

Automatic Wrist Blood Pressure Monitor



El manual en español empieza en la página 36

BPW-410WGN

lifetime limited warranty

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IMPORTANT PRODUCT NOTICES AND SAFETY INSTRUCTIONS

When using your blood pressure monitor, basic precautions should always be followed. Please read and follow all instructions and warnings before using this product. Save these instructions for future reference.

- Please note that this is a home healthcare product only and it is not intended to serve as a substitute for the advice of a physician or medical professional.
- Do not use this device for diagnosis or treatment of any health problem or disease. Measurement results are for reference only. Consult a healthcare professional for interpretation of pressure measurements. Contact your physician if you have or suspect any medical problem. Do not change your medications without the advice of your physician or healthcare professional.

- This product is not suitable for people with arrythmias. This device may have difficulty determining the proper blood pressure for individuals with diabetes, poor circulation of blood, kidney problems or for users who have suffered from a stroke.
- Consult your physician before measuring blood pressure at the wrist if you have any of the following conditions:
 Severe hypertension, severe diabetes, severe arteriosclerosis, severe kidney disease or vascular disease that may compromise circulation.
- The pulse display is not suitable for checking the frequency of heart pacemakers.
- Electromagnetic interference: The device contains sensitive electronic components. Avoid strong electrical or electromagnetic fields in the direct vicinity of the device (e.g. mobile telephones, microwave ovens). These may lead to temporary impairment of measurement accuracy.

- Use blood pressure monitor only for its intended use.
- Do not wrap the cuff around body parts other than your wrist.
- This unit is intended for use in measuring the blood pressure and pulse rate of adults. Do not use this device on infants or those who cannot express their own consent. This unit should not be operated by children.

Blood pressure measurements determined with this device are equivalent to those obtained by a trained observer using the cuff/stethoscope ausculatory method, within the limits prescribed by the American National Standard, *Manual, electronic, or automated sphygmomanometers*.

ABOUT BLOOD PRESSURE What is Blood Pressure?

Blood pressure is the pressure exerted on the artery walls while blood flows through the arteries. The pressure measured when the heart contracts and sends blood out of the heart is systolic (highest) blood pressure. The pressure measured when the heart dilates with blood flowing back into the heart is called diastolic (lowest) blood pressure.

Why Measure Your Blood Pressure?

Among today's various health problems, those associated with high blood pressure are very common. High blood pressure dangerously correlates with cardiovascular diseases. Therefore, blood pressure monitoring is important for identifying those at risk.

BLOOD PRESSURE STANDARD

The U.S.Department of Health and Human Services and the National Institutes of Health have developed a blood pressure standard that identifies areas of low- and high-risk blood pressure. This standard, however, is a general guideline as blood pressure varies among different people, age groups, etc.

Categories for Blood Pressure Levels in Adults

	Systolic (mmHg)	Diastolic (mmHg)
Stage 2 Hypertension	≥160	≥100
Stage 1 Hypertension	140~159	90~99
Prehypertension	120~139	80~89
Normal	<120	<80

For adults 18 and older who are not on medicine for high blood pressure, are not having a short-term serious illness, and do not have other conditions, such as diabetes and kidney disease.

To determine category of risk when systolic and diastolic readings fall into two areas, use the higher of the two numbers for classification.

There is an exception to the above definition of high blood pressure for people with diabetes and chronic kidney disease. A blood pressure of 130/80 mmHg or higher is considered high blood pressure for those individuals.

This monitor comes equipped with a Risk Category Indicator to visually indicate the assumed risk level of each reading based upon these standards. See page 22 for more information on this feature.

It is important that you consult with your physician regularly. Your physician will tell you your normal blood pressure range as well as the point at which you will be considered at risk. For reliable monitoring and reference of blood pressure, keeping long-term records is recommended.

