

BLOOD PRESSURE MONITOR

User Manual



- Thank you very much for selecting the Actiiv Blood Pressure Monitor ACMMD002.
- Please read the user manual carefully and thoroughly so as to ensure the safe usage of this product, and keep the manual for further reference in case you have problems.

MODEL: ACMMD002

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Thank you for selecting the Actiiv Blood Pressure Monitor (Digital Sleeve ACMMD002). The monitor features blood pressure measurement, pulse rate measurement and the storage of results. Readings taken by the ACMMD002 are equivalent to those obtained by a trained observer using the cuff and stethoscope auscultation method. This manual contains important safety and care information, and provides step by step instruction for using this product.

Read the manual thoroughly before using this product.

Features:

- 128mm x 50mm Blue LCD display with white backlight
- Up to 60 records stored for each user
- · Measure-during-inflating technology

Safety information

The below signs might appear in the user manual, labeling or other component.

(3)	Symbol for "THE OPERATION GUIDE MUST BE READ"	★	Symbol for "TYPE BF APPLIED PARTS"
	For indoor use only	===	Symbol for "DIRECT CURRENT"
₿ Bluetooth °	The Bluetooth Combination Mark	F1	T1A/250V Ф3.6*10CCC



CAUTION

Please read this user manual carefully and thoroughly before use.

This device is intended for adult use in the home/domestic environment only.

This device is intended for non-invasive measuring and monitoring of arterial blood pressure. It is not intended for use on extremities other than the upper arm or for functions other than obtaining a blood pressure measurement.

Do not confuse self-monitoring with self-diagnosis. This unit allows you to monitor your blood pressure. Please start or end medical treatment based solely on a physician's treatment advice.

If you are taking medication, consult your physician to determine the most appropriate time for your measurement. Never change a prescribed medication without your physician's consent.

This unit is not suitable for continuous monitoring during medical emergencies or operations.

If the pressure of the cuff exceeds 40 kPa (300 mmHg), the unit will automatically deflate. Should the cuff not deflate when its pressure exceeds 40 kPa (300 mmHg), detach the cuff from the upper arm and press the homologous button to stop inflation.

Do not use the monitor in strong electromagnetic field conditions (e.g. mobile) that radiate interference signals or electrical fast transient / burst signals.

The device is not AP/APG equipment. It is not suitable for use in the presence of a flammable anesthetic mixture with air (or oxygen, nitrous oxide).

Please keep the unit out of reach of infants or children, since inhalation or swallowing of small parts is dangerous or even fatal.

Please use ACCESSORIES and detachable parts specified / authorised by MANUFACTURER. Otherwise, it may cause damage to the unit or danger to the user / patient.

The materials of the cuff have been tested and found to comply with requirements of ISO 10993-5: 2009 and ISO 10993-10:2010. It will not cause any potential alergic reaction or contact injury.

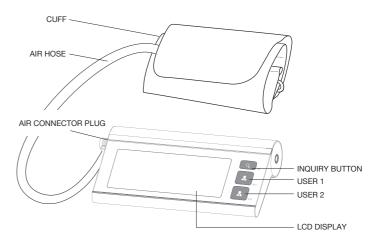
Please make sure the unit functions safely and it is in proper working condition before use.

♥ LCD Display Signal

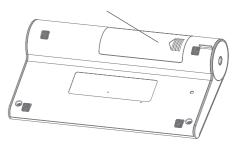


SYMBOL	DESCRIPTION	EXPLANATION
SYS	Systolic Blood Pressure	High blood pressure
DIA	Diastolic Blood Pressure	Low blood pressure
Pul/min	Pulse per minute	Beats per minute, BPM
2	User 1	Start measurement for user 1 and transmit the measuring result
2	User 2	Start measurement for user 2 and transmit the measuring result
•	Heartbeat	Heartbeat detection during the measurement
	Data Pending to Transmit	Measurement data stored in the equipment
((•)))	Data Transmitting	Data is transmitting
AUG	Average Value	Average value of last three measurements
(a))	Shaking reminder	Shaking will result in inaccurate measurements
	Low Battery	Low battery. Please replace the batteries
mmHg kP a	Unit	Measurement unit of blood pressure (1mmHg=0.133kPa) (1kPa=7.5mmHg)
ям <u>88./88</u>	Current Time	Month/Day (Hour:Minute)
	Deflating	Exhaust the air in the cuff
Q	Data Enquiry Mode	Recall the records
W	Arrhythmia	Irregular Heartbeat

