

it is damaged.
or circuit

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accident

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circuit

repair or maintenance ,

ed-voltage power supply
circuit

tion deterioration
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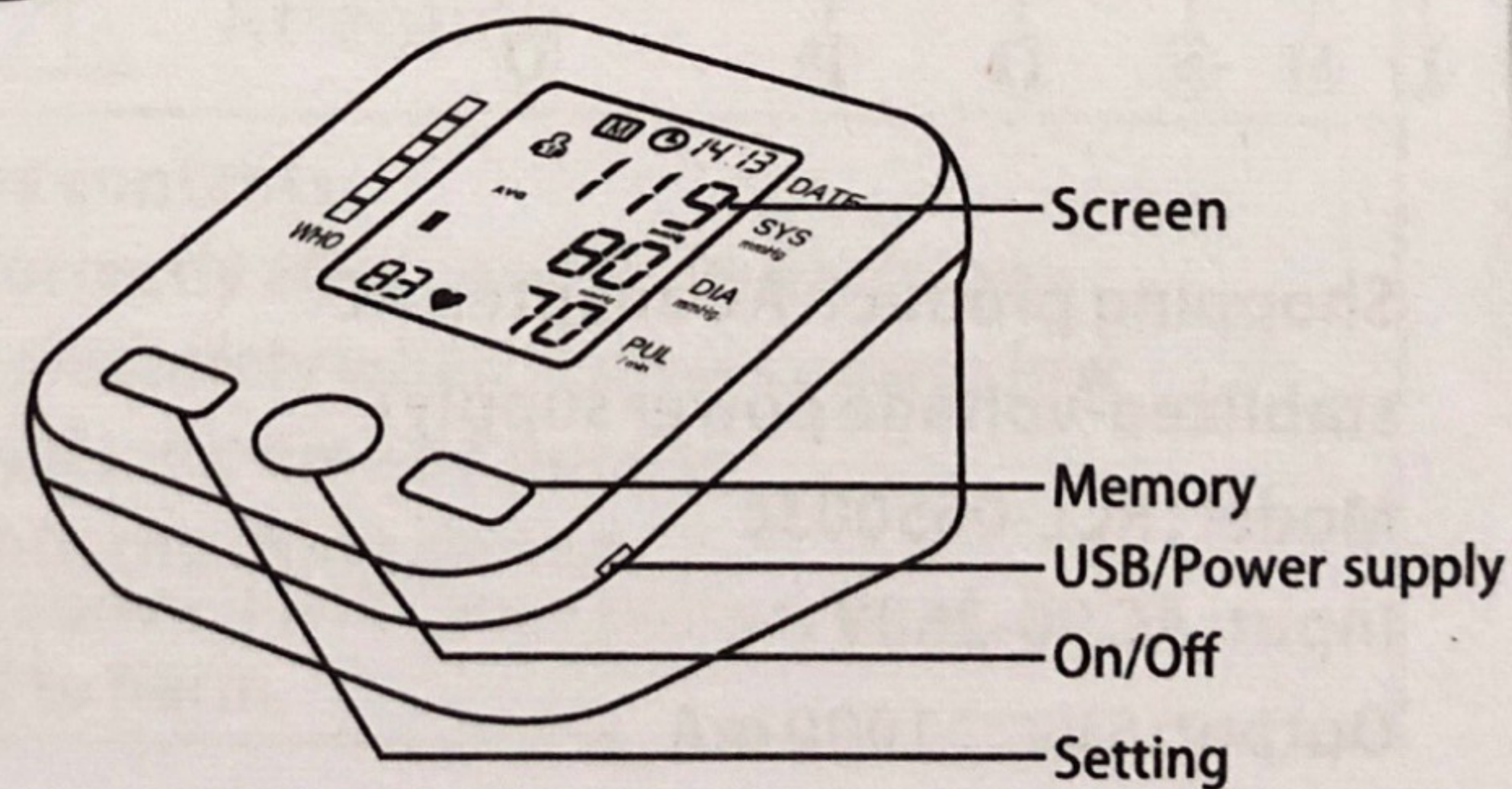
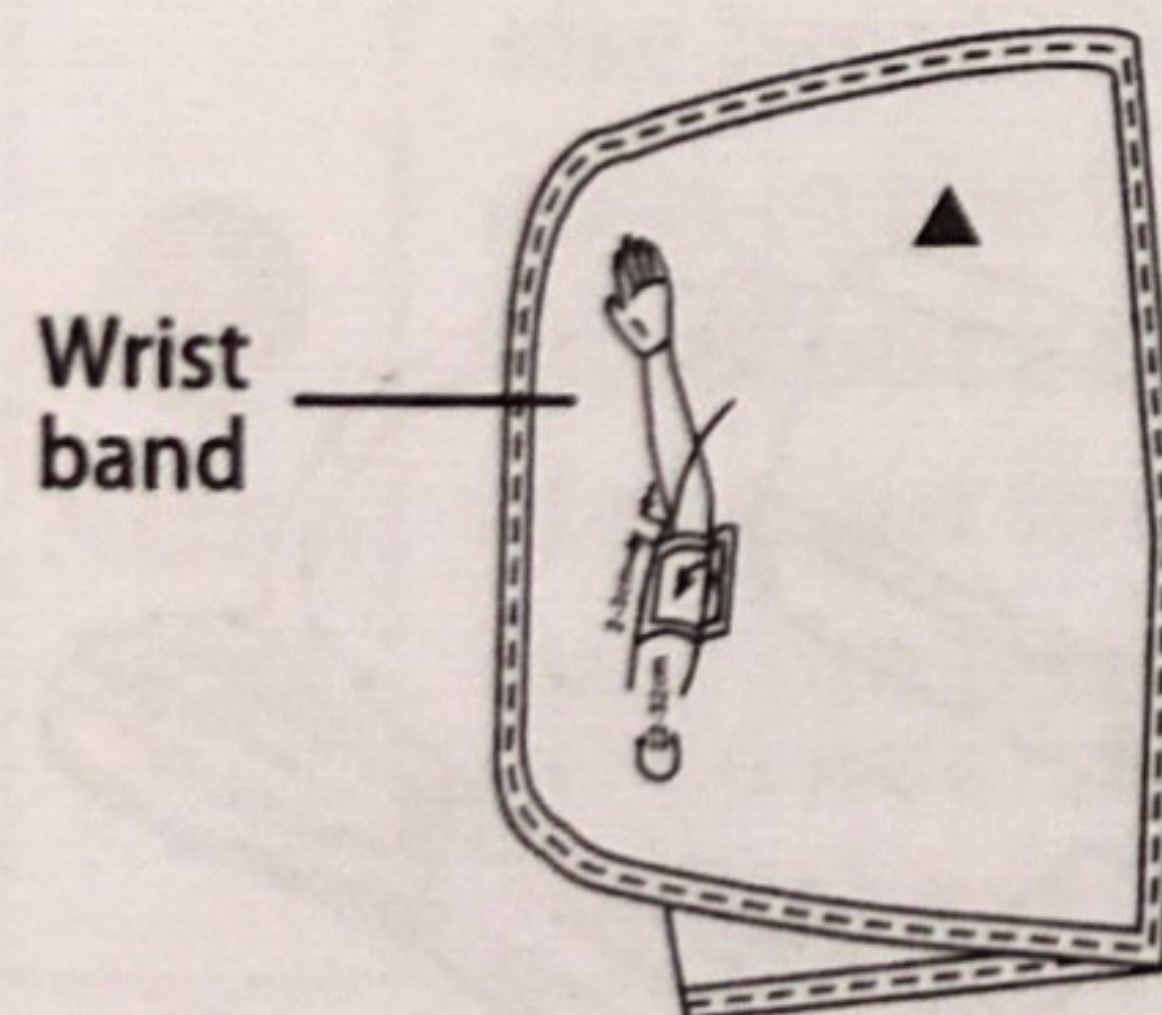
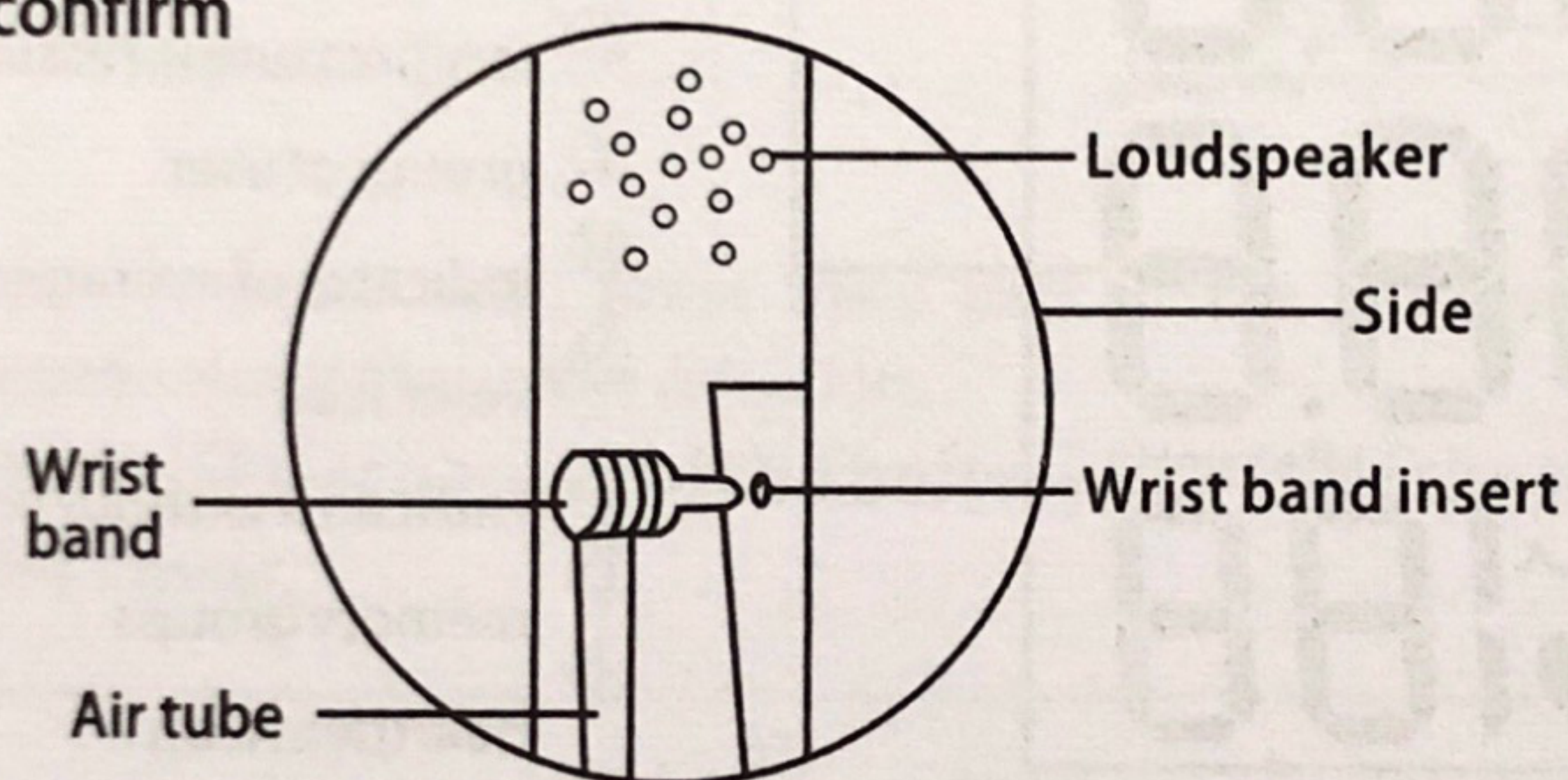


