

USER MANUAL

Digital Blood Pressure Monitor

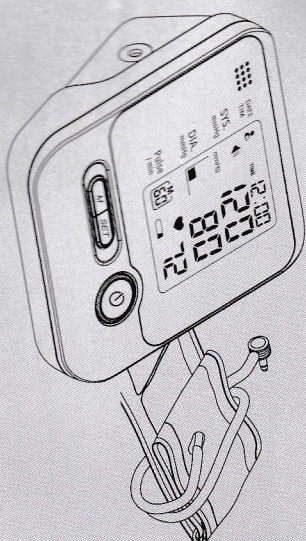


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Introduction

Thank you for purchasing our product. It applies to measure human blood pressure and pulse, help people to know their health status. With automatic control measurement technique, This digital blood pressure monitor will inflate intelligently according to people's systolic pressure and arm circumference, reducing the uncomfortable feeling caused by excessive pressure.



Attention: The instruction manual is in the packaging, please read all instructions before using and keep them properly for later use.

Product Feature

- LCD backlight display
- Voice broadcast
- Alarm clock
- Two memories, each with 60 measured values
- Hypertension alarm
- Date/Time display
- Indicating average of the latest 3 readings
- Adapter is optional



Safety cautions

1. Battery leakage may damage the machine body, remove the batteries if the product will not be used for a long time.
2. The product is not allowed to use on infants and young children.
3. Do not inflate before wrapping the cuff.
4. Patients can not judge the results and care themselves, please follow doctor's instruction and ask professional person to explain the measured value.
5. For patients with cardiovascular and cerebrovascular diseases, please use it under the guidance of doctors.
6. Please ensure to use special adapter supplied by Formegga.
7. Please be sure to use AC100-240 V power source.
8. Please don't use wet hand to pull out the power adapter in case of electric shock.
9. Avoid using mobile phone near the device as it may cause malfunction.

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Important information

1. Take the measurement one hour after meal.
2. Do not smoke, drink alcohol, tea or coffee one hour before measurement.
3. Do not measure when you are over fatigue or emotional.
4. Keep quiet for 10-20minutes before measurement.
5. As far as possible, make everyday measurement in the same time, same condition and same position, wait 5 minutes between each measurement.
6. If the device stored in low temperature environment, place it in normal temperature environment for at least one hour before using.
7. Do not use it in moving vehicles (cars, planes), otherwise it can't measure correctly.
8. Please use it in the required temperature and humidity environment, or it may not be able to measure correctly.
9. There may be risk if the air bag is over inflated for a long time.
10. When common arrhythmia (such as atrial premature, premature ventricular, atrial fibrillation) appears, measured values may not be accurate or blood pressure can't be measured.

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Blood pressure knowledge

What is blood pressure?

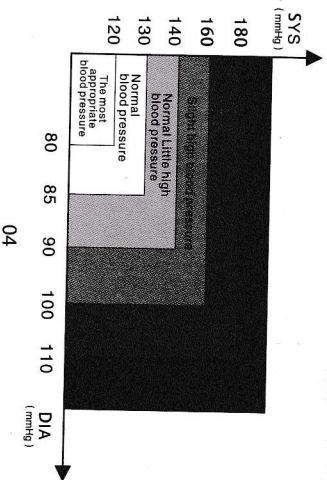
Blood pressure is the pressure exerted by circulating blood upon the walls of blood vessels, which refers to systolic pressure and diastolic pressure. Systolic pressure is the highest pressure output by blood during systole. Diastolic pressure is the lowest pressure that blood flow back to heart during diastole.