♥ Monitor Components



BATTERY COMPARTMENT



(Please use Actiiv authorized cuff.)

2.Cuff (Type BF applied part) (AC2232-03)

♥ List

1.Blood Pressure Monitor (ACMMD002)



3. 4*AAA alkaline batteries



4.User manual



▼ The Choice of Power Supply

1.Battery powered mode: 6VDC 4*AAA alkaline batteries



In order to achieve the best performance and protect your monitor, please use the authorized / specified battery

▼ Installing and Replacing the Batteries

- 1. Open the battery door.
- 2. Insert the batteries according to the polarity indications.
- 3. Close the battery door.

Battery Life: Approx. 44 days

(Battery capacity: 600 mAH. If measured three times per day, each measurement takes 35s, measuring result display takes 20s and data transmission takes 10s. The current for measurement is 400 mA and that for records display and data transmission is 50 mA and 50 mA separately, while the current when shutdown is 35 uA)

Replace the batteries under following circumstances:

- displays on the LCD.
- The LCD display dims.
- When powering on the monitor, the LCD doesn't light up.

−<mark>ເ</mark>⊗ CAUTION

- Remove batteries if the device is not likely to be used for some time.
- Worn batteries are harmful to the environment. Do not dispose with daily garbage.
- Dispose old batteries following your local recycling guidelines.

♥ Setting Date, Time and Measurement Unit

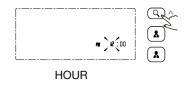
Please proceed to time setting before your initial use so as to ensure each record is labeled with a time stamp.

NOTE: The monitor will shut off in 60 seconds after last operation when in Setting Interface.

1.When the monitor is OFF, press and hold "User 1" button to enter Time Setting Mode.



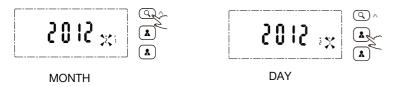
- 2.As pictured on the right, the blinking numeral represents the [HOUR]. Press "Query" button to change the numeral. Each press will increase the numeral by one in a cycling manner.
- **3.**Press "User 1" button to confirm the [HOUR]. Then the monitor diverts to [MINUTE] setting .





MINUTE

4.Repeat step 2 and 3 to confirm the [MINUTE]. Then the monitor diverts to [MONTH] and [DAY] setting.



Repeat step 2 and 3 to confirm [MONTH] and [DAY]. Then the monitor diverts to [YEAR] setting.



VFAR

6.Repeat step 2 and 3 to confirm [YEAR]. Then the monitor diverts to [UNIT] setting.



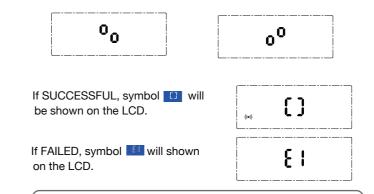
7.After confirming the measurement unit, the LCD will display "dOnE" and the monitor will shut off .



♥ Install App and Pair-Up

With the advanced Bluetooth 4.0 technology applied to this blood pressure monitor, mobile phones which are equipped with Bluetooth functionality are able to receive your personal health data. Just simply install the specially designed app and pair up your blood pressure monitor with your mobile phone by following the instructions below

- **1.**The App is now available in the App Store and Google Play. App name is "LIFESENSE INTERNATIONAL" You may search for the app, then download and install the app on your iPhone or Android Phone. Simple and convenient!
- **2.**Turn on Bluetooth and the App. Make sure both are ON when pair-up is proceeding.
- **3.**When the monitor is off, press and hold "User 2" button to start pair-up. Symbol and symbol of will be shown on the LCD alternatively, indicating pair-up is proceeding.



