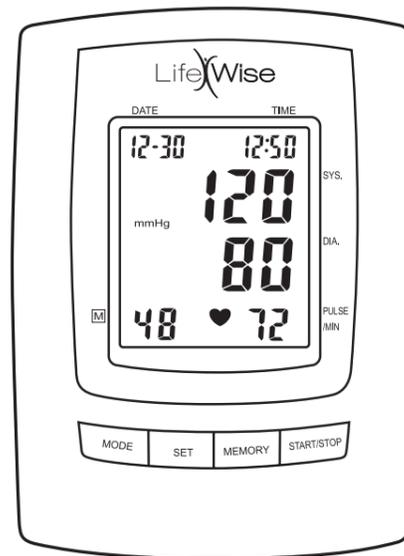
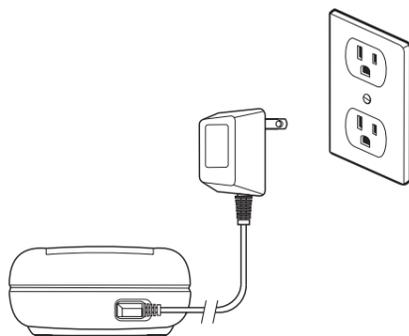
3. Pull down the cover then press the cover down to snap it in place.

When the display dims or the batteries weaken, appears on the display. Replace the batteries.

Or

Using an AC Adapter

You can also power the blood pressure monitor using a 6V DC, 1A AC adapter. To connect an AC adapter to the blood pressure monitor, attach a size M Adaptaplug™ to the adapter with its tip set to positive. Insert the adapter's barrel plug into the monitor's DC 6V jack. Then plug the adapter into a standard AC outlet.



Step Two

Setting the Date and Time

1. Press **MODE**. The month digit flashes.
2. Repeatedly press (or hold down) **SET** to set the correct month.
3. Repeat Steps 1 and 2 to set the date, hour, and minute.
4. Press **MODE** to complete setting.

What's Included

- Auto Inflatable Arm Cuff
- Monitor
- Carry Pouch

Optional Accessories

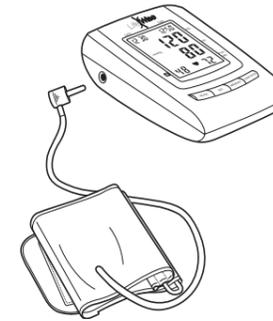
- Body Fat Analyzer
- Environizer
- Rechargeable Batteries
- Battery Charger



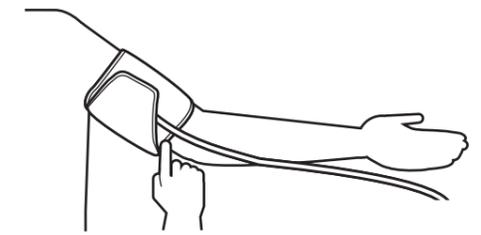
Step Three

Attaching the Arm Cuff

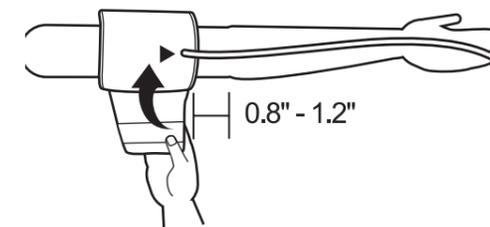
1. Roll up your sleeve to prevent constricting circulation to your arm.
2. Insert the plug at the end of the tube into the jack on the left side of the monitor.
3. Sit upright on the chair, and with your palm face up, thread the cuff through your arm until it reaches your biceps, just above your elbow.



5. Fasten the cuff snugly, leaving at least a finger's room in between the cuff and your arm.



4. Adjust the cuff so the inflation tube is on the top of your arm as shown. Leave the cuff's bottom edge about 0.8 to 1.2 inches (2 - 3 cm) above the crease of your elbow.



6. Place your arm on the table so the cuff is at the same height as your heart. Be sure the inflation tube lines up with your arm.



Step Four

Measuring Blood Pressure

1. Press **START/STOP**. All display segments appear briefly and the monitor automatically inflates to 160 mmHg, or the necessary inflation level. The systolic rate decreases gradually, appears, and flashes at the same rate as your heartbeat.
2. Once your blood pressure is detected, the monitor deflates slowly. The blood pressure reading and pulse rate appear. The air pressure in the arm cuff releases.
3. To stop the measurement at any time, press **START/STOP**.

ERROR appears briefly when:

- You do not wrap or position the cuff around your arm correctly.
- You talk or move the body during measurement.
- You have incorrect posture.
- The batteries become weak and flashes.

