

Fully automatic blood pressure  
monitor for the upper arm

Geratherm<sup>®</sup>  
*easy med*



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Instruction manual

GT-868UF

CE 0118

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## Caution

1. Consult your physician to verify your blood pressure range before measuring it at home with this unit.
2. If the cuff causes any discomfort during measurement, press the start/stop button to turn off the unit immediately.
3. If the pressure is over 300mmHg and the cuff does not deflate automatically, pull off the velcro strap to detach the arm cuff.

Blood pressure measurements obtained with this unit are equivalent to those obtained by a trained person using the cuff/ stethoscope auscultation method.

Geratherm easy med is not intended for professional use.

**WARRANTY:** 3 years from the date of purchase.

## Information You Should Know Before Operating the Unit

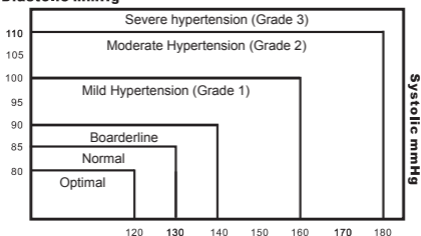
### What is blood pressure?

A force is created by the heart as the ventricle forcibly ejects blood into the blood vessels and through the vascular system. Another force is created by the arteries as they resist the blood flow. Blood pressure is the result of these two forces.

### Is my blood pressure normal?

See the following blood pressure classification chart released by the WHO (World Health Organization) for evaluation of your blood pressure level.

**Diastolic mmHg**



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Classification of blood pressure monitor	Systolic mmHg	Diastolic mmHg	Color indicator
Optimal	< 120	< 80	green
Normal	120 - 129	80 - 84	green
High - Normal	130 - 139	85 - 89	yellow
Phase 1 Hypertension	140 - 159	90 - 99	red
Phase 2 Hypertension	160 - 179	100 - 109	red
Phase 3 Hyper-tension	>= 180	>= 110	red

## Information You Should Know Before Operating the Unit

### What about low blood pressure?

In general, a lower blood pressure reading is better unless it causes unpleasant symptoms such as fainting and/or lightheadedness.

### What are systolic and diastolic pressures?

Systolic pressure is the highest pressure at the height of the heart's contraction. Diastolic pressure is the lowest pressure when the heart is resting.

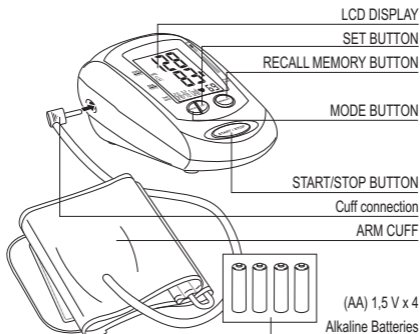
### Fluctuation and variation in blood pressure

The following factors will influence blood pressure measurement results and cause variations.

*Bathing, Breathing, Conversation, Drinking alcohol, Exercise, Moving, Mental tension, Eating, Temperature changes, Thoughts, Smoking etc.*

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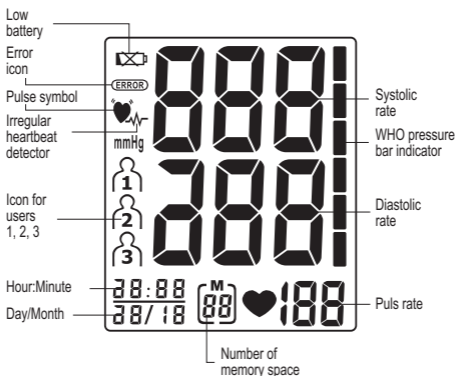
### About the unit



The cuff is designed to fit arm diameters between 23 and 33 cm / 8.7 - 12.6 inches.