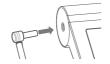
Bluetooth Module No.: AW8001

RF Frequency Range: 2402 MHz to 2480 MHz

Output Power Range: 4 dBm Supply Voltage: 3-3.6 V

Apply the Cuff

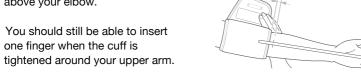
1.Insert the plug of cuff's air pipe into the interface located on the right side of the monitor.



2.As pictured on the right, wear the cuff on your upper arm.



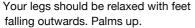
3. Tighten the cuff up. Make sure the cuff is fixed 2 to 3 centimeters above your elbow.



one finger when the cuff is

4.Correct Posture:

Take measurement on a bare arm only (no clothing between the arm and monitor). Sit comfortably and relaxed on a chair. The centre of the cuff should remain at the same level as your heart.





♥ Start the Measurement

After correctly positioning the cuff, when the monitor is off, press "User 1" (or "User 2") button to turn on the monitor, and it will complete the measurement process.

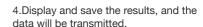
1.LCD display







3.Inflating and measuring.







5. Press "User 1" ("User 2") button to turn off the monitor. Otherwise, the monitor will shut off within 1 minute after last operation.

Tips:

A.When you have finished taking a measurement, press another user button to begin measuring again.

B.Each user can record a maximum of 60 records.

▼ Recall the Records

 When the monitor is OFF, press "Query" button to retrieve the memory. The monitor will display the average value of last three measurements.



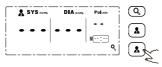
Press "Query" button again to rotate the records. Up to 60 records will be stored under each user ID.

The order of the record, date and time will be displayed alternatively.



- Press another user button to switch to display another user's measurement data.
- **4.**When User 2 has no record, the LCD will display just like the picture on the right.





5.Press the corresponding User ID button to turn off the monitor. Otherwise, the monitor will shut off within 1 minute after last operation.



The most recent record (1) is shown first. Each new measurement is assigned to the first (1) record. All other records are pushed back one digit (e.g., 2 becomes 3, and so on), and the last record (60) is dropped from the list.

♥ Delete the Records

1.When under data enquiry mode, press and hold "Query" button for 3 seconds to clear memory. The LCD will display the blinking "dEL ALL".



2.Press "Query" button to confirm deletion from memory. The LCD will display "dEL dOnE" indicates that the deletion is complete, and then turn off.



▼ Data Transmission

- 1. With the device successfully paired-up with your iPhone, the measurement data will be automatically transmitted to your mobile via Bluetooth.
- 2.The symbol [si] will disappear after successful data transmission, and you may check your personal health data stored in your mobile device.
- 3.If the data transmission fails, the symbol [will remain. The pending measurement data will be transmitted to your iPhone when next measurement is complete.

- (S) CAUTION

- Interference may occur in the vicinity of equipment marked with the following symbol and the monitor may interfere with electrical equipment.
- To enable the data transmission function, this product should be paired to a Bluetooth end at 2.4 GHz.

How to mitigate possible interference?

- 1. The range between the monitor and the Bluetooth end should be reasonably close, from 1 metre to 10 metres. Please ensure no obstacles between the monitor and the Bluetooth end so as to obtain quality connection.
- 2.To avoid interference, other electronic devices (particularly those with Bluetooth transmission / Transmitter) should be kept at least 1 metre away from the monitor.

▼ Tips for Measurement

Measurements could be inaccurate if taken in the following circumstances:



Within 1 hour after eating or drinking



Within 20 minutes after taking a bath



Immediate measurement after tea, coffee, smoking



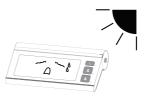
When talking or moving your fingers



When you want to discharge urine

Maintenance

To obtain the best performance, please follow below instructions.



