

TABLE OF CONTENTS

INTRODUCTION.....	2
NOTES ON SAFETY.....	2
ABOUT BLOOD PRESSURE.....	5
PRECAUTIONS BEFORE USE.....	7
FEATURES OF THE PRODUCT.....	9
PARTS IDENTIFICATION.....	9
INSERT OR REPLACE BATTERIES.....	10
WHO BLOOD PRESSURE CLASSIFICATION DISPLAY.....	11
ATTACHING THE ARM CUFF.....	12
HOW TO TAKE PROPER MEASUREMENTS.....	13
HOW TO MEASURE BLOOD PRESSURE.....	13
CARE AND MAINTENANCE.....	15
SPECIFICATIONS.....	16
TROUBLESHOOTING.....	17

1

INTRODUCTION

The Monitor uses the oscillometric method of blood pressure measurement. Measurement Automatic Electronic Blood Pressure Monitor is intended for use by medical professionals or at home to monitor and display diastolic, systolic blood pressure and pulse rate on adult each time, with an arm cuff around the left upper arm according to the instruction in the "ATTACHING THE ARM CUFF".

The product complies with the electromagnetic compatibility requirement of EN60601-1-2 and safety standards of EN60601-1 and performance of EN1060-1, EN1060-3 as specified in EEC directive 93/42/EEC.

NOTES ON SAFETY

- * The warning signs and sample icons shown here are listed for your safe and correct use of the unit, so as to prevent injuries or damages to the device.
- * The icons and meanings are as follows.

2

Examples of signs

- The icon indicates prohibitions (what you should not do). Matters involving actual prohibitions are indicated by text or pictures in or near . The left icon refers to "general prohibition".
- The icon indicates something that is compulsory (what must always be observed). Matters involving actual compulsory actions are indicated by text or pictures in or near . The left icon refers to "general compulsion".

Type BF Applied part

Attention and read before use

Patient must follow doctor's instruction and should not perform self-judgment and self-treatment by the measuring result. Self-diagnosis of measured results and treatment are dangerous. The device should not be used to judge illness, first aid and continuously monitor measuring.	
Do not let a child below 12 years old and the people who can't express one's intention. When it is used by the people of 12-18 years old, it should be accompanied by the Adult. May cause accident or trouble.	
Do not use the unit for purpose other than measuring blood pressure.	
Please do not use mobile phone around the device. Please do not use the device around the magnetic field.	
Do not disassemble, repair, or remove the main unit or the arm cuff of the blood pressure monitor. Will cause the unit to function erroneously.	

3

Requests from Manufacturer

- Used batteries may leak and damage the main unit. Please observe the following points.
- * If you are not going to use the unit for a long period of time (approximately three months or more), remove the batteries.
- * Replace worn batteries with their polarities in the correct direction.
- * Do not insert the batteries with their polarities in the wrong direction.

Do not use force to bend the arm cuff or the air tube.

When removing the air tube, please pull and hold at plastic plug.

Do not knock or drop the main unit.

Please do not press "ON/OFF" button before you putting on arm cuff.

Always use the specified accessories in the manual, the use of other parts not approved by the manufacturer may cause faults or injuries.

For service information, parts list etc., please contact the dealer.

4

ABOUT BLOOD PRESSURE

1. What is blood pressure?

Blood pressure is the force exerted by blood against the walls of the arteries. Systolic pressure occurs when the heart contracts. Diastolic pressure occurs when the heart expands.

Blood pressure is measured in millimeters of mercury (mmHg). One's natural blood pressure is represented by the fundamental pressure, which is measured first thing in the morning while one is still at rest and before eating.

2. What is hypertension and how is it controlled?

Hypertension, an abnormally high arterial blood pressure, if left unattended, can cause many health problems including stroke and heart attack. Hypertension can be controlled by altering lifestyle, avoiding stress and with medication under a doctor's supervision.

To prevent hypertension or keep it under control:

- Do not smoke
- Reduce salt and fat intake
- Maintain proper weight
- Exercise regularly
- Have regular physical checkups

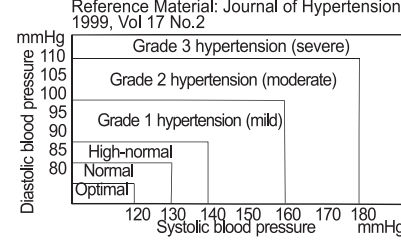
5

3. Why measure blood pressure at home?

Blood pressure measured at a clinic or doctor's office may cause apprehension and produce an elevated reading, 25 to 30 mmHg higher than that measured at home. Home measurement reduces the effects of outside influences on blood pressure readings, supplements the doctor's readings and provides a more accurate, complete blood pressure history.

