

*Sunbeam®*

# Health at Home®

## INSTRUCTION MANUAL

### Semi-Automatic Blood Pressure Monitor with Memory

61-268-001 (Adult size cuff)

Please read this instruction manual  
completely before operating this unit.



**DETAILED  
GUIDEBOOK**

English • Spanish

## Limited Five Year Warranty

This Sunbeam® Blood Pressure Monitor is guaranteed to be free from manufacturing defects for a period of five years from the date of purchase under normal use. This limited warranty does not apply to use in any clinical or commercial applications. If the unit fails to operate during the lifetime of the original registered purchaser, return it postage prepaid along with \$5.00 for return shipping and insurance to: MABIS Healthcare Inc., Attn: Repair Department, 28690 N. Ballard Drive, Lake Forest, IL 60045. If MABIS Healthcare determines that the unit failed to operate due to a manufacturing defect, the unit will be repaired or replaced at the option of the MABIS Healthcare. Repair or replacement of the unit is the sole remedy under this limited warranty. This warranty gives you specific legal rights, which vary from state to state. As a condition of this warranty, the enclosed warranty registration card must be completed and sent to us within 10 days of the purchase date.

This Limited Warranty constitutes the MABIS Healthcare's only responsibility and obligation to repair and/or replace materials or components. We make no other express or implied warranties, arising by operation of law or otherwise, or any warranty of merchantability or fitness for a particular use or purpose whether or not the use or purpose has been disclosed to MABIS Healthcare in specifications, drawings or otherwise, and whether or not MABIS Healthcare's products are specifically designed and/or manufactured by MABIS Healthcare for the buyer's use or purposes, except for the limited warranty stated above. MABIS Healthcare will not be responsible for any indirect, incidental, special, consequential, or punitive damages or other loss, including, but not limited to, damage to or loss of other property or equipment and personal injuries, whether to purchaser or others. MABIS Healthcare shall in no event be liable to the purchaser for any amount in excess of the cost of repair and/or replacement of the unit.

*Sunbeam*

The logo features a stylized black arch that starts under the 'S' of Sunbeam, goes over the 'Health at Home' text, and ends with a small house icon above the 'e' of 'Home'.  
**Health at Home**

Distributed by:

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## Introduction

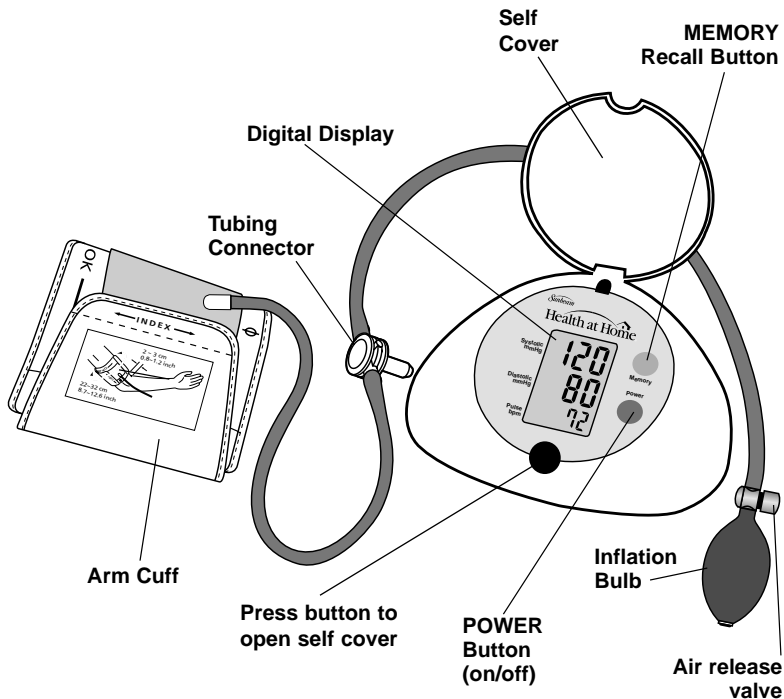
*To achieve the maximum benefit from your blood pressure monitor, we recommend that you first consult with your physician or trained healthcare professional.*

Thank you for purchasing a Sunbeam® Digital Blood Pressure Monitor. With proper care and use, your monitor will provide you with many years of reliable readings.