HOW THIS BLOOD PRESSURE MONITOR WORKS

This monitor uses Smart Sense™ technology to detect your blood pressure. With one touch of a button, the cuff will automatically inflate to block the blood flow through your artery. Next, the deflation process starts. Smart Sense™ technology enables the monitor to automatically inflate and deflate to the appropriate level for each individual. Please note that any muscle movement during inflation or deflation will cause measurement error. When measurement is complete, the monitor will

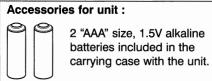
display your systolic pressure, diastolic pressure, and pulse readings.

Based upon your measurement results, the monitor's Risk Category Indicator will alert you if your reading falls into the pre-hypertension, stage 1 hypertension, or stage 2 hypertension categories. See page 22 for more information on the Risk Category Indicator.

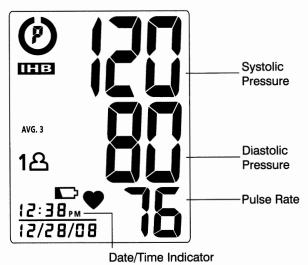
This monitor also features an irregular heartbeat (IHB) detector that will alert the user to the presence of an irregular heartbeat. It is strongly recommended that you consult your physician if the IHB symbol papears often (five times or more in a row). See page 23 for more information on the IHB Detector.

NAME/FUNCTION OF EACH PART





DISPLAY EXPLANATIONS



Display Symbols:

Display Syllibols.			
User 1: Appears when the monitor is operated by User 1.			
User 2: Appears when the monitor is operated by User 2.			
Weak Battery Symbol: Appears when batteries should be replaced.			
Pulse Symbol: Shows the pulse rate per minute.			
Irregular Heartbeat Detector: Indicates an irregular heartbeat was detected. See page 23 for more information.			
Memory Average: Displays average of last 3 readings			
Risk Category Indicator: Compares readings against blood pressure guidelines. See page 22 for more information.			

If any of the following letters and numbers appear in the area that diastolic pressure should be displayed, an error has occurred with your reading. See Troubleshooting section of this manual for more information.

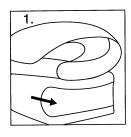
88	Measurement Error: Measure again. Wrap the cuff correctly and keep wrist steady during measurement.
ï.	Air Circuit Abnormality: Measure again.
E2	Pressure Exceeding 300 mmHg: Switch the unit off to clear, then measure again.
E3	Data Error: Remove and reload the batteries.
	Recalibration Alert: Recalibration recommended. See page 27 for information.

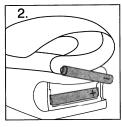
INSTALLING BATTERIES

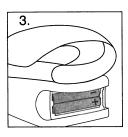
- The battery cover is located along the top side of the monitor. Remove battery cover by pressing in on sides and pulling away from the monitor.
- Install lower battery first according to the polarity indications inside the compartment. This battery should be in the bottom position as shown in figure 2.

Battery Type: 2 Alkaline LR03 (AAA) size

 Place in the other battery, according to the polarity indications inside the compartment and as shown in figure 3.



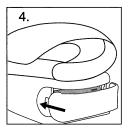




4. Replace the cover by inserting it back into place.

Replace the batteries if:

- 1. The weak battery symbol appears in the display.
- 2. Nothing appears in the display when the power is switched on.

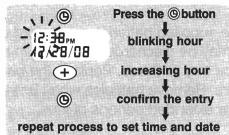


As the supplied batteries are for test only, they may be discharged earlier than batteries you buy in stores. Replace the batteries in pairs. Remove batteries when unit is not in use for extended periods of time.

Note: Batteries are hazardous waste. Do not dispose of them together with the household garbage.