4. WHO blood pressure classification

Standards for assessment of high blood pressure, without regard to age, have been established by the World Health Organization (WHO), and shown in chart below.



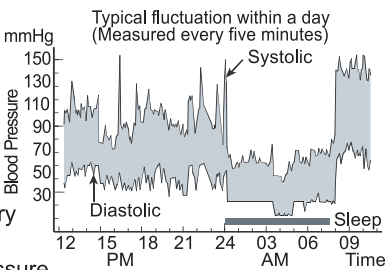
5. Blood pressure variations

An individual's blood pressure varies greatly on a daily and seasonal basis. It may vary by 30 to 50 mmHg due to various conditions during the day. In

6

hypertensive individuals, variations are even more pronounced. Normally, the blood pressure rises while at work or play and falls to its lowest levels during sleep. So, do not be overly concerned by the results of one measurement.

Take measurements at the same time every day using the procedure described in this manual, and know your normal blood pressure. Many readings give a more comprehensive blood pressure history. Be sure to note date and time when recording your blood pressure. Consult your doctor to interpret your blood pressure data.



PRECAUTIONS BEFORE USE

- Do not confuse self-monitoring with self-diagnosis. Blood pressure measurements should only be interpreted by a health professional who is familiar with your medical history.

7

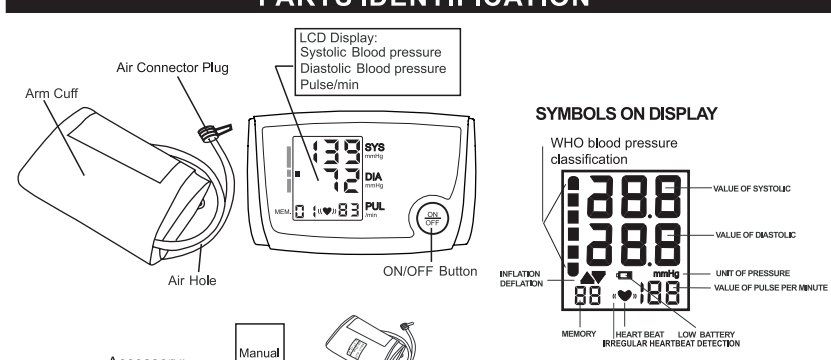
- If you are taking medication, consult with your doctor to determine the most appropriate time to measure your blood pressure. NEVER change a prescribed medication without first consulting with your doctor.
- For people with irregular or unstable peripheral circulation problems due to diabetes, liver disease, hardening of the arteries, etc., there may be fluctuation in blood pressure values measured at the upper arm versus at the wrist.
- This device is designed for adults to use. If you use this device on a child patient, old people or toddlers, consult with your doctor or measure with relative aid.
- Measurements may be impaired if this device is used near televisions, microwave ovens, X-ray, mobile phone equipment or other devices with strong electrical fields.
- To prevent such interference, use the monitor at a sufficient distance from such devices or turn them off.
- This device is not suitable for disease diagnosis, urgent treatment, continuous monitoring during medical emergencies or operations.
- Before using, should wash your hands.
- If there is too much pressure or you feel uncomfortable, please press "ON/OFF" button immediately for quick deflation.

8

FEATURES OF THE PRODUCT

- Memory can store 30 measurements.
- Large and clear LCD display
- WHO blood pressure classification display.
- Automatically turns off (within 1 minute) to save power

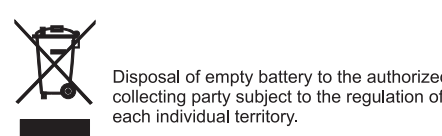
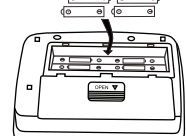
PARTS IDENTIFICATION



9

INSERT OR REPLACE BATTERIES

- Remove the battery cover.
- Insert new batteries into the battery compartment as shown, taking care that the polarities(+) and (-) are correct.
- Close the battery cover. Use only LR6, AA batteries.