## About the unit


### Explanation of the display



### Preparation for Use

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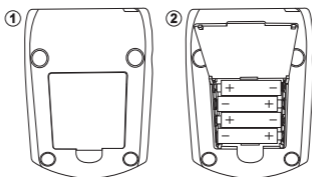
#### Installing/Replacing Batteries

1. Insert the batteries into the battery compartment matching correct polarities "+" and "-".
2. Replace all batteries if the low battery indicator appears .
3. Remove the batteries if the unit will not be used for a long period of time.
4. REMOVE all of the BATTERIES when utilizing an AC adapter.

#### Note:

It is recommended that the same type of alkaline batteries be used to avoid incompatibility.

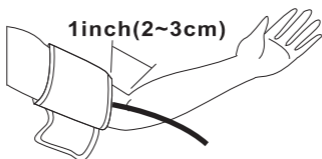
## Preparation for Use



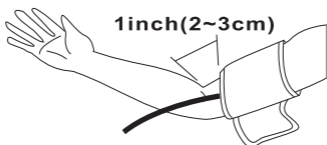
Please dispose of defective appliances and used batteries in compliance with statutory regulations (disposal in general household waste is prohibited!).

### Attaching the Pressure Cuff

1. Wrap the cuff around the left arm. The arm should be bare.
2. Fasten the cuff. Don't pull it too strongly or make the cuff too tight. The edge of the cuff should be approximately 1 inch from the crease of your elbow.



3. Attach the cuff on the right arm as shown in the figure if it is not possible to measure on the left arm.

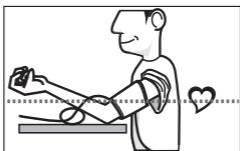


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## Preparation for Use

### Posture during Measurement

1. Sit upright and ensure that the measuring site is at heart level. Relax and retain a natural posture during measurement.



2. Measure and record blood pressure at the same time every day to establish your blood pressure pattern.

### AC Adapter

It is possible to use a stabilized AC adapter (output 6 V DC/800 mA) to operate the device.

#### Note:

1. No power is taken from the batteries while the AC adapter is connected to the device.
2. If AC adapter power is interrupted during measurement, the device must be reset by disconnecting the AC adapter from the device.
3. Please consult an appropriate dealer if you have questions relating to the adapter.

### Power Source

4 alkaline "AA" type batteries (1.5 V)  
or stabilized AC/DC adapter  
6 V DC 800 mA

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## Operations

### Setting the time and date

1. Press "SET" button to select memory store 1, 2, or 3.
2. Press "MODE" button ("month" starts flashing). Press "SET" button to set the correct month.
3. Press "MODE" button again ("date" starts flashing). Press "SET" button to set the correct date.
4. Press "MODE" button again ("hour" starts flashing). Press "SET" button to set the correct hour in 12-hour format.
5. Press "MODE" button again ("minute" starts flashing). Press "SET" button to set the correct minute.
6. Press "MODE" button again to confirm the time and date.

### Measuring Blood Pressure

1. Wrap the cuff around the arm (refer to „Attaching the Pressure Cuff“).
2. Sit upright on a chair (refer to „Posture during Measurement“).
3. Press "SET" button to select a particular memory store number.
4. Then press "START/STOP" to start automatic measurement.

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When taking repeat measurements, be sure to select the same memory store number before pressing „START/STOP“.

5. The cuff is inflated. When the pulse is detected, the PULSE symbol will start flashing.
6. After the measuring procedure has been completed, the blood pressure values (systolic pressure and diastolic pressure) along with the pulse rate and WHO classification indicator will be shown on the display for 1 minute. After approx. 1 minute without being used, the unit will automatically switch off.





### Arrhythmia-Detection:

If the symbol  appears, it means the unit has detected an irregular pulse during measurement. If the symbol appears regularly please consult a qualified physician for professional advice.

### Storing data

After each blood pressure measurement, the blood pressure values, pulse rate, time and date will be automatically stored. Each of the three memory stores saves the latest 30 measurements. If more than 30 measurements are saved, the memory will automatically delete the earliest values.