DATE & TIME SET PROCEDURE

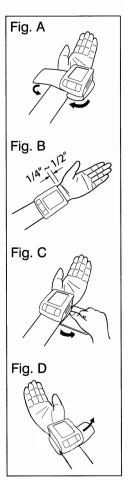
- 1. To adjust the date/time, press the **Set button** (9) located on the side of the monitor. The display will show a blinking number showing the hour.
- Change the hour by pressing the + button.
 Each press will increase the number by one in a cycling manner. Press the Set button @ again to confirm the entry, and the screen will show a blinking number representing the minutes.
- Change the time and date as described in Step 2 above, using the + button to change the numbers and the Set button ® to confirm the entries.
- 4. A "0" will reappear as the blood pressure monitor is ready for measurement again.



APPLYING THE CUFF

 Remove all watches, wrist jewelry, etc. prior to attaching the wrist monitor. Clothing sleeves should be rolled up and the cuff should be wrapped around bare skin for correct measurements.

- Apply cuff to left wrist with palm facing up as shown in Fig. A.
- Make sure the edge of the cuff is about 1/4"~1/2" (1 cm) from the palm as shown in Fig. B.
- 4. In order to insure accurate measurements, fasten the hook and loop strap securely around your wrist so there is no extra space between the cuff and the wrist as shown in Fig. C. If the cuff is not wrapped tight enough, the measurement values will not be accurate.
- If your physician has diagnosed you with poor circulation in your left arm, place the cuff around your right wrist as shown in Fig. D.



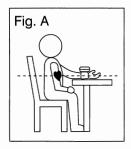
CORRECT MEASURE-MENT POSTURE

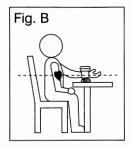
 Place your elbow on a table so that the cuff is at the same level as your heart as shown in Fig. A.

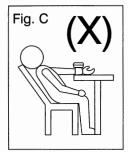
Note: Your heart is located slightly below your armpit. Relax your entire body, especially between your elbow and fingers.

- If the cuff is not at the same level as your heart or if you cannot keep your arm completely still throughout the reading, use a <u>soft object</u> such as a folded towel to support your arm as shown in Fig. B.
- 3. Turn you palm upwards.
- Sit upright in a chair, and take 5-6 deep breaths.

Avoid leaning back while the measurement is being taken as shown in Fig. C.







MEASUREMENT PROCEDURE Important Notes:

- Position the monitor at the same level as your heart during measurement to ensure accurate readings.
- Blood pressure changes with every heartbeat and is in constant fluctuation throughout the day.
- Blood pressure measurement can be affected by the position of the user, his or her physiologic condition and other factors. For greatest accuracy, wait 1 hour after exercising, bathing, eating, drinking beverages with alcohol or caffeine, or smoking to measure blood pressure.
- Before measurement, it is suggested that you sit quietly for 15 minutes as measurements taken during a relaxed state will have greater accuracy. You should not be physically tired or exhausted while taking a measurement.
- During the measurement, do not talk or move your arm or hand muscles.
- See page 26 for additional notes regarding your blood pressure measurement

1. Press the **User Select Button** to choose User 1 or User 2.

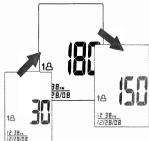


After the user number is selected, press the **START/STOP button** to confirm the chosen user.

2. With the cuff wrapped around your wrist, press the START/STOP button. Do not inflate the cuff unless it is wrapped around your wrist. All digits will light up, checking the display functions. The checking procedure will be completed after about 2 seconds.



 After all symbols disappear, the display will show a blinking "0". The monitor is "Ready to Measure" and will automatically inflate the cuff to begin measurement. The cuff will then begin deflating as measurement continues.



Note: The monitor will re-inflate automatically if the system detects that your body requires more pressure for measurement.



4. When the measurement is completed, the cuff wil deflate entirely and systolic pressure, diastolic pressure and pulse will be shown simultaneously on the LCD screen. The measurement is then automatically stored into memory.



Note:

- This monitor automatically turns off approximately 1 minute after last operation. You may also press the START/STOP button to turn the unit off.
- 2. To interrupt the measurement, you may press the **START/STOP button** (recommended) or the Memory, User Select, or Date/Time Set ((®)) buttons. The cuff will deflate immediately after a button is pressed.