The method of measurement that your Monitor uses is called the oscillometric method. The monitor detects your blood's movement through the artery in your arm and converts the movements into a digital reading. The oscillometric method does not require a stethoscope, making the monitor easy to use.

*Blood pressure readings determined with this device are equivalent to measurements obtained by a trained observer using the cuff/stethoscope auscultation method, within the limits prescribed by the American National Standard for Electronic or Automated Sphygmomanometers.*

## Product Identification & Caution



### Caution:

You can stop the inflation or deflation process anytime by pressing the POWER button.

## Why Monitor Your Blood Pressure at Home?

Many people experience “White Coat Syndrome”, which is a temporary elevation of blood pressure during a visit at their physician’s office. Although only temporary, it can cause blood pressure to rise and give a false indication of a person’s true blood pressure.

Whether or not you experience “White Coat Syndrome”, home blood pressure monitoring provides:

- 1) The opportunity to supplement your physician’s office measurements.
- 2) An accurate indication of any change.
- 3) A record to assist your physician in evaluating your health and making important decisions.
- 4) Consistent, daily measurements of your blood pressure.

**Note:** Variations in your individual readings should only be interpreted by your physician or trained healthcare professional.

## General Blood Pressure Information

### What is Blood Pressure?

Blood pressure is the pressure that is exerted by blood flowing against the walls of the blood vessels throughout your body.

Your heart, which is the center of the circulatory system, provides the force for the blood to flow or circulate. When your heart contracts or beats, the blood is forced through the blood vessels increasing the pressure. This is the highest pressure in the cycle or what is referred to as **SYSTOLIC** blood pressure. In between beats, your heart relaxes and your blood pressure decreases. This is referred to as **DIASTOLIC** blood pressure.

This complete series of events, which occurs in a single heartbeat, is known as the **CARDIAC CYCLE**.

Your Sunbeam® Monitor will automatically read your blood pressure and display both systolic and diastolic readings on the screen. Your systolic will be positioned as the upper number and the diastolic reading will be the lower number.

(systolic)  
120/80  
(diastolic)

Blood pressure is measured in millimeters (mm) of mercury (Hg) and is generally recorded with the systolic pressure (120) listed first and the diastolic pressure (80) listed second. The numbers are typically separated by a slash mark (/) as shown.

Both pressure readings, the SYSTOLIC and DIASTOLIC, are necessary for a physician to evaluate the status of a patient's blood pressure.

Please contact your physician for specific information regarding your own blood pressure.

## **What Influences Blood Pressure?**

Many factors such as genetics, age, sex, altitude, physical activity, anxiety, muscular development, certain medications or even the time of day can influence blood pressure.

Influences such as sleep or relaxation decrease blood pressure, while anxiety or exercise increase blood pressure.

## **WHO Blood Pressure Classifications**

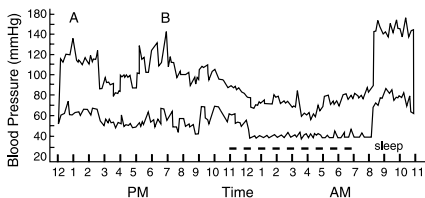
Standards for assessment of high or low blood pressure have been established by the World Health Organization (WHO) as shown on the following chart:

<b>CATEGORY</b>	<b>SYSTOLIC (mmHg)</b>	<b>DIASTOLIC (mmHg)</b>
Optimal	<120	<80
Normal	<130	<85
High – Normal	130-139	85-89
Mild Hypertension	140-159	90-99
Borderline	140-149	90-94
Moderate Hypertension	160-179	100-109
Severe Hypertension	≥180	≥110
Isolated Systolic Hypertension	≥140	<90
Borderline	140-149	<90

This chart is only a general guideline. Contact your physician or trained healthcare professional to determine your NORMAL blood pressure.