Blood pressure classification standard

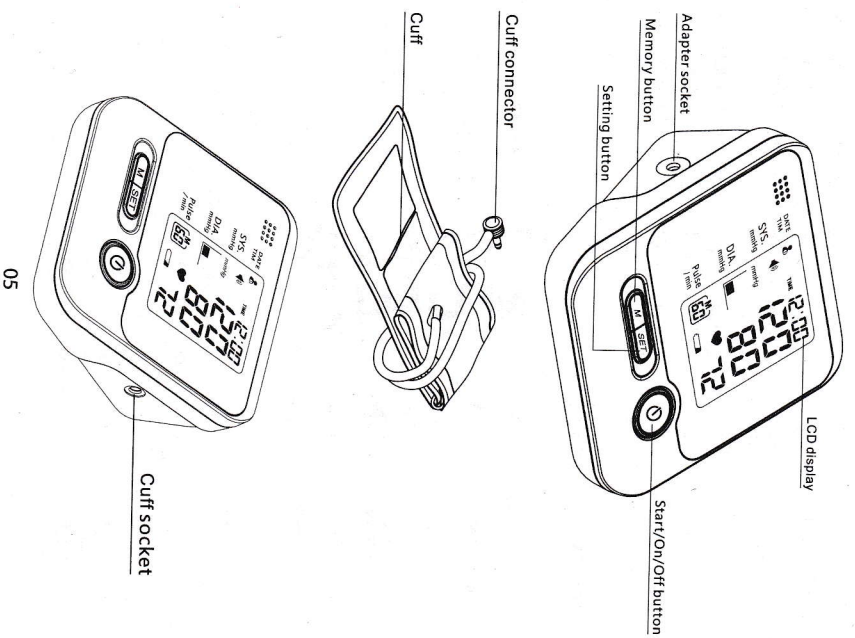
The World Health Organization (WHO) and International Society of Hypertension (ISH) made a set of standard for blood pressure, it divided blood pressure into four ranges. It is a general rule for people of different age. It is important to consult your doctors frequently, they will tell you the critical point which need attention.

Change of blood pressure

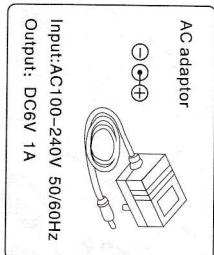
Blood pressure is not constant, it is influenced by season, time, emotion, sport, alcohol, tobacco, coffee, medicine etc, therefore, the result will be more accurate when you measure blood pressure in a quite environment and physical comfort.



Unit description

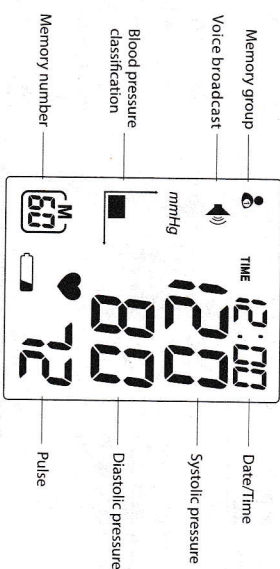


⚠ Attention if use AC adapter



1. Please use the adapter supplied by Fornegea.
2. Please use the power source in 100-240V.
3. Do not pull adapter with wet hands.
4. The standard packaging is without adapter, you can buy it separately if you need.

Icons in display



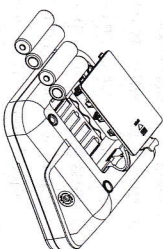
Display symbols

	Storing or reading memory symbol
	Low battery symbol, replacing battery
	Alarm clock
	Hypertension classification

	Voice function
	Pulse symbol
	Memory group 1
	Memory group 2
	Average of latest 3 readings
	Inflating error
	the pressure is more than 300mmHg when inflate manually
	measuring error

Inserting and replacing batteries

1. Remove the battery compartment lid according to the arrow direction
2. Insert 4PCS AA batteries with correct polarity, then put on the battery cover.



⚠ Attention:

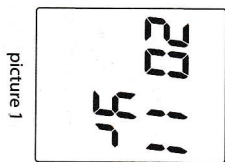
1. Replace the batteries when indicating low battery symbol or no display after switching on machine.
2. Please make sure adapter unconnected when replacing the batteries and battery polarity is correct. Never use new and old batteries at the same time.
3. Remove batteries from device when not in operation for more than 3 months.

4. Attached batteries is for testing only, we advise good alkaline batteries.
5. Don't use adapter and batteries simultaneously.
6. Battery life will change with the ambient temperature, shorter in cold situation.
7. Please dispose batteries according to local environmental protection law.
8. Batteries are dangerous article, don't dump them into regular trash.

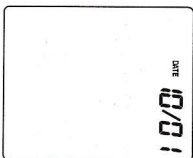
Setting date, time, unit, and alarm clock

Right time setting can help you to record every measurement time correctly.