No dis
mantle

- Don't dismantle , repair or alter the device privately
Otherwise it may cause spark or have the danger of harm

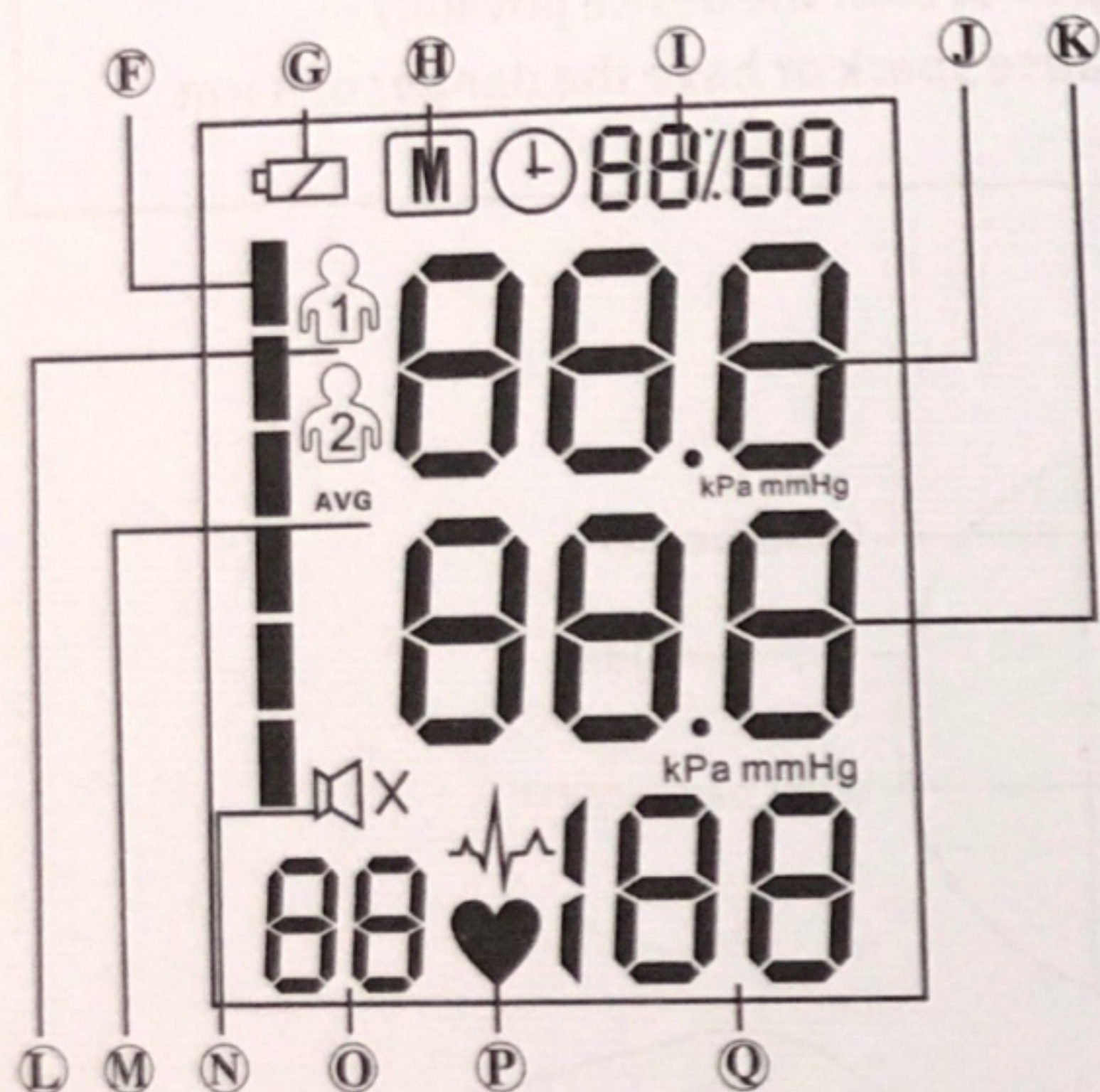
Parts name

Please confirm



Parts name

screen

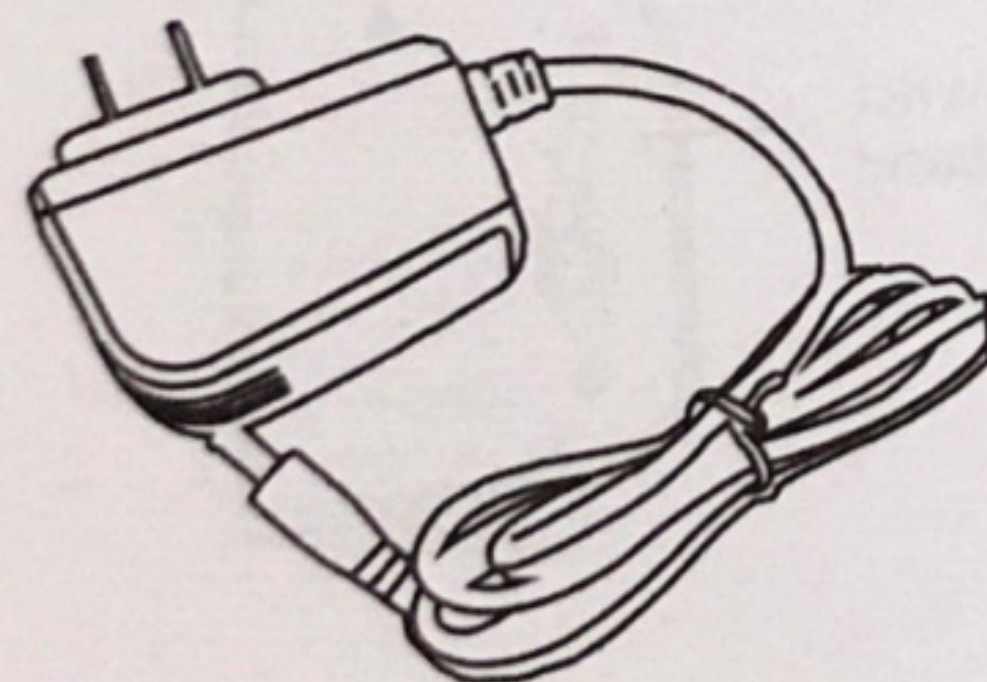


Shopping product: AC adapter(AC
stablized-voltage power supply)