RISK CATEGORY INDICATOR

The U.S. Department of Health and Human Services and the National Institutes of Health have developed a blood pressure standard, classifying blood pressure ranges into 4 stages. This unit is equipped with an innovative blood pressure classification indicator, which visually indicates the assumed risk level (normal, prehypertension, stage 1 hypertension, or stage 2 hypertension) of each reading. Symbols are described below and classifications follow the guidelines as described earlier in this manual (page 7).



IRREGULAR HEARTBEAT DETECTOR

An irregular heartbeat may cause or indicate cardiovascular disease. This monitor features advanced technology to alert the user to the presence of an irregular heartbeat for better health monitoring.

The appearance of this symbol, signifies that an irregular heartbeat was detected. This is only a caution. Note that it is important that you be relaxed, remain still and do not talk during measurements.

Note: It is strongly recommended that you consult your physician if the irregular heartbeat symbol, [133], appears often (five times or more in a row).



RECALLING VALUES FROM MEMORY

This monitor can be used by two individuals. **Each user can store up to 60 measurements.**

1. Press the **User-Select** button.



2. Choose User 1 or User 2.



3. Press the "**MEM**" button to access the memory.



4. The monitor will first display the calculated average applied to the last 3 memories ("AVG. 3").



 Every new press of the "MEM" button will recall a previous reading.

The latest reading will be recalled first.

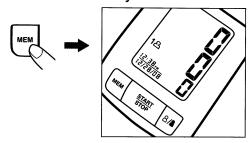


CLEARING VALUES FROM MEMORY

1. Press the **User-Select button** to select User 1 or User 2.



2. Continue to press the "MEM" button for approximately 5 seconds, then the data for the selected user will be erased automatically.



Note: The data stored in memory for both users may be erased if any of the batteries are removed. (Users should first record the data in a Blood Pressure log before replacing or removing batteries.)

IMPORTANT NOTES REGARDING YOUR BLOOD PRESSURE MEASUREMENT

- Take your reading in a comfortable environment as measurements can be affected by hot or cold temperatures.
 Take your blood pressure at normal body temperature.
- Do not move or talk during measurement as this can elevate readings.
- <u>Do not</u> move or cross legs during measurement. Keep feet flat on floor.
- Do not touch cuff or monitor during measurement procedure.
- It is suggested that you take your measurements at the same time each day and use the same arm for consistency.
- Users should wait a minimum of 5 minutes before taking additional measurements. More time may be necessary depending upon your physiology.
- The measurement results that users receive are for reference only. If users have any blood pressure concerns, please consult a physician.

- Once inflation reaches 300 mmHg, the unit will deflate automatically for safety reasons.
- This product is not suitable for people with arrhythmias.
- This device may have difficulty determining the proper blood pressure for users with diabetes, poor circulation of blood, kidney problems, or for users who have suffered a stroke.

RECALIBRATION SERVICE

<u>All</u> digital blood pressure monitors require recalibration in order to ensure continued accuracy.

This monitor does not require recalibration for 2 years under normal usage conditions (approximately 3 times per day), at which time your monitor will display "--". The unit should also be recalibrated if the monitor sustains damage due to blunt force (such as dropping) or exposure to fluids or extreme hot or cold temperature changes.

 To send monitor for recalibration, please ship to the address below with a check or money order in the amount of \$10 payable to HoMedics, Inc. for recalibration service and shipping & handling:

HoMedics Recalibration Service Center P.O. Box 7050 Walled Lake, MI 48390

Allow up to 3 weeks for return of product. For additional information, contact HoMedics Consumer relations at 1-800-466-3342.