CAUTION

- Insert the batteries as shown in the battery compartment. If not, the device will not work.
- When (LOW BATTERY mark) blinks in the display, replace all batteries with new ones. Do not mix old and new batteries. It may shorten the battery life, or cause the device to malfunction.
- (LOW BATTERY mark) does not appear when the batteries run out.

10

Battery life varies with the ambient temperature and may be shorten at low temperatures. Remove the batteries if the device is not to be used for a long time. The batteries may leak and cause a malfunction. Use the specified batteries only. The batteries provided with the device are for testing monitor performance and may have a shorter life.

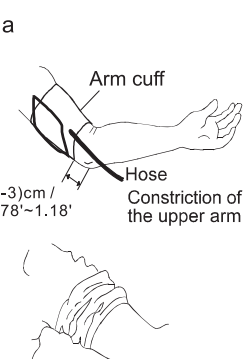
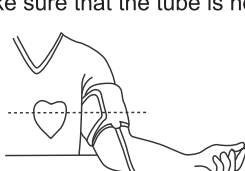
WHO BLOOD PRESSURE CLASSIFICATION DISPLAY

Diastolic blood pressure	Grade 3 hypertension (severe)
Reference material: Journal of hypertension 1999, vol 17 No.2	Grade 2 hypertension (moderate)
	Grade 1 hypertension (mild)
	High-normal
	Normal
	Optimal

11

ATTACHING THE ARM CUFF

- Wrap the arm cuff around the upper arm, about (2-3) cm / 0.78"-1.18" above the elbow, as shown, place the cuff direct the skin, as clothing may cause a faint pulse, and result in a measurement error.
- Constriction of the upper arm, caused by rolling up a shirt/sleeve, may prevent accurate readings.
- Secure the arm cuff with Velcro Strip in such a way that it lies comfortably and is not too tight. Lay the arm on the table (palm upwards) so that the arm cuff is at the same height as the heart. Make sure that the tube is not kinked.



12

HOW TO TAKE PROPER MEASUREMENTS

- For the most accurate blood pressure measurement:
- Sit comfortably at a table. Rest your arm on the table.
- Relax for about five to ten minutes before measurement.
- Place the center of the same height as your heart.
- Remain still and keep quiet during measurement.
- Do not measure right after physical exercise or a bath. Rest twenty or thirty minutes before taking the measurement.
- Try to measure your blood pressure at the same time every day.

HOW TO MEASURE BLOOD PRESSURE

- Set up the arm cuff to your upper arm as previous section of "ATTACHING THE ARM CUFF"
- Press the "ON/OFF" button, all icons appear two seconds on DISPLAY, then switch to measurement, and display "0" or last measurement record.



13

- Start measurement, the cuff in the strap will automatically inflate. the mark will flash on LCD. such measurements completed, LCD display measurement results.



READ MEMORY

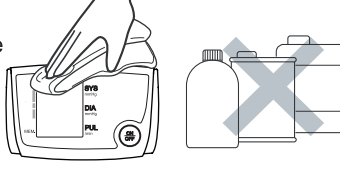
Press the "ON/OFF" button 3 seconds, a memory read out the latest measurements, "ON/OFF" for the buttons (UP).



14

CARE AND MAINTENANCE

To keep your digital blood pressure monitor in the best condition and protect the unit from damage, follow the directions listed below: Keep the monitor in the storage case when not in use. Do not fold the arm cuff too tightly. The fabric fastener could touch the inner surface of the arm cuff and damage it.



Clean the monitor and cuff with a soft dry cloth. Do not use any abrasive or volatile cleaners.

CAUTION

- * Do not submerge the device or any of the components in water.
- * Do not subject the monitor to extreme hot or cold temperatures, humidity or direct sunlight.
- * Store the device and the components in a clean, safe location.
- * Do not subject the monitor to strong shocks, such as dropping the unit on the floor.
- * Remove the batteries if the unit will not be used for three months or longer. Always replace all the batteries with new ones at the same time.

15

SPECIFICATIONS

Measuring Method	Oscillometric Measurement
Indication	Digital LCD display
Measuring Range:	Pressure: (30-280)mmHg Pulse: (40-199)Beat/min
Accuracy:	Static Pressure: ± 3 mmHg Pulse: $\pm 5\%$
Memory:	30 Memories
Power supply:	4x1.5V Batteries(LR6 or AA)
Operating condition:	+5°C~+40°C, 30%RH~80%RH Atmospheric pressure: 50kPa~106kPa
storage condition:	-20°C~+55°C, 10%RH~93%RH Atmospheric pressure: 50kPa~106kPa
Dimensions:	Approx: 138(W)x89(H)x47(D)mm
Weight:	Approx: 345g, excluding batteries
Classification	Type BF
Upper arm circumference	(22-32)cm / 12.6"-16.5"

* Specifications may be changed without notice in the event of improvement being made.