## Variations in Blood Pressure

Blood pressure is influenced by many factors and can change from moment to moment. Normally, blood pressure is lowest during sleeping periods and rises during the day. The graph below represents variations in blood pressure shown over a day with measurements taken every 5 minutes.



The dotted line represents the sleep period. The rise in blood pressure at 1 pm (A in the graph) corresponds to a stressful occurrence and at 7 pm (B in the graph) a period of exercise.

## Important Information Before Use

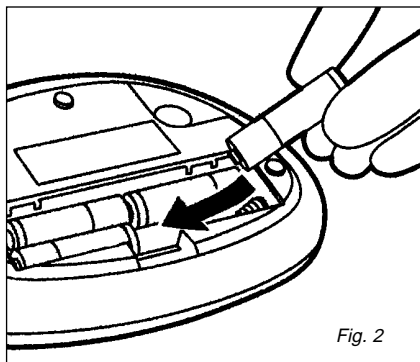
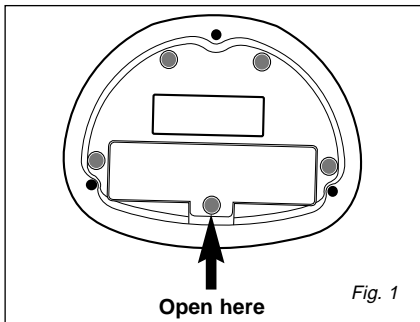
1. Blood pressure readings should be interpreted by a physician or trained healthcare professional, who is familiar with your medical history.
2. Perform your measurement in a quiet place. You should be seated and relaxed.
3. Avoid smoking, eating, taking medication, alcohol consumption or physical activity 30 minutes prior to taking a reading. If you are exhibiting signs of stress, avoid taking your measurement until the feeling subsides.
4. Rest 15 minutes prior to taking a reading.
5. Remove any constrictive clothing or jewelry that may interfere with the cuff placement.
6. Keep the monitor stable during measurements. Remain still; do not talk during measurements.
7. Record your daily readings on a chart.
8. Take your readings at the same time, each day (or as recommended by your physician).
9. Wait a minimum of 15 minutes between readings. The wait time may vary depending on individual physiological characteristics.
10. This device is intended for adult use.
11. The inflation or deflation process can be stopped by pressing the POWER button.

## Battery Installation/Replacement

- 1) Remove the battery cover as shown, Fig. 1.
- 2) Insert or replace 4 “AA” batteries into the compartment, matching the indicated polarity symbols.
- 3) To close, match up and connect the bottom hooks of the cover, then push the top end.

**Note:** Replace the batteries when the Low Battery symbol appears on the display or when the display remains blank when the POWER button is pressed.

- 4) It is recommended to remove the batteries if the unit will not be used for an extended period of time.





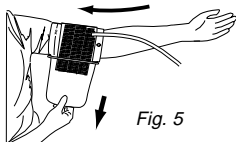
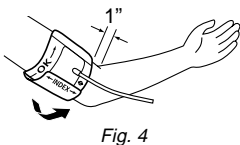
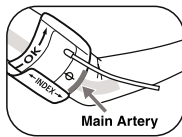
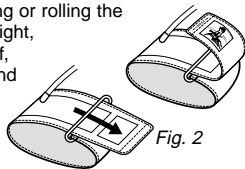
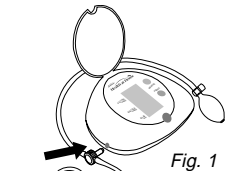
## Applying Your Blood Pressure Cuff

Avoid smoking, eating, taking medication, alcohol consumption or physical activity 30 minutes prior to taking a reading. If you are exhibiting signs of stress, avoid taking your measurement until the feeling subsides. Rest 15 minutes prior to taking a reading.