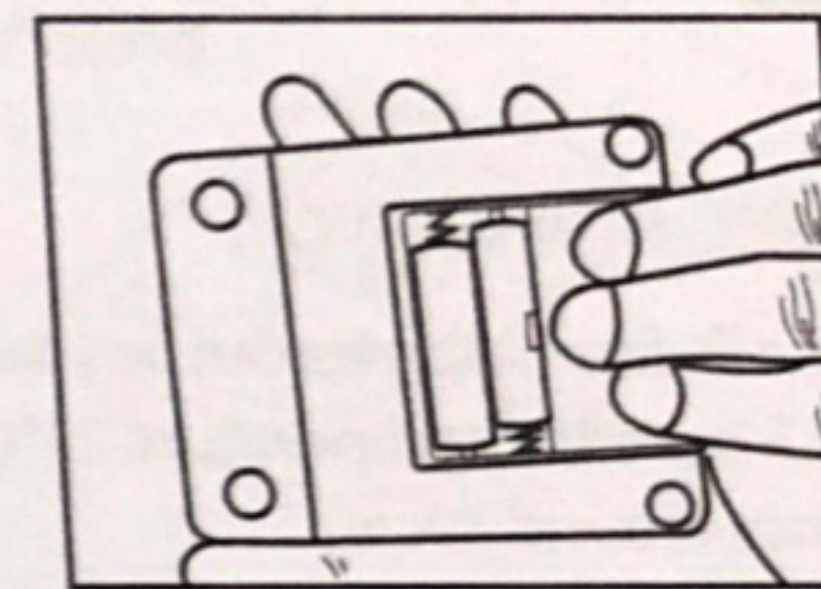
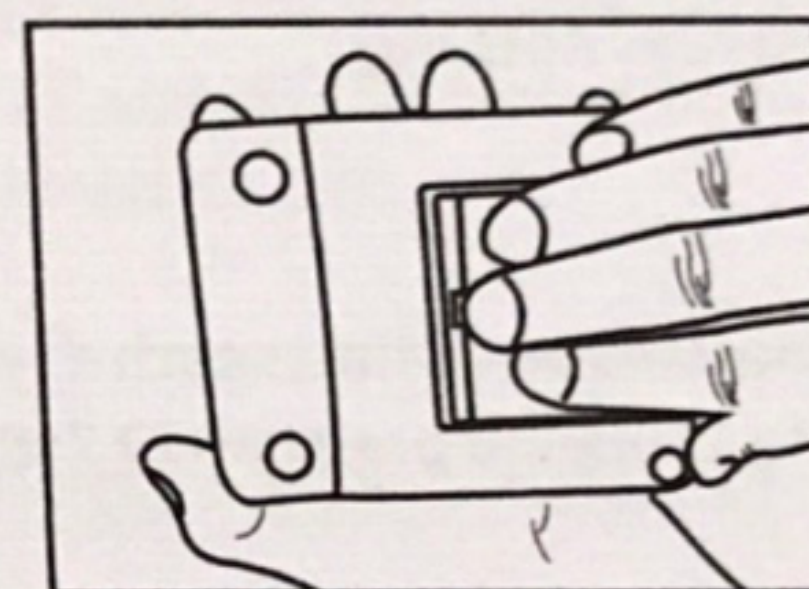
Model : RCL-065003c

Input: AC 90-260V

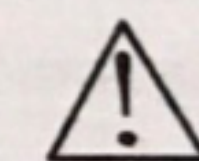
Output: 5V $\overline{\text{---}}$ 1000 mA



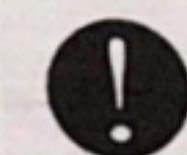
Preparation insert batteries



- 1.turn over the instrument, press the $\triangle$ part of the battery cover , take out the battery cover along the arrow direction.
- 2.Confirm the $\oplus \ominus$ charges of the battery and load the battery.
- 3.close the cover.



Attention



Attention

- be sure to follow the contents
 - put in the battery correctly after confirm its electrons
 - take out battery immediately when it shows power low
 - take out the battery if long time do not use
 - use the battery within the using period
- If do not follow the above it will cause battery heat, burst or leakage and lead to harm.

Change battery

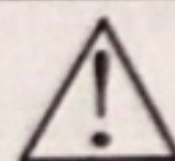


- during measurement, it displays like the left picture
- press "on/off", displays all and then disappear
- press "on/off" and displays nothing

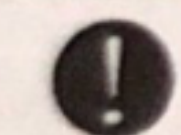
preparation load battery

- a new set of alkaline batteries can be used about 500 times Measure 3 times each day, it can be used for 5 months (temperature 22°C、 pressurize to 170 blood pressure(22.7kPa), arm circumference around 30cm).
- life of battery will be shorter if use under low temperature.
- use alkaline battery, otherwise the using life cannot be long.
- a new set of Zn-Mn batteries can be used about 140 times.
- there is a pair of radom Zn-Mn batteries in the instrument, which is in order to display to customers to comfirm whether the instrument is good before buying, so the using life maybe less than 140 times.
- when change the battery, be sure to use the same type, and change 4 batteries at the same time.
- take out the battery if long time do not use to avoid malfunction because of battery leakage.
- do not throw waste battery around, recycle it.

How to use AC stabilized-voltage battery



Attention

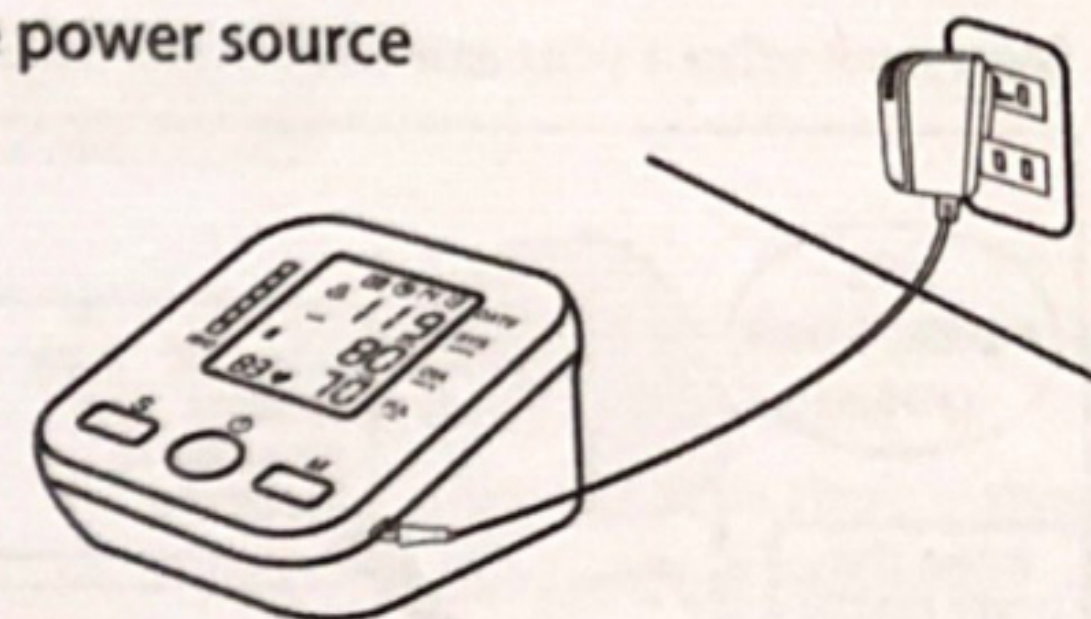
Atten
tion

be sure to use special AC stabilized-voltage
power source, otherwise it will cause fault

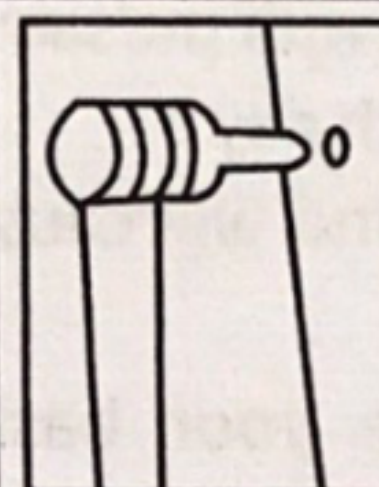
※be sure to use
special AC
stabilized-voltage
power source

1. plug AC stabilized-voltage power source to the correct socket.
2. plug AC power supply of DC stabilized-voltage power source to the correct insert of the instrument
3. plug AC stabilized-voltage power source to the correct socket.