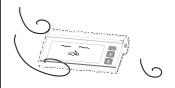
Keep your device in a cool dry place, avoid direct sunlight and high temperatures



Avoid immersing your device in liquid



Avoid dropping or direct impact to your device



Avoid dusty environments and unstable surrounding temperatures



Use a slightly damp cloth to remove dirt



Do not wash the cuff.

Cleaning: Before Use - Remove the unit from the storage bag. Use a soft cloth to remove the dirt on the monitor and apply some alcohol to disinfect the cuff before tying the cuff.

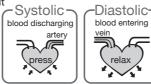
After Use - Use a soft cloth to wipe the unit and apply some alcohol to disinfect the cuff before putting the whole unit back in the bag.

Please always disinfect the cuff before applying to another patient.

Disposal: Degraded sensors may result in inaccurate measurement while loosened electrodes may cause the monitor's failure to power on. The expected life of the monitor is two years. Please dispose of accessories, detachable parts, and the ME equipement according to the local guidelines.

♥ What are systolic pressure and diastolic pressure?

When ventricles contract and pump blood out of the heart, the blood pressure reaches its maximum value in the cycle, which is called systolic pressure. When the ventricles relax, the blood pressure reaches its minimum value in the cycle, which is called diastolic pressure.



♥ What is the standard blood pressure classification?

The blood pressure classification published by the World Health Organization (WHO) and the International Society of Hypertension (ISH) in1999 is as follows:



Only a physician can tell your normal BP range. Please contact a physician if your measuring result falls out of the range. Kindly note that only a physician can tell whether your blood pressure value has reached a dangerous point.

	<u>†</u>				
© 110	Grade 3 hypertension(severe)				
Ē 100	Grade 2 hypertension(moderate)				
Diastolic blood pressure (mmHg) 95 90 85 80	Grade 1 hypertension(mild)				
B 90	Subgroup: borderline				
g ≅ 85	High-normal Blood Pressure				
og Siasto	Normal Blood Pressure				
	Optimal Blood Pressure				
	120 130 140 150 160 180 Systolic blood pressure (mmHg)				

Level Blood Pressure (mm Hg)	Optimal	Normal	High-normal	Mild	Moderate	Severe
SYS	<120	120-129	130-139	140-159	160-179	≥180
DIA	<80	80-84	85-89	90-99	100-109	≥110

▼ Irregular Heartbeat Detector

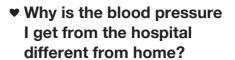
This Blood Pressure Monitor is equipped with an intelligent Irregular Heartbeat (IHB) Detector function. During each measurement, this equipment records the heartbeat intervals and works out the standard deviation. If the calculated value is larger than or equal to 15, this equipment will light up the IHB symbol on the screen when displaying the measuring result.



The appearance of the IHB icon indicates that a pulse irregularity consistent with an irregular heartbeat was detected during measurement. Usually this is NOT a cause for concern. However, if the symbol appears often, we recommend you seek medical advice. Please note that the device does not replace a cardiac examination, but serves to detect pulse irregularities at an early stage.

♥ Why does my blood pressure vary, even in one day?

- 1. Individual blood pressure varies every day. It is also affected by the way you tie your cuff and your measurement position, so please take the measurement in the same conditions.
- 2. Blood pressure variation is greater if the person takes medication.
- Make sure you wait at least
 minutes before taking another measurement.



Blood pressure can vary even during a 24 hour period due to influences like the weather, emotions, exercise etc. You may experience different environmental and emotional conditions at a hospital compared to at home which can affect your blood pressure measurements.

Will I get the same result if I measure on the right arm?

It is ok to use the device on both arms, but the results may differ depending on the person. It is recommended that you measure on the same wrist every time to maintain an accurate record of measurements.



Pay attention to the following when measuring your blood pressure at home:

If the cuff is tied properly.

If the cuff is too tight or too loose.

If the cuff is tied on the upper arm.

If you feel anxious or under pressure, take a few deep breaths before beginning.