Step Five

Recalling Stored Readings

The blood pressure monitor saves up to 48 measurements.

1. Press **MEMORY**. The last blood pressure reading with the date and time appears.
2. Repeatedly press or hold down **MEMORY** to view other stored blood pressure readings.
3. To see the current date and time, repeatedly press or hold down **MEMORY** until the current date and time appear.
4. To turn off the blood pressure monitor, wait for one minute for it to turn off automatically.
5. To erase all stored readings, remove and re-install the batteries.

BATTERY NOTES

- Dispose of old batteries promptly and properly.
- Do not burn or bury batteries.
- Use only fresh batteries of the required size and recommended type.
- Do not mix old and new batteries, different types of batteries (standard, alkaline, or rechargeable), or rechargeable batteries of different capacities.
- If you do not plan to use the blood pressure monitor for a month or more, remove the batteries. Batteries can leak chemicals that can damage electronic parts.

CAUTION

- You must use a Class 2 power source that supplies 6V DC and delivers at least 1A. Its center tip must be set to positive and its plug must fit the **DC 6V** jack. Using an adapter that does not meet these specifications could damage the monitor or the adapter.
- Always connect the AC adapter to the monitor before you connect it to AC power. When you finish, disconnect the adapter from AC power before you disconnect it from the monitor.

Understanding Blood Pressure

Blood pressure is the pressure or force of circulating blood against the walls of the arteries. Systolic pressure is the highest pressure exerted when the heart contracts and pumps blood to your body. Diastolic pressure is the lowest pressure exerted when the heart pulls the blood back. Blood pressure includes systolic and diastolic pressures, and is read as 120/80 mmHg, with the systolic reading first. Both readings are an important diagnostic index for a physician to evaluate the status of a patient's blood pressure and prescribe the right medication. The ideal time for measuring blood pressure is in the morning after getting up, before any activity, and having any food.

Why Monitor Blood Pressure At Home?

Blood pressure varies based on many conditions and factors. Judgment cannot be made by just one measurement. Monitoring blood pressure at home provides you an important way of monitoring your health. Keeping track of your blood pressure also helps your doctor diagnose and offer the right medication for you.

What Is Normal Blood Pressure?

Based on World Health Organization classifications, blood pressure readings are as follows:

Normal	within 130/85 mmHg
High	over 130/85 mmHg but below 139/89 mmHg
Hypertension	over 139/89 mmHg

Variations in Blood Pressure

Blood pressure varies by many factors like physical condition, weight, anxiety, season, and time of day. In general, it is lower in the morning, and increases from afternoon to evening. It is lower in the summer and higher in the winter. It rises while at work and lowers while sleeping. It is also affected by alcohol consumption, smoking, and medication. **!**

Notes

- When installed, batteries automatically disconnect when you plug an AC adapter into the blood pressure monitor.
- While setting the date and time, if you do not press any key within one minute, the current time is saved and the monitor automatically turns off.
- The clock uses the 12-hour time format. **P** appears for a PM hour.
- Blood pressure measurement varies in both arms. To get the most accurate reading, use the same arm to take a measurement.
- Do not tangle the inflation tube during measurement.
- This monitor complies with EMC requirements according to IEC60601-1-2.

Hints

- Take your blood pressure measurements at the same time under the same conditions every day.
- Sit in a comfortable position with your legs uncrossed and feet flat on the floor.
- Relax and rest for 10 minutes before measuring blood pressure. Do not talk, gesture, or vibrate the blood pressure monitor.
- Wait at least three minutes between measurements.
- Compress the arm cuff to expel remaining air pressure each time you complete a measurement.
- The systolic and diastolic readings from this monitor are for reference only. Ask your doctor if you have any questions.
- Do not measure blood pressure right after smoking or consuming beverages containing caffeine. Wait at least 30-45 minutes.

Care

Keep the blood pressure monitor dry; if it gets wet, wipe it dry immediately. Use and store the blood pressure monitor only in normal temperature environments. Handle the blood pressure monitor carefully; do not drop it. Keep the blood pressure monitor away from dust and dirt, and wipe it with a damp cloth occasionally to keep it looking new.

Service and Repair

If your blood pressure monitor is not performing as it should, take it to your local RadioShack store for assistance. To locate your nearest RadioShack, use the store locator feature on RadioShack's website (www.radioshack.com), or call 1-800-The Shack (843-7422) and follow the menu options.

! IMPORTANT !