AC 90-260V



How to use bind wrist band



1. plug in the air tube
 - plug the air tube to the bottom

<When mesured with the right arm>

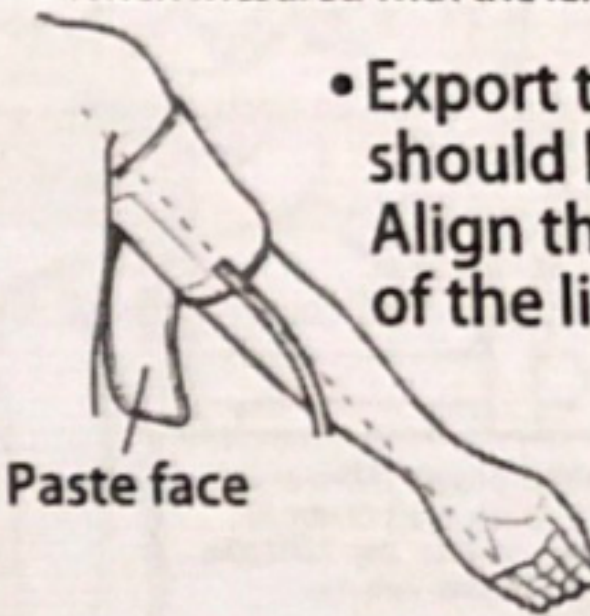


(2-3) CM

3. roll wrist band tightly

- don't roll in clothes or it affects the accuracy of measurement.
- don't roll too tight, can place one finger. (most appropriate)
- fasten the hasp

<When mesured with the left arm>



- Export trachea should hand Align the palm of the little finger

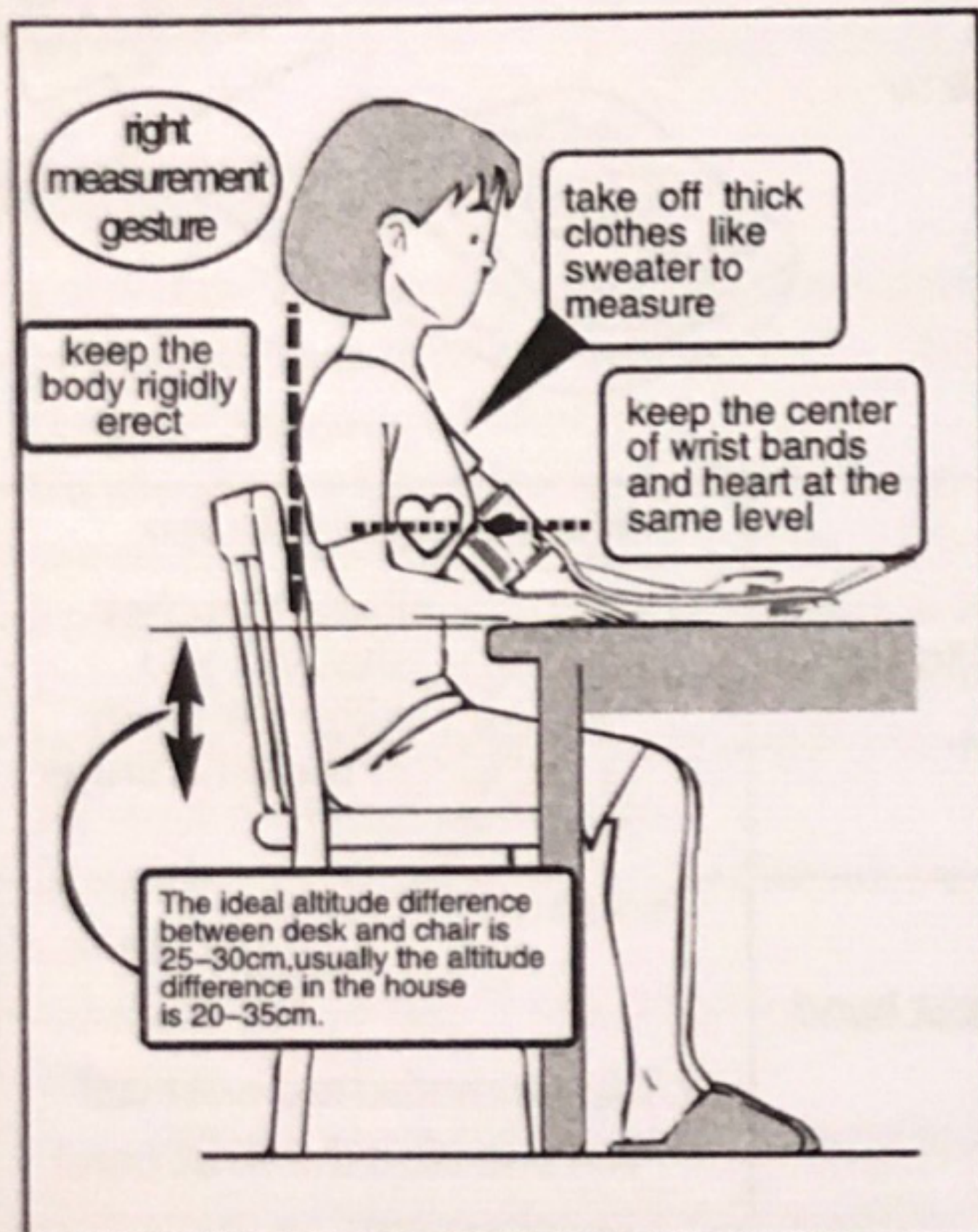
Paste face

2. The volumetied to the arm cuff
 - roll and bind the wrist band on your bare arm

It can be measured both right and left hand, but the results have different extent of difference. Please measure by the same side of arm each time

How to use measure manual

Measure when you are calm and relaxed



1. Place elbow on the desk.
2. The wrist band and heart on the same level.
3. Palm up and relax.

Measure at the same time with the same arm and same gesture each day

· position of the wrist band will cause the result to change.

· you'd better measure your basic blood pressure, (pressure of wake up and do not want emission in the morning), if you cannot, please take before meal or sports.

· do not touch instrument, wrist band and air tube be quiet and relaxed during measurement

- be quiet for at least 5 mins before measuring
- relax body, arm and fingers, no muscle activity
- do not speak during measuring, be quiet
- measure again 4 to 5 mins if you need to measure in succession