**Note:** If for any reason you are unable to or should not use your left arm, please modify the following instructions and apply the cuff to your right arm. Your physician can tell you which arm is best for you to use.

1. Remove any constrictive clothing or jewelry that may interfere with the cuff placement. Be seated with your feet flat on the floor.
2. Insert the end of the connector into the monitor, Fig. 1.
3. Widen or open the cuff by pulling or rolling the bottom of the cuff towards the right, Fig. 2. This should open the cuff, creating a cylinder. Do not extend the cuff beyond the metal bar.
4. Insert your arm into the cuff (cylinder). Position the (Φ) mark over the main artery (on the inside of your arm). Fig. 3.
5. The bottom edge of the cuff should be positioned approximately one inch ABOVE the elbow joint. Fig. 4.
6. Reaching underneath your left arm with your right hand, pull the end of the cuff towards your body to tighten the cuff, Fig. 5. Wrap and secure the cuff making sure that the (Φ) mark remains as shown, Fig. 3.
7. The cuff should fit comfortably, yet snugly around your arm. You should be able to insert two fingers between your arm and the cuff.

**Note:** The cuff size is suitable for use when the vertical "Index" mark is within the horizontal "OK" range. A different sized cuff is needed if the "Index" mark is outside of the "OK" range.



# Taking Your Blood Pressure Reading

Proceed only after reading the previous sections of this manual.

**Remember! Remain still; do not talk during the measurement.**

1. Rest your elbow on a solid surface with your palm facing upward. Elevate your arm so that the cuff is at the same level as your heart, Fig. 1. Your wrist should be level with your collar-bone. Relax your left hand.
2. Press the POWER button. The unit will run a self-test, Fig. 2.
3. If a downward arrow (▼) flashes, there is air remaining in the cuff. Release the air by pressing the "Air Release Valve" until "0" appears on the display, Fig. 3.
4. Using your right hand, squeeze and release the inflation bulb at a steady pace. The inflation pressure must be 50-60 mmHg above your normal systolic pressure. If the pressure in the cuff is insufficient, an upward arrow (▲) will flash. Continue to steadily inflate the cuff to the proper level.
5. Upon achieving the proper inflation level, release the pressure on the bulb.
6. The pressure in the cuff will automatically begin to decrease. The display will represent the deflation, Fig. 4.
7. Upon completion, your blood pressure (systolic and diastolic) measurement will display, Fig. 5, with the downward arrow (▼) flashing.
8. Press the "Air Release Valve" until the cuff pressure is released and the downward arrow (▼) disappears, Fig. 6.
9. Your reading will be automatically stored in memory.
10. To conserve energy, press the POWER button to turn the power off. Otherwise, the unit will automatically shut off after approximately 1 minute.
11. Disconnect the cuff tubing from the monitor prior to storing.



Fig. 1

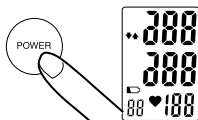


Fig. 2

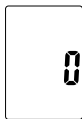
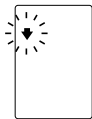


Fig. 3

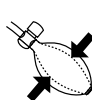


Fig. 4

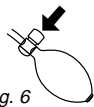


Fig. 6



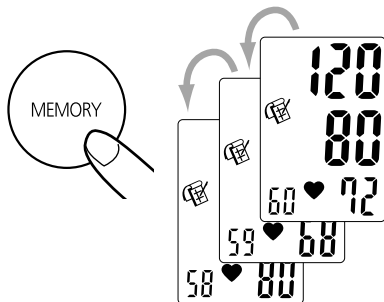
Fig. 5

## Recalling Measurements in Memory

You can recall up to 60 measurements in memory to share with your physician or trained healthcare professional.