If your measurement is inaccurate, wait 4 to 5 minutes before retesting.



TROUBLESHOOTING

This section includes a list of error messages and frequently asked questions for problems you may encounter with your blood pressure monitor. If the product is not operating as you think it should, check here before arranging for servicing.

PROBLEM	SYMPTOM	CHECK THIS	REMEDY
	Dioplay	Batteries are exhausted.	Replace with new batteries
No power	Display will not light up.	Batteries are inserted incorrectly.	Insert the batteries correctly
		AC adaptor is inserted incorrectly.	Insert the AC adaptor tightly
Low batteries	Display is dim or shows	Batteries are low.	Replace with new batteries
	E 1 shows	Communication error	Check if the APP is on, operate and send the data again.
	E 3 shows	The cuff is not secure.	Readjust the cuff and relax for a moment and then measure again.
Error message	E10 or E11 shows	The monitor detected motion while measuring.	Movement can affect the measurement. Relax for a moment and then measure again.
	E20 shows	The measurement process does not detect the pulse signal.	Loosen the clothing on the arm and then measure again
	E21 shows	The treatment of the measurement failed.	Relax for a moment and then measure again.
	EExx,shows on the display.	A calibration error occurred.	Retake the measurement. If the problem persists, contact the retailer or our customer service department for further assistance. Refer to the warranty for contact information and return instructions.

Power supply	Battery Powered Mode: 6V (4 x AAA-size alkaline-battery)
Display mode	Blue LCD with White Backlight V.A. = 128mm(L) x 50mm(W)
Measurement mode	Oscillographic testing mode
Measurement range	Pressure: 0-40kpa (0~300mmHg) pulse value: (40-199) beats/minute
Accuracy	Pressure: 5°C-40°C within ±0.4 kPa (3 mm Hg) 0°C-45°C (out of 5°C-40°C) within ±0.7 kPa (5 mm Hg); Pulse Value: ±5%
Working condition	Temperature:5°C-40°C Relative Humidity ≤85%RH Atmospheric Pressure: 86-106 kPa
Storage & transportation condition	Temperature:-20°C-60°C Relative Humidity 10%-93%RH Atmospheric Pressure: 50-106 kPa
Measurement perimeter of the upper arm	About 22cm-32cm
Weight	Approx.300g (Excluding the dry cells)
External dimensions	Approx.180*100*39mm
Attachment	4*AAA alkaline batteries,user manual
Mode of operation	Continuous operation
Degree of protection	Type BF applied part
Device Classification	Battery Powered Mode: Internally Powered ME Equipment AC Adaptor Powered Mode: Class II ME Equipment
IP Classification	IP22
Software Version	V01

WARNING: No modification of this equipment is allowed.

16 WANNING. No modification of this equipment is allowed.

AUTHORIZED COMPONENT EMC GUIDANCE

♥ Contact Information

For more information about our products, please visit www.actiivfitness.com

♥ Complied European Standards List

Risk Management	EN/ISO 14971:2007
Labeling	EN 980:2008
User Manual	EN 1041:2008
Generl Requirements for Safety	EN 60601-1:2006/AC:2010 EN 62304:2006/AC:2008 EN 60601-1-6:2010 EN 60601-1-11:2010
Non-invasive Sphygmomanometers	
General Requirements	EN 1060-3:1997+A2:2009 EN 1060-4:2004
Electromagnetic Compatibility	EN 60601-1-2:2007/AC:2010

▼ EMC guidance

Table 1 – Guidance and MANUFACTURER'S declaration – ELECTROMAGNETIC EMISSIONS –
for all ME EQUIPMENT and ME SYSTEMS

Guidance and manufacturer's declaration – electromagnetic emissions					
	The device is intended for use in the electromagnetic environment specified below. The customer or the user of the device should assure that it is used in such an environment.				
Emissions test	Compliance	Electromagnetic environment – guidance			
RF emissions CISPR 11	Group 2	The device must emit electromagnetic energy in order to perform its intended function. Nearby electronic equipment may be affected.			
RF emissions CISPR 11	Class B				
Harmonic emissions IEC 61000-3-2	Not applicable				
Voltage fluctuations/ flicker emissions IEC 61000-3-3	Not applicable				

