Thank you for purchasing the Fully Automatic Wrist Style Digital Blood Pressure Monitor.

The unit uses the oscillometric method of blood pressure measurement. It means the unit detects the movement of your blood through your brachial artery, and converts your blood pressure into a digital reading. The unit is simple to use because a stethoscope is not needed while using an oscillometric monitor.

The unit stores automatically 60 sets of measurement values. You can read the stored data conveniently by pressing the memory buttons.

- Type B applied part
- Attention sign. Consult accompany documents
- Symbol for the marking of electrical and electronics devices according to Directive 2002/96/EC.
- The device, accessories and the packaging have to be disposed of waste correctly at the end of the usage. Please follow Local Ordinances or Regulations for disposal.
Before Taking A Measurement

1. Avoid eating, drinking alcohol, smoking, exercising and bathing for 30 minutes before taking a measurement.
2. Stress raises blood pressure. Avoid taking measurements during stressful times.
3. The cuff can be applied to your left or right wrist. Always measure your blood pressure on the same wrist.
4. Measurements should be taken in a quiet place.
5. Position the unit at heart level throughout the measurement.
6. Remain still and do not talk during the measurement.
7. Keep a record of your blood pressure and pulse readings for your physician. A single measurement does not provide an accurate indication of your true blood pressure. You need to take and record several readings over a period of time. Try to measure your blood pressure at the same time each day for consistency.
8. Wait 30~60 seconds between measurements. The wait time allows the arteries to return to the condition prior to taking the blood pressure measurement. You may need to increase the wait time depending on your individual physiological characteristics.

Battery Installation / Replacement

How to Install Battery

1. Remove the battery cover from the battery compartment.
2. Insert two AAA powerful batteries into the compartment and ensure each battery is in the proper direction.
Battery Installation / Replacement

3 Replace the battery cover.

- Use two identical 1.5V alkaline batteries type AAA LR03.
- Replace all of the batteries if the symbol of low battery appears on the display.
- Never leave any low battery in the battery compartment since they may leak and cause damage to the unit.

Caution!

Proper Way of Measurement

1 Remove all clothes from your arm allowing the cuff to fit directly on the skin.

2 Wrap the cuff tightly around your wrist by using the Velcro strip.

- 1/2"

Proper Way of Measurement

1 Turn your palm upwards, stretch your fingers and wrist naturally.
2 Use a soft stuff below the BP monitor to support your arm as the figure shown below.
3 Keep your wrist at the same level of your heart.
4 Sit upright in a chair, and take about 10 times deep breath to relax your entire body, especially between your elbow and fingers. Then turn on the unit and start to measure.

Fingers’ pose

Not good

Good

Not good

No touching
Proper Way of Measurement

Wrist’s pose

Not good

Good

Not good

Take a Measurement

How to Take a Measurement

1. Press the START/STOP button.
   All display symbols appear on the screen. The cuff starts to inflate automatically.

2. Measurement starts while inflating.
   The heartbeat symbol flashes once a pulse is detected.

Memory Function

How to Use the Memory Function

- The unit stores the blood pressure and pulse rate in the memory after completing each measurement. It can automatically store 60 sets of measurement values. The earliest record is deleted to save the latest measurement value when there are more than 60 sets.
- The unit also calculates an average reading these are based on the last 3 measurements taken.
- The symbol “M” and the relative times will appear at the same time after you press the memory buttons.

>To read the average value
   Press the memory button. The average value will display on the screen with the average reading.
About Blood Pressure

Blood Circulation

The blood circulation is responsible for supplying the body with oxygen. Blood pressure is the pressure exerted on the arteries. The systolic blood pressure value (higher pressure or top value) represents the blood pressure produced by contraction of the heart muscle. The diastolic blood pressure value (lower pressure or lower value) represents the blood pressure produced by relaxation of the heart muscle.

Blood Circulation

The blood circulation is responsible for supplying the body with oxygen. Blood pressure is the pressure exerted on the arteries. The systolic blood pressure value (higher pressure or top value) represents the blood pressure produced by contraction of the heart muscle. The diastolic blood pressure value (lower pressure or lower value) represents the blood pressure produced by relaxation of the heart muscle.

Blood Circulation

The blood circulation is responsible for supplying the body with oxygen. Blood pressure is the pressure exerted on the arteries. The systolic blood pressure value (higher pressure or top value) represents the blood pressure produced by contraction of the heart muscle. The diastolic blood pressure value (lower pressure or lower value) represents the blood pressure produced by relaxation of the heart muscle.

Blood Circulation

The blood circulation is responsible for supplying the body with oxygen. Blood pressure is the pressure exerted on the arteries. The systolic blood pressure value (higher pressure or top value) represents the blood pressure produced by contraction of the heart muscle. The diastolic blood pressure value (lower pressure or lower value) represents the blood pressure produced by relaxation of the heart muscle.