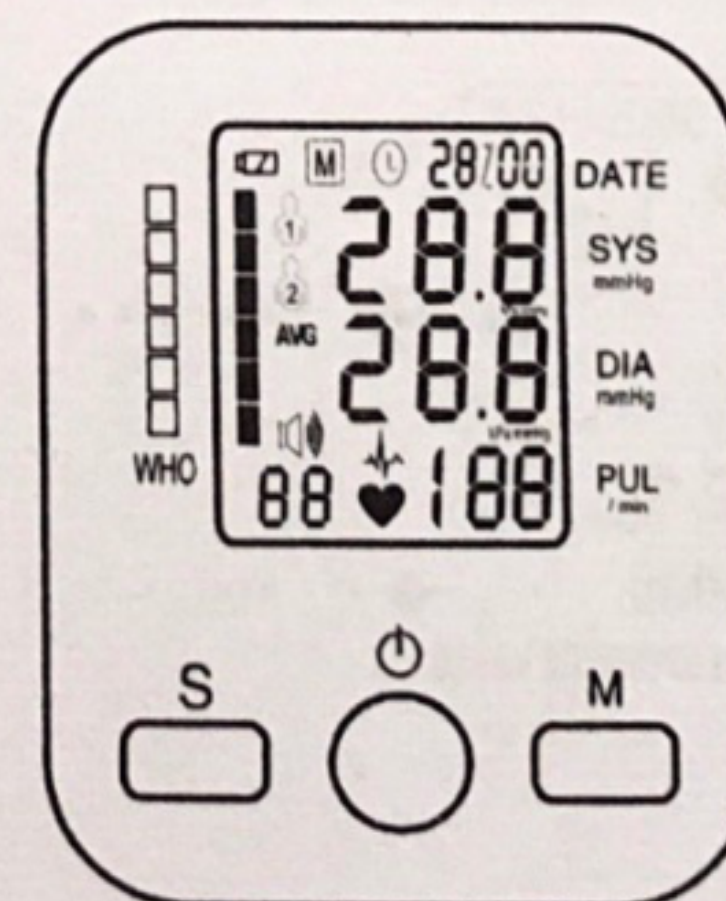
Wrong measurement gesture

Incorrect posture



- Sit with legs crossed during measurement
- Bend or body lean forward
- Sit on sofa or because chair is short to cause the bending of body (cause negative pressure or the position of arm lower than heart lead to the rise of blood pressure) the ideal height difference of desk and chair should be 25-30cm, have a cushion under arm when necessary

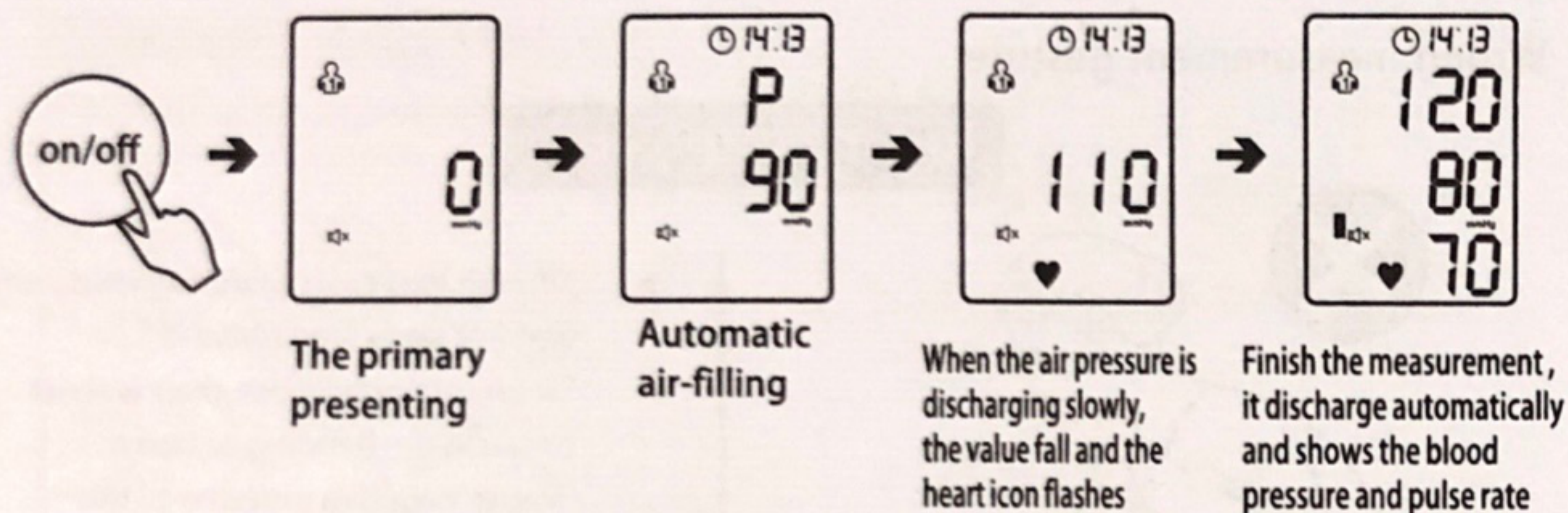
How to use measurement method



Automatic testing

Press the on/off button and the blood pressure monitor will start to charge for measurement. During measurement, please do not move or talk.

(If mmHg appears on the screen, the measurement unit is mmHg; or else, kPa.) Instrument with voice function will speak the results and the result alarm.

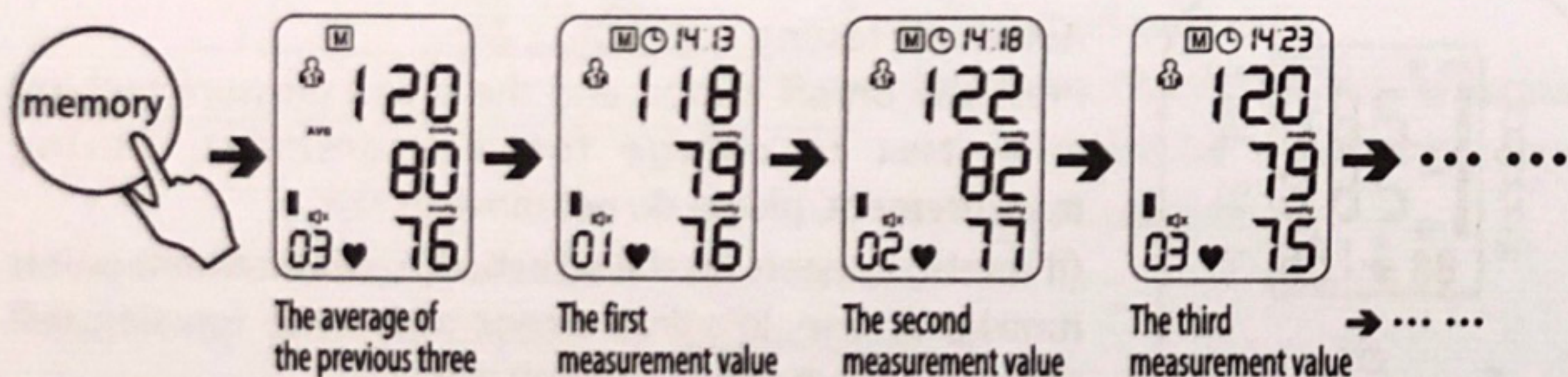


How to use save measure results

The blood pressure monitor can store 99 groups of memory. After each measurement, the blood pressure monitor will automatically store measured data. When the memory capacity is full, old measured data will be covered by new data.

A.View measure results

The memory button is pressed down in sleep mode. The first display is average value of the last three times of measurement. The measured value of each time can be checked by pressing the button in sequence.



B. delete storage

1)Delete single memory group

In memory mode, the on/off button is pressed down until 'DEL' is displayed at the centre of the screen; then the memory button is pressed down to delete the current memory groups.

2)Delete all memory

The memory button is pressed down for three seconds in sleep mode, and then the setting button is pressed. The screen will display 'EE' and then the button is loosened to delete all memory groups.

※sleep mode means power-on but no indication

※memory mode means press memory button under sleep mode and the display the measured value

How to use settings

A. User and time setup

1)User selection

The setting button is pressed down for three seconds in sleep mode until the user icon '1' is flickering. The 'memory button' is pressed down to select user '1' or '2'.

2)Time setting

After the user is selected, the setting button is pressed down until the icon '⌚ 00:00' is flickering. Then 'year, month, date, hour, minute' should be selected in sequence by pressing down the setting button every time. The memory button can be pressed to adjust, and the setting button is pressed to confirm. The time will be confirmed as system default time if it is not adjusted.

