

**Fully Fuzzy Auto Digital Wrist
Blood Pressure Monitor**

Geratherm[®]
tensio control

**INSTRUCTION MANUAL
Model GP-6220**

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CE 0118

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CAUTION

1. Consult your physician to verify your blood pressure range before using this device at home.
2. If the cuff causes any discomfort during measurement, press the power key to turn off the device immediately.
3. Pull off the velcro strap to detach the cuff if the pressure is over 300 mm Hg and the cuff does not deflate automatically.

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Blood pressure measurements obtained with this unit are equivalent to those obtained by a trained person using the cuff/stethoscope auscultation method. This blood pressure monitor complies with the regulations set out in EU Council Guideline 93/42/EEC of 14th June 1993 concerning Medical Products and with the DIN EN 1060-1 standard (Non-invasive blood pressure monitors/part 1, general requirements) and DIN EN 1060-3 (Non-invasive blood pressure monitors/part 3, supplementary requirements for electro-mechanical blood pressure monitors). A quality management system in compliance with EN ISO 13485 ensures that the required quality criteria are met.

WARRANTY:

Three years from the date of purchase.

INFORMATION YOU SHOULD KNOW BEFORE OPERATING THE DEVICE

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.

What are systolic and diastolic pressures?

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

Is my blood pressure normal?

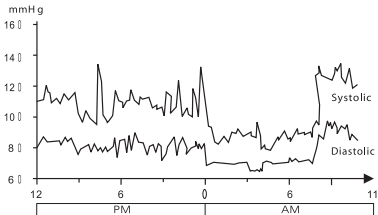
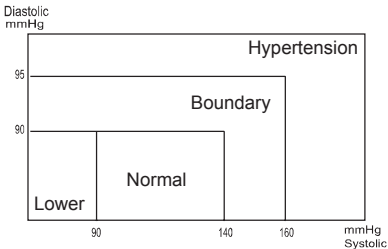
See the following blood pressure classification chart released by the WHO (World Health Organization) for evaluation of your blood pressure level.

What about low blood pressure?

Generally speaking, a lower blood pressure reading is better unless it causes some uncomfortable symptoms such as fainting and/or lightheadedness. Fluctuation and variation in blood pressure

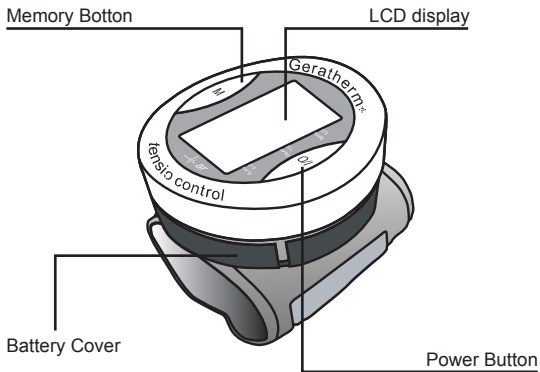
Fluctuation and variation in blood pressure

The following chart shows possible blood pressure fluctuations during a 24-hour period.



The following factors will influence blood pressure measurement results and cause variations: Bathing, Breathing, Conversation, Meals, Smoking, Exercise, Drinking Alcohol, Moving, Thoughts, Mental tension, Temperature change, etc.

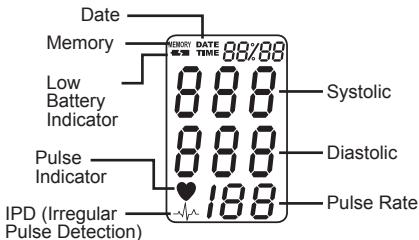
ABOUT THE DEVICE



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The cuff is designed to fit wrist sizes between 13.6 and 19.5 cm
(5.35 to 7.68 inch).

EXPLANATION OF DISPLAYS



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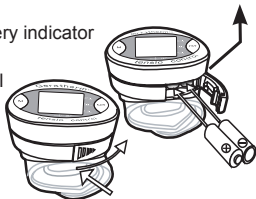
PREPARATION FOR USE

Installing/Replacing Batteries

1. Press lightly on the arrow and slide the battery cover in the direction of the arrow.
2. Insert the batteries into the battery compartment matching correct polarities "+" and "-".

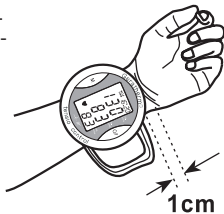
Note:

- Replace both batteries if the low battery indicator appears.
- Remove the batteries if the device will not be used for a long period of time.
- It is recommended that the same type of alkaline batteries be used to avoid incompatibility.