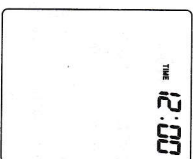
1. Press **SET** button for 3 seconds, then enter the setting interface, the year in display starts to flash (picture 1).
2. Press **M** button to adjust year, the figure will be added for every press, circulate between 00 to 99.
3. Press **SET** to confirm when appear the right year, then enter to month and date setting (picture 2).
4. Repeat above three procedure to set month, date and time (picture 3).



picture 1



picture 2

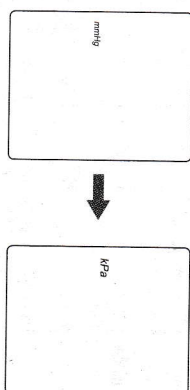


picture 3

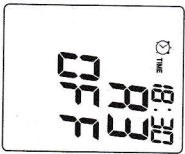
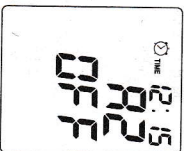
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5. mmHg & kPa Unit conversion

After time setting finishes it automatically enters into the unit setting, press **M** to adjust mmHg or kPa.



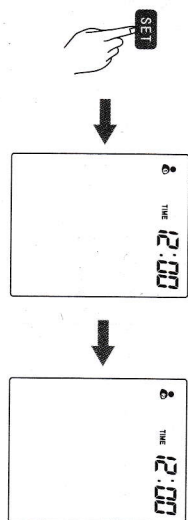
6. 3 groups of alarm clock remind you to measure blood pressure on time, after unit setting it automatically enter A1 alarm setting, press **M** to adjust ON or OFF, press **SET** button to confirm, after finish setting, enter A2 alarm time setting, repeat the above steps, can set A2, A3 alarm time setting.



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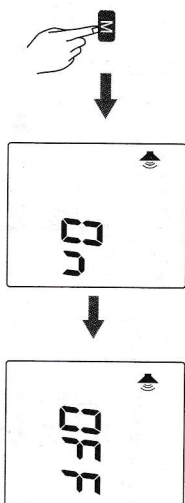
Setting memory space

Press **SET** button to choose memory  or .



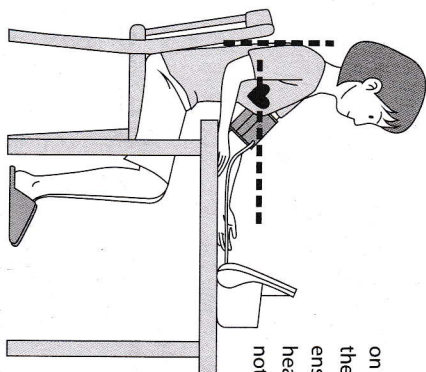
Setting voice function

Press **M** button to choose voice or without voice.



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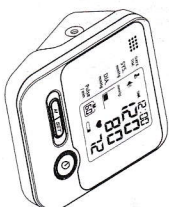
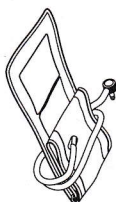
Measuring position



Take a seat and two feet flat on the floor, place your arm on the table comfortably, palms up, ensure that the arm cuff is at heart height. Keep still and do not talk during the measurement.

Fitting the cuff

1. Open arm cuff, slide the open end of cuff through the metal bracket so that the velcro fastener is on outside, insert the cuff tube connector solidly into blood pressure monitor body.

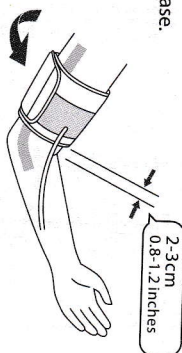


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2. Slide the cuff over the left upper arm, wrapped the arm cuff tightly, artery indicator close to artery of upper arm (the inner arm).

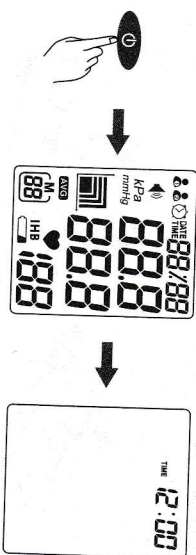


3. Left palm up, the cuff should be 2-3cm above the elbow crease.



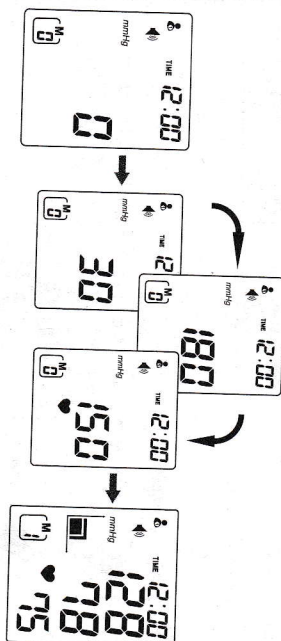
Measuring blood pressure

1. Wrap the arm cuff properly on the arm (refer to cuff using).
2. Press **ON** button display full screen, ready to measure.