B. Settings of voice and unit

1) voice pattern (products without voice function will directly into the step 2)

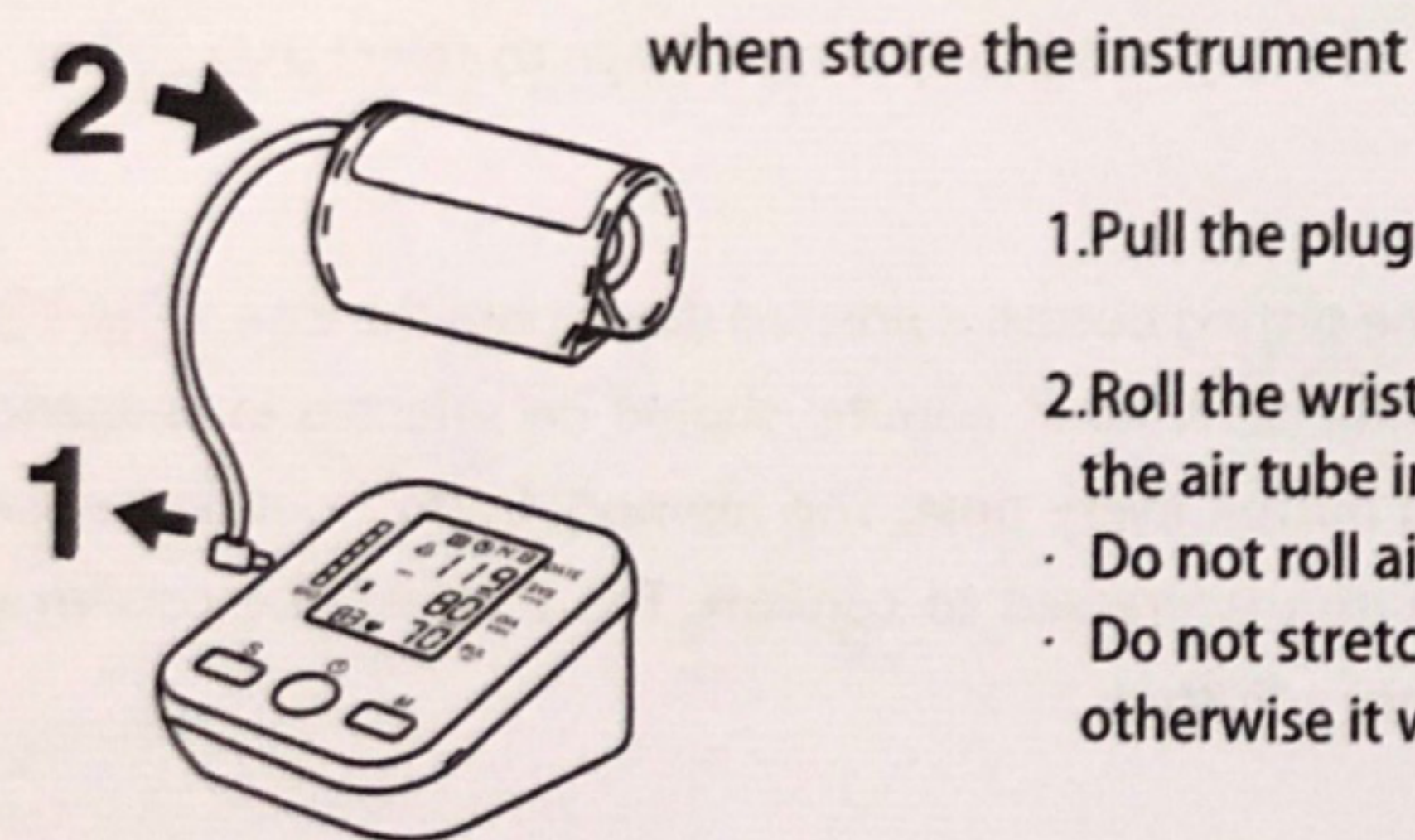
After the time setting is finished, the setting button is pressed to enter sound select mode, (that is 'SP' mode). 'OFF' indicates to turn off sound; 'ON' indicates to turn on sound. The memory button is pressed to select, and the setting button is pressed to confirm and enter blood pressure unit mode.

2) Blood pressure unit selection

Blood pressure unit mode (that is 'PA' mode): the blood pressure unit in 'OFF' state is mmHg, and the blood pressure unit in 'ON' state is kPa. The memory button is pressed to select, and the setting button is pressed to confirm.

※sleep mode means power-on but no indication.

How to use after using



1. Pull the plug from the instrument

2. Roll the wristband gently and put the air tube inside the wristband.

- Do not roll air tube around monitor
- Do not stretch or bend the air tube otherwise it will cause malfunction.

Other Notice

The blood pressure cannot be accurate under below circumstances

Less than one hour after meal or after drinking



After coffee, black tea or tobacco



After exercise or bathing



Measure 20 mins after sports or shower

Measure in a moving vehicle

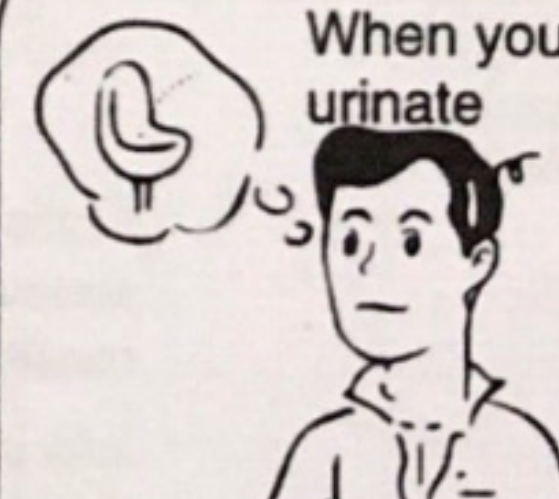


do not measure in cold condition



Measure in warm temperature around 20°C

When you have to urinate

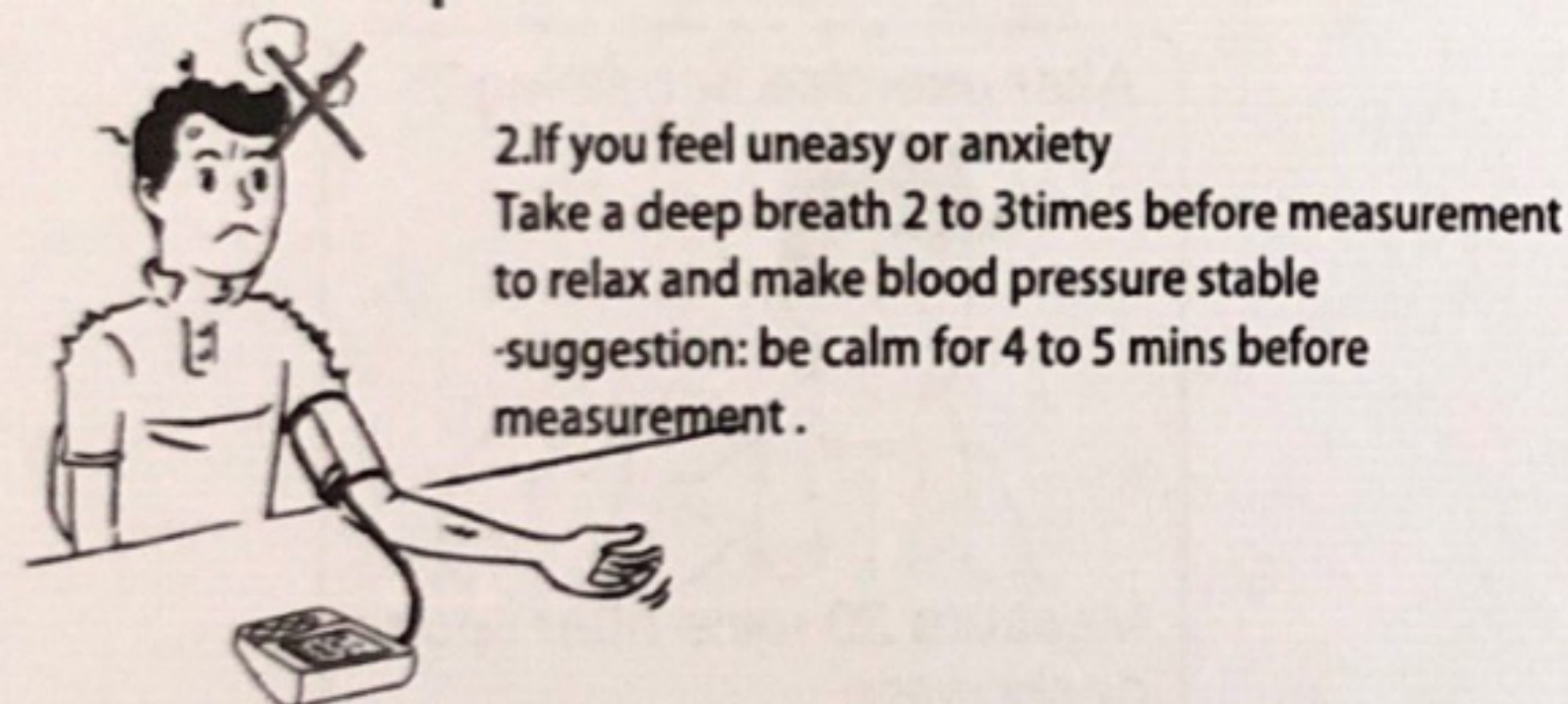
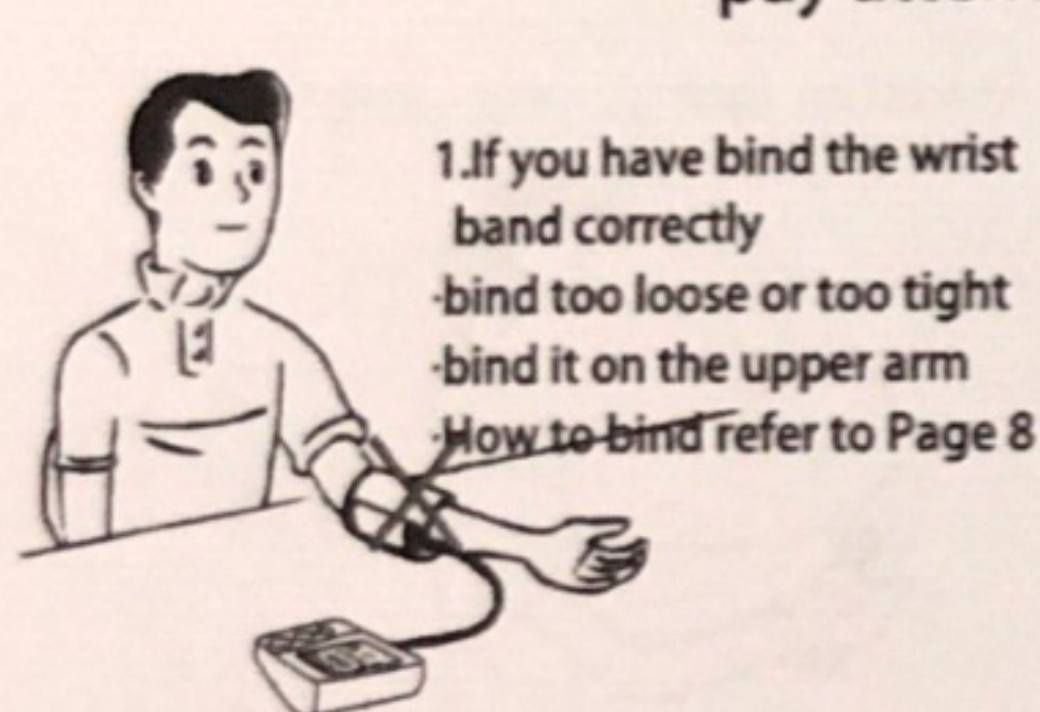