CARE, MAINTENANCE & CLEANING

- Clean the blood pressure monitor body and cuff carefully with a slightly damp, soft cloth. Do not press. Do not wash cuff or use chemical cleaner on it. Never use thinner, alcohol or petrol (gasoline) as cleaner.
- Leaky batteries can damage the unit. Remove the batteries when the unit will not be used for a long time.
- 3. If the unit is stored near freezing, allow it to acclimate to room temperature before use.

- 4. This blood pressure monitor is not field serviceable. You should not use any tool to open the device nor should you attempt to adjust anything inside the device. If you have any problems with this device, please contact HoMedics Consumer Relations (contact information on warranty page).
- Do not immerse the unit in water as this will result in damage to the unit.
- Do not subject the monitor and cuff to extreme temperatures, humidity, moisture, and direct sunlight. Protect from dust.
- 7. Do not fold the cuff tightly.
- 8. Do not disassemble the monitor or cuff. If in need of repair, refer to the warranty section of this manual.
- 9. Do not subject the monitor to extreme shocks (do not drop on floor).
- Do not inflate the cuff unless wrapped around wrist.
- 11. Do not wrap the cuff around body parts other than your wrist.

- 12. Do not drop or insert any object into any opening.
- 13. This monitor may not meet its performance specifications if stored or used outside of these temperature and humidity ranges:

• Storage Environment Temperature: • Operation Environment Temperature:

14°F~140°F

50°F~104°F

(-10°C~60°C)

(10°C ~40°C)

Humidity:

Humidity:

10~90% RH max.

40~85% RH max.

POTENTIAL FOR RADIO/TELEVISION INTERFERENCE

For USA only

This product has been tested and found to comply with the limits for a Class B digital device, pursuant to part 15 of FCC rules.

These limits are designed to provide reasonable protection against harmful interference in a residential installation. The product generates, uses, and can radiate radio frequency energy and, if not used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation. If the product does cause harmful interference to radio or tele-

vision reception, which can be determined by turning the product on and off, the user is encouraged to try to correct the interference by one or more of the following measures:

- · Reorient or relocate the receiving antenna.
- Increase the separation between the product and the receiver.
- Consult the dealer or an experienced radio/TV technician for help.

For Canada only

This digital apparatus does not exceed the Class B limits for radio noise emissions from digital apparatus as set out in the interference-causing equipment standard entitled "Digital Apparatus", ICES-003 of the Canadian Department of Communications.

Cet appareil numérique respecte les limites de bruits radioeléctriques applicables aux appareils numériques de Classe B prescrites dans la norme sur le matériel brouilleur: "Appareils Numériques", ICES-003 édictée par le ministre des communications.

TROUBLESHOOTING

If any abnormality arises during use, please check the following points:

SYMPTOMS	POSSIBLE CAUSES	CORRECTION
Unit does not turn on when the START/STOP	Batteries have run down.	Replace them with two new AAA alkaline batteries.
button is pushed.	Battery polarities have been positioned incorrectly.	Re-insert the batteries in the correct positions.
EE measurement error symbol shown on display or the	Cuff has been placed incorrectly.	Wrap the cuff prop- erly so that it is positioned correctly.
blood pressure value is displayed excessively low (or high).	Did you talk or move during measurement?	Measure again. Keep wrist steady during measurement.
	Shaking of the wrist with the cuff on.	
E1 error symbol shown on display	Air circuit abnormality.	Measure again.
E2 error symbol shown on display	Inflation pressure exceeding 300 mmHg.	Switch the unit off, then measure again.
E3 error symbol shown on display	Data error.	Remove and reload the batteries.
- appears on display	Recalibration alert.	Refer to page 27 for more information.

Note: If the unit still does not work, contact HoMedics Consumer Relations. Under no circumstance should you disassemble or attempt to repair the unit by yourself. Contact information for HoMedics Consumer Relations Department can be found on the warranty page (See page 34).