- Type of protection against electric shock: INTERNALLY POWERED EQUIPMENT.

16

- Degree of protection against electric shock: TYPE BF APPLIED PART.
- Mode of operation: CONTINUOUS OPERATION.
- Equipment not suitable for category AP&APG equipment use in presence.

STATEMENT

the system might not meet its performance specifications if stored or used outside the temperature and humidity as mentioned below:
Operating conditions: +5°C~+40°C, 30%RH~80%RH
Storage conditions: -20°C~+55°C, 10%RH~93%RH

TROUBLESHOOTING

If you have trouble in using the unit please check the following points first.

ERROR DISPLAY	POSSIBLE CAUSE	HOW TO CORRECT
Nothing is displayed	No battery installation	Insert batteries
When you push the POWER button or battery icon flash	Battery worn out	Replace new batteries
E1 can't normally increase pressure	The polarities of batteries placed wrongly	Insert battery in the correct polarities
E2 can't inflate pressure too high	Check your arm cuff if any air leakage	Replace arm cuff with new one
E3 inflate pressure too high		Re-measurement or send back dealer for re-calibrate pressure
E2E4 have shaking while measurement	Hand or body shaking	keeping static and correct gesture to measure again
Battery icon on	Battery low power	Replace battery and measure again

17

The systolic pressure Value or diastolic Pressure value too high	1. The arm cuff was held lower than your heart 2. The arm cuff was not attached properly 3. You moved your body or spoke during measurement	keeping correct position and gesture to measure again
The systolic pressure Value or diastolic Pressure value too low	1. The arm cuff was held higher than your heart 2. You moved your body or Spoke during measurement	

18

Guidance and manufacturer's declaration-electromagnetic emissions			
The model SDI-1486A is intended for use in the electromagnetic environment specified below. The customer or the user of the model SDI-1486A should assure that it is used in such an environment.			
Emissions test	Compliance	Electromagnetic environment-guidance	
RF emissions CISPR 11	Group 1	The model SDI-1486A uses RF energy only for its internal function. Therefore, its RF emissions are very low and are not likely to cause any interference in nearby electronic equipment.	
RF emissions CISPR 11	Class B	The model SDI-1486A is suitable for use in domestic establishment and in establishment directly connected to a low voltage power supply network which supplies buildings used for domestic purposes.	
Harmonic emissions IEC 61000-3-2	Not applicable		
Voltage fluctuations / flicker emissions IEC 61000-3-3	Not applicable		

Guidance and manufacturer's declaration-electromagnetic immunity			
The model SDI-1486A is intended for use in the electromagnetic environment specified below. The customer or the user of the model SDI-1486A 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%.

19

Guidance and manufacturer's declaration- electromagnetic immunity			
The model SDI-1486A is intended for use in the electromagnetic environment specified below. The customer or the user of the model SDI-1486A should assure that it is used in such an environment.			
Immunity test	IEC 60601 test level	Compliance level	Electromagnetic environment - guidance
conducted RF IEC 61000-4-6	3 Vrms 150 kHz to 80 MHz	3V	Portable and mobile RF communications equipment should be used no closer to any part of the model SDI-1486A including cables, than the recommended separation distance calculated from the equation applicable to the frequency of the transmitter. Recommended separation distance $d = 1.2 \sqrt{P}$ $d = 1.2 \sqrt{P}$ 80 MHz to 800 MHz $d = 2.3 \sqrt{P}$ 80 MHz to 2.5 MHz 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 determined by an electromagnetic site survey, "should be less than the compliance level in each frequency range." Interference may occur in the vicinity of equipment marked with the following symbol:
Radiated RF IEC 61000-4-3	3V/m 80 MHz to 2.5 GHz	3V/m	

20

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.
* 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 model SDI-1486A is used exceeds the applicable RF compliance level above, the model SDI-1486A should be observed to verify normal operation. If abnormal performance is observed, additional measures may be necessary, such as reorienting or relocating the model SDI-1486A.
* Over the frequency range 150 kHz to 80 MHz, field strengths should be less than 3 V/m

21