Attaching the Pressure Cuff

1. Free the left wrist of any clothing etc. and wrap the cuff directly around it. The display should be positioned on the palm side of the wrist.
2. Fasten the cuff. Make sure it is not too tight. The cuff's upper edge should be approximately 1 cm (0.39 inch) from the palm line.
3. If it is not possible to measure on the left wrist, attach the cuff on the right wrist as shown in the figure.



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Measuring Posture

1. Sit upright and place your forearm on the storage case so that the device is at heart level. Relax and measure in a natural position.
2. Measure and record blood pressure at the same time every day to establish your blood pressure pattern.



HOW TO OPERATE THE DEVICE

1. Setting the Clock

Enter the clock setting mode by pressing and holding the MEMORY button for over three seconds. The display will show a flashing year. Press the POWER button to adjust the year when it is flashing. Then click the MEMORY button again, a „month „ will appear and flash to be adjusted, and then „date“, „hour“, and „minute“ will follow as you press and release the MEMORY button.

To Adjust the Clock Press the POWER button to adjust the „month“, „date“, „hour“ and „minute“ when they are flashing.

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2. Measuring

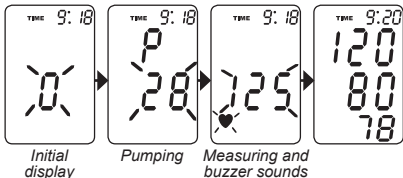
Blood Pressure


Press and release the POWER button to start measuring automatically. When the measurement is finished, the

display will show the measured blood pressure and pulse rate.

Press the POWER button to turn off the device. Otherwise the device

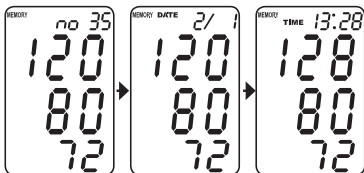
will automatically turn off **after 150 seconds**.



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

3. Recalling Stored Values

- 3.1 Press and release the MEMORY key to recall the last reading. (Example: no. 35 in the memory). The display will show the stored pressure and pulse rate in alternation.



- 3.2 Press the MEMORY button to go to previous stored values.

4. Erasing Stored Values

You may erase one or all records in the memory. **To delete one record:**

Step 1:

Press and release MEMORY button to display stored values. Press and release MEMORY button again to choose the record that you wish to delete.

Step 2: Press and hold the POWER button until the display shows „dEL“.

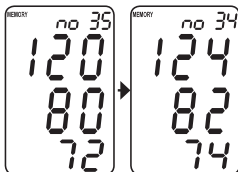
Step 3: Press and hold the POWER button. After three beeps are heard, the selected record is deleted.

To delete all stored values:

Follow **steps 1** and **2** above.

Step 3: Press the MEMORY button again and the display shows „dEL ALL“.

Step 4: Press and hold the POWER button. After three beeps are heard, all records are deleted.



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CARE AND MAINTENANCE



Do not drop the device.



Do not modify or disassemble the body or the wrist cuff.

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Do not twist the wrist cuff.



Use a cloth moistened with water or neutral detergent to clean the body of the device and then wipe it dry.



Avoid thinner, benzene, and other harsh cleaners.



Keep the device in a suitable place. Avoid high temperatures, direct sunlight, high humidity, and dust.



Remove the batteries if the device will not be used for a long time.



Do not press the POWER button if the cuff has not been properly wrapped around the wrist.

ERROR MESSAGES

Message

LL Err

The pressure measured was lower than 20 mm Hg. **Please measure again.**

UU Err

The pressure measured was higher than 300 mm Hg. **Please measure again.**

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P Err

Pumping error.
Please check cuff and try again.

rrErr

The pressure can not be measured due to signal noise. **Please measure again.**

HI

The pumping pressure is higher than 300 mm Hg.
Please measure again.



or No display

Low battery. **Please check and, if necessary, replace the 2 batteries.**

SPECIFICATIONS

Display System	Liquid Crystal Display
Measuring Method	Oscillometric
Power Source	2 alkaline "AAA" type batteries (1.5 V)
Measuring Range	20 - 300 mm Hg; 40-200 beats/minute
Accuracy	± 3 mm Hg $\pm 5\%$ pulse rate
Inflation Pressure	Automatic with integrated electrical pump
Exhaust	Solenoid valve
Memory	85 sets
Display	LCD (year/date/time, pressure and pulse)
Low Battery Indicator	Yes
Auto Power-Off	After 150 s w/o any operation
Battery Life	Around 250 operations
Operating Environment	+10 - +40°C; RH < 85%
Storage Environment	-20 - +50°C; RH < 85%
Dimensions	76 x 76 x 38 mm (W x D x H)
Weight	Around 133g (including batteries)

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Specifications are subject to change for improvement without notice. Calibration is recommended every two years.