- Blood pressure readings measured from this monitor are equivalent to those measured from the cuff/stethoscope auscultation method performed by a physician or a trained health professional.
- Keep radio transmitting equipment or cellular phones away from the blood pressure monitor to prevent affecting its performance.
- Blood pressure measurements should be interpreted by a doctor who is familiar with your medical history. Supply the measurement records to your doctor. Do not self diagnose. Ask your doctor any questions you have about blood pressure.

Specifications

Power Source	Four AA Alkaline Batteries (Not Supplied)
Measurement Range: Pressure	0 to 280 mmHg
Pulse.....	40 to 199 Pulse/Min.
Accuracy Calibration: Static Pressure Reading	±3 mmHg
Pulse.....	±5%
Operation Temperature	50° F to 104° F (10° C to 40° C)
Operation Humidity.....	10 to 95% RH
Storage Temperature	-4° F to 122° F (-20° C to 50° C)
Storage Humidity.....	10 to 95% RH
Measurement Method.....	Oscillometric
Inflation	Automatic Pump Up to 160 mmHg
Deflation	Automatic Air Release Control Valve
Upper Arm Circumference Range	9 ⁷ / ₁₆ to 12 ¹⁹ / ₃₂ Inches (240 to 320 mm)
Arm Cuff Tube	31 ¹ / ₂ Inches (800 mm) long
Battery Life	250 Measurements
Dimension (Without Cuff)	5 ²⁹ / ₃₂ × 4 ⁵ / ₁₆ × 2 ¹ / ₄ Inches (150 × 110 × 56 mm)
Weight (Without Battery)	14.64 oz (415 g)
FDA Approval	510 (k) Class II Medical Device Approval

Limited One-Year Warranty

This product is warranted by RadioShack against manufacturing defects in material and workmanship under normal use for one (1) year from the date of purchase from RadioShack company-owned stores and authorized RadioShack franchisees and dealers. EXCEPT AS PROVIDED HEREIN, RadioShack MAKES NO EXPRESS WARRANTIES AND ANY IMPLIED WARRANTIES, INCLUDING THOSE OF MERCHANTABILITY AND FITNESS FOR A PARTICULAR PURPOSE, ARE LIMITED IN DURATION TO THE DURATION OF THE WRITTEN LIMITED WARRANTIES CONTAINED HEREIN. EXCEPT AS PROVIDED HEREIN, RadioShack SHALL HAVE NO LIABILITY OR RESPONSIBILITY TO CUSTOMER OR ANY OTHER PERSON OR ENTITY WITH RESPECT TO ANY LIABILITY, LOSS OR DAMAGE CAUSED DIRECTLY OR INDIRECTLY BY USE OR PERFORMANCE OF THE PRODUCT OR ARISING OUT OF ANY BREACH OF THIS WARRANTY, INCLUDING, BUT NOT LIMITED TO, ANY DAMAGES RESULTING FROM INCONVENIENCE, LOSS OF TIME, DATA, PROPERTY, REVENUE, OR PROFIT OR ANY INDIRECT, SPECIAL, INCIDENTAL, OR CONSEQUENTIAL DAMAGES, EVEN IF RadioShack HAS BEEN ADVISED OF THE POSSIBILITY OF SUCH DAMAGES.

Some states do not allow limitations on how long an implied warranty lasts or the exclusion or limitation of incidental or consequential damages, so the above limitations or exclusions may not apply to you.

In the event of a product defect during the warranty period, take the product and the RadioShack sales receipt as proof of purchase date to any RadioShack store. RadioShack will, at its option, unless otherwise provided by law: (a) correct the defect by product repair without charge for parts and labor; (b) replace the product with one of the same or similar design; or (c) refund the purchase price. All replaced parts and products, and products on which a refund is made, become the property of RadioShack. New or reconditioned parts and products may be used in the performance of warranty service. Repaired or replaced parts and products are warranted for the remainder of the original warranty period. You will be charged for repair or replacement of the product made after the expiration of the warranty period.

This warranty does not cover: (a) damage or failure caused by or attributable to acts of God, abuse, accident, misuse, improper or abnormal usage, failure to follow instructions, improper installation or maintenance, alteration, lightning or other incidence of excess voltage or current; (b) any repairs other than those provided by a RadioShack Authorized Service Facility; (c) consumables such as fuses or batteries; (d) cosmetic damage; (e) transportation, shipping or insurance costs; or (f) costs of product removal, installation, set-up service adjustment or reinstallation.

This warranty gives you specific legal rights, and you may also have other rights which vary from state to state
RadioShack Customer Relations, 200 Taylor Street, 6th Floor, Fort Worth, TX 76102

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