Measure several mins after emission

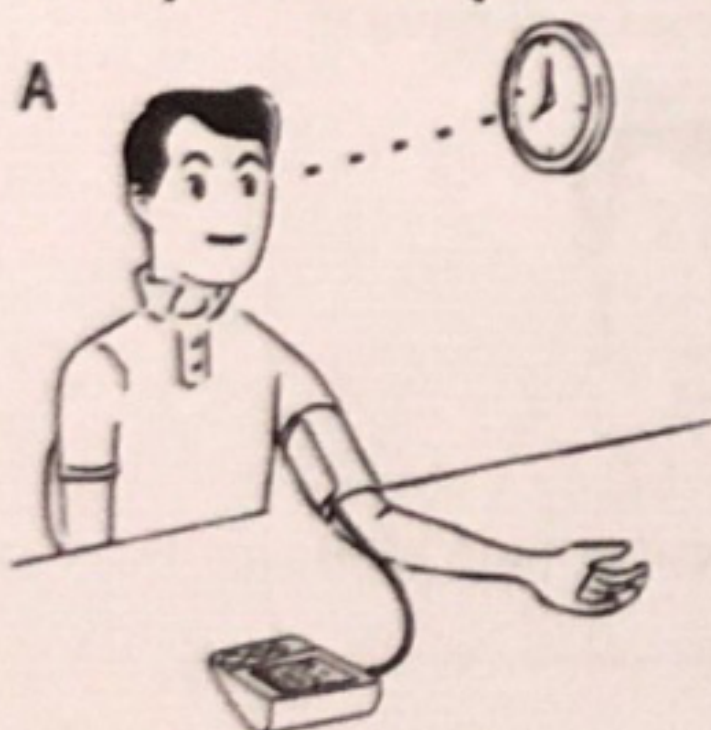
Other Q&A

Q	What's the blood pressure difference between measured at home and in hospital ?
A	blood pressure changes all the time , together with the climate, emotion and sport will cause changes. In hospital , there exists the so-called phenomena of Hypertension in white , it is higher than at home because of nervous and uneasy.

If blood pressure measured at home higher than hospital , pay attention to below tips



Q Why the blood pressure is different each time ?

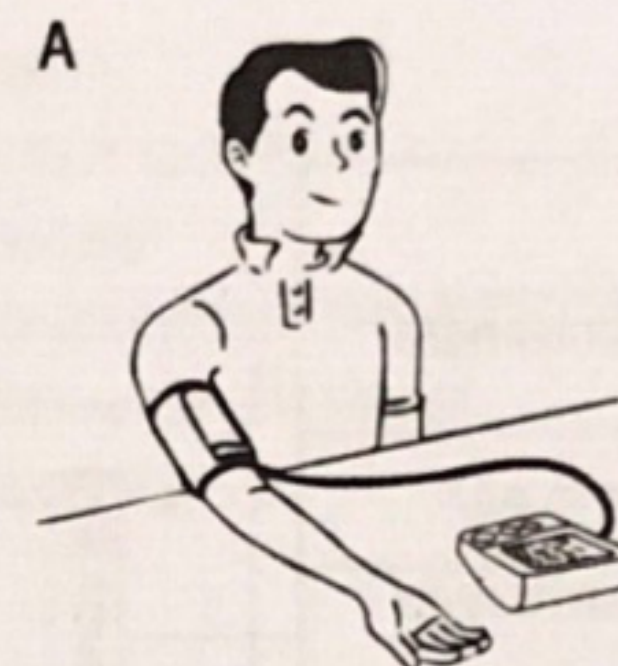


1.blood pressure changes all the time, together with the bind method , measurement gesture , the results differ. Please measure under the same condition each time .

2.for people who take hypotensive drug, because of the pesticide effect, the blood pressure differs greatly.

3.If measure 2 times in succession ,stop 4 to 5 mins then measure again.

Q Is the blood pressure the same by right & left hand ?



It can be measured both right and left hand, but the results have different extent of difference. Please measure by the same side of arm each time when measure .

Other Fault prevention

Please don' t fall the instrument on the floor and avoid crash or severe shock , or it will cause malfunction.



• Doing so may cause malfunction

Do not use it after it just out of -0C₀ , use it after at least one hour under warm condition, or it cannot pressurize normally



• Otherwise it will cause not properly pressurized

Don' t let dust or miscellaneous in , or it will cause malfunction .



• Doing so may cause malfunction

Use cloth with warm water or soapy water to wipe if there is filth, do not use alcohol , gasoline , or it will burst or change color



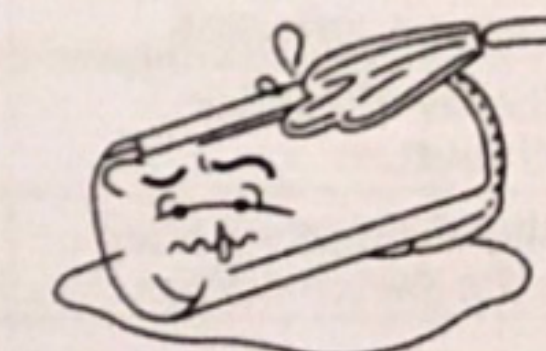
• Doing so may cause cracking or discoloration

Avoid placing it under high temperature, moisture or direct sunshine, or it will cause malfunction.



• Doing so may cause malfunction

Please do not wash the wrist band , or it will cause malfunction .