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### Recalling data:

1. Press the "MEMORY" button. A particular memory store will appear on the display.
2. Press "SET" to find the correct memory store.
3. Press "MEMORY". The average value of the last three measurements is shown by the following symbol:  $\left[ \overset{M}{A} \right]$ . If no values have been stored, nothing will appear on the display. The most recently measured value will be displayed first.
4. By pressing the "MEMORY" button again you can view each of the saved values in the selected memory store.
5. After viewing the saved measurements, press "MEMORY" again to switch back to the initial display.
6. You can also switch back to the initial display by pressing the "START/STOP" button.





## Storing data, Care and Maintenance

### Erasing data:



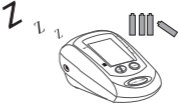

1. To erase the stored values, remove all 4 batteries from the device and then put them in again, taking care to ensure correct polarity.
2. To check that the data has been erased, press the "MEMORY" button. No values should show up on the screen.

## Care and Maintenance

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<p>Do not drop the unit. It is not shock-proof.</p>	
<p>Do not modify or disassemble the unit or the arm cuff.</p>	
<p>Do not twist the arm cuff.</p>	
<p>Use a cloth moistened with water or neutral detergent to clean the body of the unit and then wipe it dry.</p>	

## Care and Maintenance

<p>Avoid thinner, benzene, and other harsh cleaners.</p>	 An illustration of the device with a cleaning bottle and a prohibition sign over it, indicating that harsh cleaners should not be used.
<p>Keep the unit in a suitable place. Avoid high temperature, direct sunlight, high moisture, and dust.</p>	 An illustration of a thermometer with a prohibition sign over it, surrounded by icons of a sun and rain, indicating that the device should be kept away from high temperature, direct sunlight, high moisture, and dust.
<p>Remove the batteries if the unit will not be used for a long time.</p>	 An illustration of the device with several batteries and a sleep icon (Z), indicating that batteries should be removed if the unit will not be used for a long time.
<p>Do not press the POWER button if the cuff has not been properly wrapped around the arm.</p>	 An illustration of a hand holding the device with a cuff, indicating that the cuff should be properly wrapped around the arm before pressing the power button.

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## Specifications


Display System	Liquid Crystal Display
Measuring Method	Oscillometric
Power Source	4 alkaline "AA" type batteries (1.5V) or AC/DC adapter
Measuring Range	0 - 300 mmHg 40 - 199 pulse beats per minute
Accuracy	±3mmHg ±5% pulse rate
Inflation	Micro centrifugal pump
Deflation	Electromagnetic valve
Memory	3 memory stores with 30 storage spaces each = total 90 stored values
Display	LCD (year/date/time, pressure and pulse rate)
Low Battery Indicator	yes
Automatic switch-off	after approx. 1 minute
Battery Life	around 300 operations
Operating Environment	+10°C – +40°C; RH≤85% (+50°F – +104°F)
Storage Environment	-20°C – +70°C; RH≤85% (-4°F – +158°F)
Dimensions	150 x 100 x 65 mm
Weight	approx. 265g (including batteries)

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Specifications are subject to change without notice for purposes of product improvement.

It is recommended that the unit be calibrated by an authorised laboratory every two years.

## Error Message, Quality Standard

	<b>Replace batteries:</b> Replace all 4 batteries with new ones. Insert the batteries in correct polarities.
EE	<b>Appears when measurement error occurs or blood pressure value is displayed excessively low or high:</b> Measure again. Wrap the cuff correctly and keep the arm still during measurement.
E1	<b>Cuff tube may not be plugged into monitor correctly:</b> Check cuff connection. Measure again.
E2	<b>Pressure exceeds 300 mmHg:</b> Turn the unit off to clear, then measure again.
E3	<b>Measurement data that result in an error message:</b> Measure again.

### Quality Standard

Geratherm® is certified in accordance with Council Directive 93/42/EEC, Annex II and DIN EN ISO 13485 and is entitled to affix the CE-mark CE 0118 (Notified Body: LMET).

The blood pressure monitor conforms to EN 1060-1 (Non invasive sphygmomanometers part 1: General requirements) and EN 1060-3 (Non invasive sphygmomanometers part 3: Supplementary requirements for electromechanical blood pressure measuring systems).

#### Manufacturer:

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