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3. Press **ON** button to start measuring, the device will inflate until the pressure is suitable for you, and then deflate, keep still and quiet during measurement. It will display systolic pressure, diastolic pressure and pulse after measuring finished.



Reference table for blood pressure warning

Range of blood pressure value	Systolic mmHg	Diastolic mmHg	Indicator
Normal	<120	<80	
High-normal	120-139	80-89	
Mild hypertension	140-159	90-99	
Moderate hypertension	>160	>100	

Reading memory

1. When you press M button, the first display is the average of the latest 3 measured value.
2. Press **M** button again, it will display the record of the previous time.

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Troubleshooting

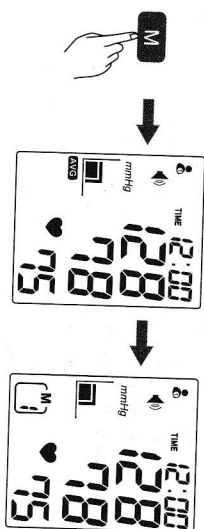
If there are following abnormal phenomenon, you may refer to the corresponding solutions:

Abnormality	Reason	Checkout
Press the "open/close/start" button, no display	Batteries low	Replace new batteries
	Check if the batteries are installed with the correct polarity	Reinstall the batteries
LCD shows "E1", abnormal inflating	Check if the Cuff tube connector is firmly fixed	Reinsert the tube connector
LCD shows measuring error "EE" or abnormal high (low) blood pressure value	Check if the cuff fixed well	refix the cuff
	Speak or move arm during measurement	Keep quiet and take a measurement again

If abnormal phenomenon still cannot be solved, please contact the manufacturer or consult the distributor. Please do not disassemble or repair if not knowing the reasons well.

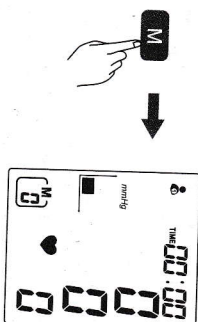
Maintenance

1. Please keep the blood pressure cuff and accessories in the saving bag when not using.
2. In order to avoid the damage of the device, do not expose the blood pressure monitor and cuff to high temperature, humidity, full of



Deleting memory

Press **M** button for 3 seconds, all records will be deleted.



Attention:

1. You can not delete only some of the values, all stored results will be cleared if you press deletion. (You can make record for future reference before deleting).
2. The measuring values in the monitor will not get lost if batteries are taken out.

3. To keep the machine clean, please use soft dry cloth to clean it. Do not use diluent, alcohol, petrol and other chemical reagent to clean the device body and cuff.
4. Water and other liquid are kept out of this product.
5. Do not fold the cuff or air pipe tightly.
6. Do not attempt to open, repair any part, if any problems, contact with distributor of this product.

Specification

Product name	Digital blood pressure monitor
Model number	BLPM-13&BLPM-1
Power supply	4 pcs 1.5V AA batteries AC adapter supply Input: AC100-240V 50/60Hz 8W Output: DC6V 1A
Measuring method	Oscillometric method
Measure range	Pressure 0-39.9kPa(0-299mmHg) Pulse 40-180 beats/min
Accuracy	Static pressure ± 3 mmHg(0.4kPa) Pulse: $\pm 5\%$ of the reading number
Pressure sensor	Semiconductor
Inflation	Automatic inflating

Deflation	Automatic deflating
Memory groups	2 group, each group has 60 values
Operating environment	Temperature 10~40 °C relative humidity 15%~80%
Transportation and storing environment	Temperature -20~55 °C relative humidity 10%~90%
Device weight	About 470g (without batteries and adapter)
Cuff circumference	22-36cm
overall dimension	L*W*H 135mm*120mm*60mm
Automatic off time	1 minute
Operation method	Continuous operation
Equipment category	Class II, internal electric source
Limited users	Adults above 18 years old
	BF type product
	II class equipment
	Symbol for warning
Disinfection, sterilization method	According to the method provided by manufacturer
Safety sort	Cannot be used in the condition of flammable anesthesia gas mixed with air or with oxygen or nitric oxide.
Electromagnetic compatibility	Group 1, class B equipment