• Doing so may cause malfunction

Other Troubleshooting

Display	Abnormal phenomena	Reasons & solutions
Er 1	Stop pressurize, pressure plunge, and display "Er 1"	if the measure method or the gesture is right (refer to p8-9)
Er 2	sign "♥" flashes occasionally	if wrist band bind correctly (refer to p8)
Er 3	Results extreme high or low	if the measure method or the gesture is right (refer to p8-9)
Er P	Do not pressurize after waiting seconds	if the air tube is connected well (refer to p8)
HI	Pressurize above 280 blood pressure	if the measure method or the gesture is right (refer to p8-9)

Still abnormal

Symptom	Possible causes
Higher than max-value or lower than min-value	-wrist band position low -wrist band bind incorrectly -wrist band position high -move or speak during measuring
blood pressure extreme low or high	-if you change the measurement gesture each time (refer to p9)
blood pressure different from the measurement of doctor	-subtle change of metal state before doctor reflects on the result
blood pressure measured each time is different	-measure again after 4 to 5 mins (refer to p9)
No display after click switch button	battery electrode wrong
Display disappears after click the switch button	
When there is malfunction	please do not repair by yourself, send it back to us

Still abnormal

Accept doctor's guide

Specification

Name

Power supply

Display

Measurement mode

Measurement range

Accuracy

Normal working environment

Store&transport environment

Operating air pressure

Operate&store air pressure

Measurable arm circumference

Weight

Dimention

Operation mode

Safety classification

Air-filling method

Quick exhaust way

Air leakage

current

Storage sets

Convert units

Results dispaly

Power detection

WHO tip

Overpressure protetion

Auto power off

B02R

DC6V four AAA batteries Power adapter AC 90-260V

Digital liquid crystal display

Oscillometric method

Pressure:20-280blood pressure (2.7-37kPa) Pulse:40-160times/min

Pressure:15°C~25°C within ± 3 blood pressure (± 0.4 kPa)

5°C~40°C (do not include 15°C~25°C)

within ± 6 blood pressure (± 0.8 kPa) Pulse: within $\pm 5\%$

Temperature:5°C~40°C Moisture:= 85%

Temperature:-20°C~55°C Moisture:10%~93%

85 kPa~105 kPa

50 kPa~105 kPa

About 20cm~34cm

About 222g(exclude batteries)

126×100×53mm(L*W*H)

Operate continually

II internal power supply B type application part

automatic

Electronic discharge valve

Discharge valve

Dynamic current<500mA static current<30mA power off current<20uA

99 sets of storage(2 people)

blood pressure/Kpa convert(default unit is blood pressure)

High pressure/low pressure /pulse

LCD display "⏏" means power low

Alarm the heathly status ,refer to page 20-21

over295blood pressure (20MS),discharge automatically

Auto power off when no operation for 1 minute

Important information about blood pressure

What is blood pressure?

Blood pressure indicates the pressure borne by arterial vascular walls when the blood flows through the arterial vascular walls. During cardiac cycle, the blood pressure of the arterial vascular walls changes constantly.

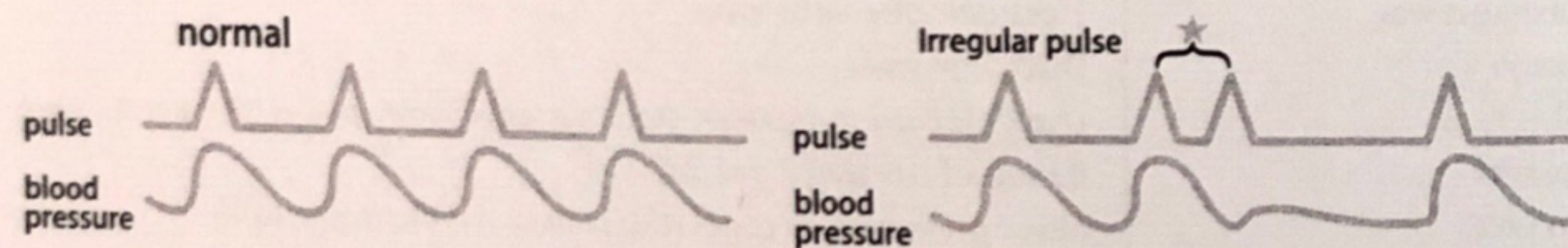
The highest pressure during cardiac cycle is called high pressure value (systolic pressure); the lowest pressure is called low pressure value (diastolic pressure).

The high and low pressure values are a necessary basis for diagnosis of blood pressure conditions of patients by doctors.

What is irregular pulse wave?

Irregular pulse wave indicates instantaneous heartbeat rhythm is detected to exceed 25% out of the range of average heartbeat rhythm when the blood pressure monitor is used for measuring high and low pressure values.

If there is irregular pulse wave, please consult a doctor.



What is arrhythmia?

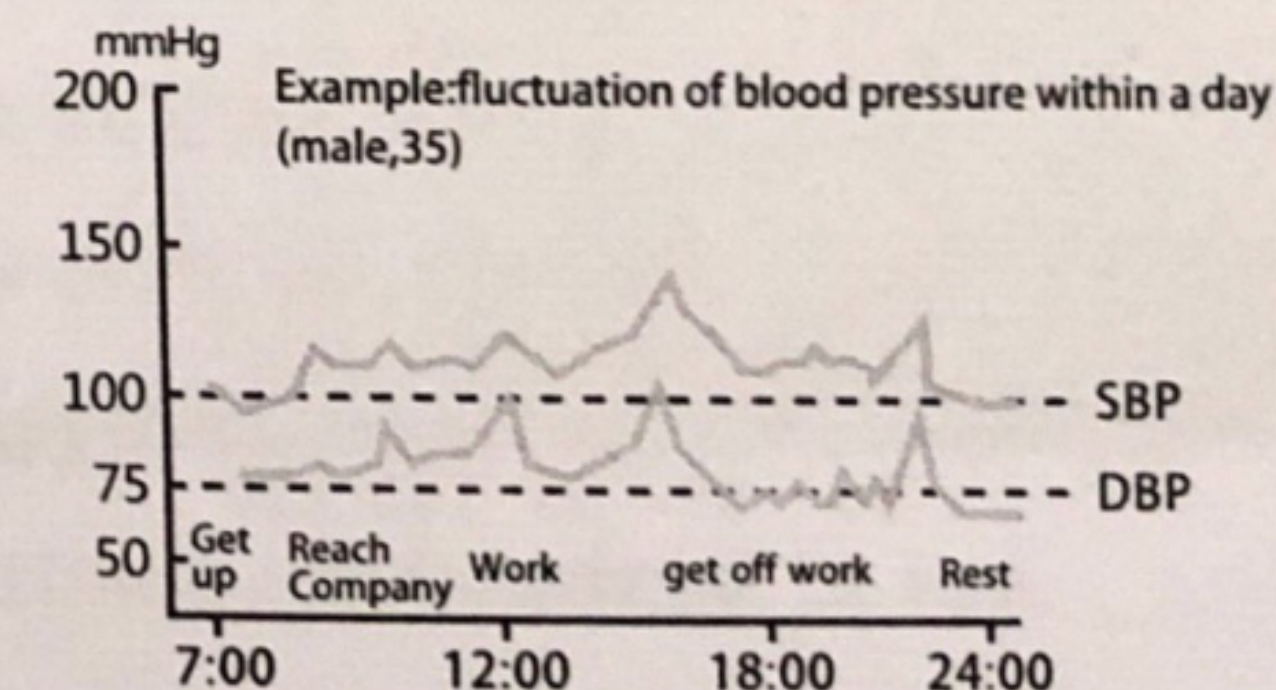
Arrhythmia is a result-driven electrical system of the heart as a result of abnormal heart rhythm conditions. The typical symptoms are

- Palpitations (a feeling of skipped heart beats, fluttering or "flip-flops," or feeling that your heart is "running away").
- Pounding in your chest.
- Dizziness or feeling light-headed.
- Fainting.
- Shortness of breath.
- Chest discomfort.
- Weakness or fatigue (feeling very tired).

Why it is good to measure blood pressure at home?

Your blood pressure will be affected by body movement, anxious motion and different time periods in the day. You should measure at least two times and get an average value measurement for accuracy. Therefore, it is the best to measure blood pressure at the same time of each day to obtain accurate signs of blood pressure change. Usually blood pressure measured in the morning is relatively low, and gradually rises from afternoon to the night. Additionally, blood pressure is relatively low in summer, and relatively high in winter.

At different times of a day, blood pressure change of the same people is also relatively large, only the blood pressure measured at the same time of a day can be compared, and more rational monitored blood pressure value can be obtained.



Classification of blood pressure by World Health Organisation

The World Health Organisation (WHO) made classifications of blood pressure as shown in the following diagram.

This table displays blood pressure measurements of different people at different postures in hospital outpatient departments as the standard.

Notes:

Low blood pressure has no definition.

Generally people whose high pressure value is not up to 100mmHg (13.3kPa) are called hypotensive.

Systolic blood pressure