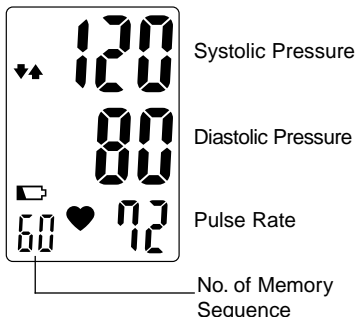
1. Press the MEMORY button. The last stored measurement will display.
2. Continue to press MEMORY to view the next previously stored measurement.

**Note:** *The memory bank can store up to 60 readings. When the number of readings exceeds 60, the oldest data will be replaced with the new record.*



## Description of Display Symbols

### Display:



### Icons:



Appears when measurement value is stored in memory or is recalled from memory



Appears when batteries should be replaced



Shows the pulse rate per minute



Occurs when a mistake was made during measurement



Appears when manual cuff deflation is needed.



Appears when manual cuff inflation is needed.

## Troubleshooting

If any abnormality occurs during use, please check and correct the following:

Condition	Correction
Display is blank when power is on.	Check and correct the polarity of the installed batteries. Reinstall or replace batteries.
Measurement incomplete or abnormally low or high values displayed.	Review and follow “Applying Your Blood Pressure Cuff” and “Taking Your Blood Pressure Reading” sections. Replace the batteries.
EE symbol displays.	Did you talk or move during the measurement? Review “Applying Your Blood Pressure Cuff” section.
Measurements are different from those typically measured by physician or every measurement reading is different.	Remember, blood pressure readings are influenced by physical and mental conditions and/or even the time of day. Daily measurements should be interpreted by your physician.

## Care and Maintenance

1. Disconnect the cuff tubing from the monitor prior to storing.
2. Only use a soft, dry cloth to clean your blood pressure monitor.
3. Avoid using any types of liquids on the monitor or cuff.
4. Do not store the unit where it will be exposed to direct sunlight, dust or humidity.
5. Avoid extreme temperatures.
6. Never disassemble the monitor or cuff.
7. Dropping or subjecting your blood pressure monitor to strong shocks should be avoided.

## Product Specifications

<b>Name and model number</b>	Semi-Automatic Digital Blood Pressure Monitor with Memory, 61-268-001
<b>Display system</b>	Digital display/LCD
<b>Measuring method</b>	Oscillometric
<b>Power source</b>	4 "AA" batteries
<b>Measuring range</b>	Pressure: 20-280 mmHg Pulse: 40-180 beats/minute
<b>Accuracy</b>	Pressure: $\pm 3$ mmHg Pulse: $\pm 5\%$ of reading
<b>Inflation</b>	Manual Inflation
<b>Deflation</b>	Automatic Pressure Release Valve
<b>Memory</b>	Built-in memory enabling display of up to 60 measurements
<b>Automatic Power Off</b>	Approximately 1 minute after last button operation
<b>Operation Environment</b>	Temperature 50°F - 104°F (10°C - 40°C) Humidity 40 - 85%
<b>Storage Environment</b>	Temperature 23°F - 140°F (-5°C - 60°C) Humidity 10 - 95%
<b>Monitor Dimensions</b>	6-1/2" x 5" x 2-3/8"
<b>Weight</b>	8.8 oz. (without batteries)
<b>Arm Circumference Range</b>	Adult size fits arm circumference: 8-5/8" - 12-5/8" (22-32 cm) Large adult size fits arm circumference: 12-5/8" - 16-1/2" (32-42 cm)
<b>Accessories</b>	Cuff, detailed guidebook, four "AA" batteries
<b>Options (sold separately)</b>	Adult size cuff, Large adult size cuff

*Specifications are subject to change without notice*

If you have any questions, please call 1-800-622-4714.

# Sample Blood Pressure Log

Name:

Age:

Weight:

Date	1/2	1/2	1/3															
Time	7:00 AM	9:30 PM	7:30 AM															
mmHg																		
240																		
220																		
200																		
180																		
160																		
140																		
120																		
100																		
80																		
60																		
Pulse	68	71	69															
Body Condition	Headache in AM	—	Tired, Restless Night															