EMC GUIDANCE

Table 2 – Guidance and MANUFACTURER'S declaration – electromagnetic IMMUNITY –
for all MF FOUIPMENT and MF SYSTEMS

Guidance and manufacturer's declaration – electromagnetic immunity

The device is intended for use in the electromagnetic environment specified below. The customer or the user of the device should assure that it is used in such an environment.

IMMUNITY test	IEC 60601 test level	Compliance level	Electromagnetic environment — guidance
Electrostatic discharge (ESD) IEC 61000-4-2	± 6 kV contact ± 8 kV air	± 6 kV contact ± 8 kV air	Floors should be wood, concrete or ceramic tile. If floors are covered with synthetic material, the relative humidity should be at least 30 %.
Electrical fast transient/burst IEC 61000-4-4	± 2 kV for power supply lines ± 1 kV for input/output lines	± 2 kV for power supply lines	Mains power quality should be that of a typical commercial or hospital environment.
Surge IEC 61000-4-5	± 1 kV line(s) to line(s) ± 2 kV line(s) to earth	± 1 kV line(s) to line(s)	Mains power quality should be that of a typical commercial or hospital environment.
Voltage dips, short interruptions and voltage variations on power supply input lines IEC 61000-4-11	<5 % $U_{\rm T}$ (>95 % dip in $U_{\rm T}$) for 0,5 cycle 40 % $U_{\rm T}$ (60 % dip in $U_{\rm T}$) for 5 cycles 70 % $U_{\rm T}$ (30 % dip in $U_{\rm T}$) for 25 cycles <5 % $U_{\rm T}$ (>95 % dip in $U_{\rm T}$) for 5 s	<pre><5 % $U_{\rm T}$ (>95 % dip in $U_{\rm T}$) for 0,5 cycle 40 % $U_{\rm T}$ (60 % dip in $U_{\rm T}$) for 5 cycles 70 % $U_{\rm T}$ (30 % dip in $U_{\rm T}$) for 25 cycles <5 % $U_{\rm T}$ (>95 % dip in $U_{\rm T}$) for 5 s</pre>	Mains power quality should be that of a typical commercial or hospital environment. If the user of the device requires continued operation during power mains interruptions, it is recommended that the device be powered from an uninterruptible power supply or a battery.
Power frequency (50/60 Hz) magnetic field IEC 61000-4-8	3 A/m	3 A/m	Power frequency magnetic fields should be at levels characteristic of a typical location in a typical commercial or hospital environment.

NOTE U_T is the a.c. mains voltage prior to application of the test level.

Table 4 – Guidance and MANUFACTURER'S declaration – electromagnetic IMMUNITY –
for ME EQUIPMENT and ME SYSTEMS that are not LIFE-SUPPORTING

Guidance and manufacturer's declaration - electromagnetic immunity

The device is intended for use in the electromagnetic environment specified below. The customer or the user of the device should assure that it is used in such an environment.

IMMUNITY test	IEC 60601 TEST LEVEL	Compliance level	Electromagnetic environment — guidance
			Portable and mobile RF communications equipment should be used no closer to any part of the device, including cables, than the recommended separation distance calculated from the equation applicable to the frequency of the transmitter. Recommended separation distance
Conducted RF	3 Vrms	3 Vrms	$d = 1.167 \sqrt{P}$
IEC 61000-4-6	150 kHz to 80 MHz		$u = 1.107 \sqrt{P}$
Radiated RF	3 V/m		
IEC 61000-4-3	80 MHz to 2.5 GHz	3 V/m	$d = 1.167 \sqrt{P}$ 80 MHz to 800 MHz
120 01000-4-3	80 MHZ to 2,5 GHZ		
			$d = 2.333 \sqrt{P}$ 800 MHz to 2,5 GHz
			where P is the maximum output power rating of the transmitter in watts (W) according to the transmitter manufacturer and d is the recommended separation distance in metres (m).
			Field strengths from fixed RF transmitters, as deter- mined by an electromagnetic site survey, should be less than the compliance level in each frequency range. ¹
			Interference may occur in the vicinity of equipment marked with the following symbol:
			$((\bullet))$

NOTE 1 At 80 MHz and 800 MHz, the higher frequency range applies.