SPECIFICATIONS

Dewer Courses	T 45456 (444)	
Power Source:	Two 1.5V DC (AAA) Alkaline batteries	
Measurement Method:	Oscillometric	
Measurement Range:	Pressure: 40~250 millimeters Mercury (mmHg) Pulse: 40~199 beats/minute	
Accuracy:	Pressure: ±3 mmHg Pulse: ±5% of reading	
Pressure Sensor:	Semi-conductor	
Inflation:	Pump driven	
Deflation:	Automatic Pressure release valve	
Memory Capacity:	60 memories for each User (120 total)	
Auto-shut-off:	1 minute after last button operation	
Operation Environment:	Temperature: 50°F~104°F (10°C~40°C) Humidity: 40%~85% RH max.	
Storage Environment:	Temperature: 14°F~140°F (-10°C~60°C) Humidity: 10%~90% RH max.	
Welght:	0.30 lbs (140 g) (without batteries)	
Wrist Circumference:	5.3" - 8.6" (13.5 - 22cm)	
Dimensions:	2.9"(L) x 2.6"(W) x 3.2"(H) 73mm(L) x 65mm(W) x 82mm(H)	
*	Type BF Device and cuff are designed to provide special protection against electrical shocks.	

Note: These specifications are subject to change without notice.

For service or repair, do not return this unit to the retailer. Contact HoMedics Consumer Relations at:

Mail: HoMedics, Inc. Service Center Dept. 168 3000 Pontiac Trail Commerce Township, MI 48390

Email: cservice@ homedics.com

Phone: 1-800-466-3342 Business Hours: 8:30am-5pm ET Monday-Friday

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HoMedics sells its products with the intent that they are free of defects in manufacture and workmanship for the life of the original purchaser from the date of original purchase, except as noted below. HoMedics warrants that its products will be free of defects in material and workmanship under normal use and service. This warranty extends only to consumers and does not extend to Retailers.

To obtain warranty service on your HoMedics product, mail the product and your dated sales receipt (as proof of purchase), postpaid, to the following address:

HoMedics Consumer Relations Service Center Dept. 168 3000 Pontiac Trail Commerce Township, MI 48390 No COD's will be accepted

HoMedics does not authorize anyone, including, but not limited to, Retailers, the subsequent consumer purchaser of the product from a Retailer or remote purchasers, to obligate HoMedics in any way beyond the terms set forth herein.

This warranty does not cover damage caused by misuse or abuse; accident; the attachment of any unauthorized accessory; alteration to the product; improper installation; unauthorized repairs or modifications; improper use of electrical/power supply; loss of power; dropped product; malfunction or damage of an operating part from failure to provide manufacturer's recommended maintenance; transportation damage; theft, neglect; vandalism; or environmental conditions; loss of use during the period the product is at a repair facility or otherwise awaiting parts or repair; or any other conditions whatsoever that are beyond the control of HoMedics.

This warranty is effective only if the product is purchased and operated in the country in which the product is purchased. A product that requires modifications or adoption to enable it to operate in any other country than the country for

lifetime limited warranty

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For service or repair, do not return this unit to the retailer. Contact HoMedics Consumer Relations at:

Mail: HoMedics, Inc. Service Center Dept. 168 3000 Pontiac Trail Commerce Township, MI 48390

Email: cservice@ homedics.com

Phone: 1-800-466-3342 Business Hours: 8:30am-5pm ET Monday-Friday

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This warranty does not extend to the purchase of opened, used, repaired, repackaged and/or resealed products, including but not limited to sale of such products on Internet auction sites and/or sales of such products by surplus or bulk resellers. Any and all warranties or guarantees shall immediately cease and terminate as to any products or parts thereof which are repaired, replaced, altered, or modified, without the prior express and written consent of HoMedics. This warranty provides you with specific legal rights. You may have additional

rights which may vary from country to country. Because of individual country regulations, some of the above limitations and exclusions may not apply to you. For more information regarding our product line in the

For more information regarding our product line in the USA, please visit: www.homedics.com

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IB-BPW410WGN-B

lifetime limited warranty