NOTE 2 These guidelines may not apply in all situations. Electromagnetic propagation is affected by absorption and reflection from structures, objects and people.

- a Field strengths from fixed transmitters, such as base stations for radio (cellular/cordless) telephones and land mobile radios, amateur radio, AM and FM radio broadcast and TV broadcast cannot be predicted theoretically with accuracy. To assess the electromagnetic environment due to fixed RF transmitters, an electromagnetic site survey should be considered. If the measured field strength in the location in which the device is used exceeds the applicable RF compliance level above, the device should be observed to verify normal operation. If abnormal performance is observed, additional measures may be necessary, such as re-orienting or relocating the device.
- b Over the frequency range 150 kHz to 80 MHz, field strengths should be less than 3 V/m.

Table 6 – Recommended separation distances between portable and mobile RF communications equipment and the ME EQUIPMENT or ME SYSTEM – for ME EQUIPMENT and ME SYSTEMS that are not LIFE-SUPPORTING

Recommended separation distances between portable and mobile RF communications equipment and the device

The device is intended for use in an electromagnetic environment in which radiated RF disturbances are controlled. The customer or the user of the device can help prevent electromagnetic interference by maintaining a minimum distance between portable and mobile RF communications equipment (transmitters) and the device as recommended below, according to the maximum output power of the communications equipment.

B-4-di	Separation distance according to frequency of transmitter			
Rated maximum output power of transmitter	150 kHz to 80 MHz	800 MHz to 2,5 GHz		
W	$d = 1.167 \sqrt{P}$	$d = 1.167 \sqrt{P}$	$d = 2.333 \sqrt{P}$	
0,01	0.117	0.117	0.233	
0,1	0.369	0.369	0.738	
1	1.167	1.167	2.333	
10	3.690	3.690	7.378	
100	11.67	11.67	23.33	

For transmitters rated at a maximum output power not listed above, the recommended separation distance d in metres (m) can be estimated using the equation applicable to the frequency of the transmitter, where P is the maximum output power rating of the transmitter in watts (W) according to the transmitter manufacturer.

NOTE 1 At 80 MHz and 800 MHz, the separation distance for the higher frequency range applies.

NOTE 2 These guidelines may not apply in all situations. Electromagnetic propagation is affected by absorption and reflection from structures, objects and people.

Installing App and Pairing

The following steps are for use with iPhone.

The App is also available for Android through Google Play.

- Search for the App in the App Store.
 The App name is "Lifesense International". Download and install the App onto your phone.
- 2. Ensure Bluetooth is turned "ON" on your phone
- 3. Run the App, the following screen should appear
- Create a new account or sign in



 The following screen will appear after you have signed in.



- Press "Edit" at the bottom right corner, untick "Weight", press the back button and "Yes" to save Data. (this will remove the weight measurement) and return to the Start menu.
- 7. Press the "Settings" button in the top right corner (*)
- 8. Press the "Add" button to add a device (+)



9. Press the Bluetooth logo



- Please ensure you pressand hold the "Start" button on the blood pressure monitor to initiate Pairing Mode.
- 11. Once connected, the device will show []. It is now ready to use.
- 12. Your readings will be recorded on the App, you can find the readings by selecting Blood Pressure in the App as per the image shown here



13. The following screen will appear





- To see records, press the "list" button at the top of the screen (:≡)
- 15. The following screen will appear
- To delete any unwanted readings, slide to the left on the reading and the delete button will appear