Blood Circulation

The blood circulation is responsible for supplying the body with oxygen. Blood pressure is the pressure exerted on the arteries. The systolic blood pressure value (higher pressure or top value) represents the blood pressure produced by contraction of the heart muscle. The diastolic blood pressure value (lower pressure or lower value) represents the blood pressure produced by relaxation of the heart muscle.
Exceptional Situations

Blood pressure varies constantly. Many factors including stress, time of day, how you wrap the cuff, may affect your blood pressure. Review the sections "Proper Way of Measurement" and "Take a Measurement".

Check the battery installation for proper placement of the batteries polarities.

Replace all the worn batteries with two new ones.

Measurement values appear too high or too low.

Blood pressure varies constantly. Many factors including stress, time of day, how you wrap the cuff, may affect your blood pressure. Review the sections "Proper Way of Measurement" and "Take a Measurement".

Care and Maintenance

Care

- Keep the unit in the storage case when not in use.
- Clean the unit with a soft dry cloth. Do not use any abrasive or volatile cleaners.
- Never immerse the unit or any components in water.

※ Use the unit consistent with the instructions provided in this manual. Use only authorized parts and accessories.
Blood pressure measurements determined with this device are equivalent to those obtained by a trained observer using the cuff/stethoscope auscultatory method, within the limits prescribed by the American National Standard.

The algorithm of blood pressure measurement of BP201 is adopted for this device.

### Specifications

<table>
<thead>
<tr>
<th>Memory</th>
<th>Stores up to 60 measurements</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cuff Size</td>
<td>Wrist circumference approx.</td>
</tr>
<tr>
<td></td>
<td>5.3 ~ 8.5 inch (13.5 ~ 21.5 cm)</td>
</tr>
<tr>
<td>Operating Environment</td>
<td>Temperature</td>
</tr>
<tr>
<td></td>
<td>Relative Humidity</td>
</tr>
<tr>
<td></td>
<td>Barometric Pressure</td>
</tr>
<tr>
<td>Storage Environment</td>
<td>Temperature</td>
</tr>
<tr>
<td></td>
<td>Relative Humidity</td>
</tr>
<tr>
<td>Battery Type</td>
<td>2 AAA Alkaline Batteries; d.c.3V (Not Included)</td>
</tr>
<tr>
<td>Battery Life</td>
<td>About 6 months when used once a day</td>
</tr>
<tr>
<td>Accessories</td>
<td>Instruction manual, carrying case</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Model No.</th>
<th>JB5538</th>
</tr>
</thead>
<tbody>
<tr>
<td>Measuring Principle</td>
<td>Oscillometric Method</td>
</tr>
<tr>
<td>Measurement Range of System</td>
<td>Pressure</td>
</tr>
<tr>
<td></td>
<td>Pulse</td>
</tr>
<tr>
<td>Accuracy</td>
<td>Pressure</td>
</tr>
<tr>
<td></td>
<td>Pulse</td>
</tr>
<tr>
<td>Inflation</td>
<td>Automatic by Internal Pump</td>
</tr>
<tr>
<td>Exhaust</td>
<td>Automatic exhaust valve</td>
</tr>
<tr>
<td>Display</td>
<td>Liquid crystal Digital Display</td>
</tr>
<tr>
<td>Unit Dimension</td>
<td>62x61x28mm (LxWxH)</td>
</tr>
<tr>
<td>Unit Weight</td>
<td>Approx. 100g (Batteries not included)</td>
</tr>
</tbody>
</table>

### Statement

- The intended use: The unit is intended to be used by adults at home or medical centre to measure blood pressure and pulse rate.
- The unit satisfies the requirements of IEC60601-1 Medical electrical equipment, EN1060-1: Non-invasive sphygmomanometer, EN1060-3: Non-invasive sphygmomanometer.
- The unit has passed the EMC Test.
- Blood pressure measurements determined with this device are equivalent to those obtained by a trained observer using the cuff/stethoscope auscultatory method, within the limits prescribed by the American National Standard, Manual, electronic, or automated sphygmomanometers.
- The algorithm of blood pressure measurement of BP201 is adopted for this device.
- The risk of patient and user can be lowered to acceptable level.
- Substitution of a cuff different from that supplied might result in measurement error.
- Please contact us if you need the circuit diagrams, component part lists etc.
- Specifications are subject to change without notice due to improvements in performance.
- Federal law restricts this device to sale by or on the order of a physician.
Statement

- The device might not meet its performance specification if stored or used outside the specified temperature and humidity ranges.
  - Operating environment: temperature: 10 ~ 40°C (50 ~ 104°F);
  - Humidity: 15 ~ 90%RH (Noncondensing)
  - Storage environment: temperature: -20 ~ 60°C (-4 ~ 140°F);
  - Humidity: 10 ~ 95%RH (Noncondensing)
- Prolonged overinflation of the bladder may result in temporary uncomfortableness of wrist.
- Medical Disclaimer
  This device and manual is not meant to be a substitute for advice provided by doctors or other medical professionals. If you have or suspect that you have a medical problem, promptly consult your physician.

Warranty Information

- The unit is guaranteed to be free of defects in workmanship and materials under normal use for a period of One Year from the date listed on the purchase record.
- For repair under this warranty. Our authorized service agent must be advised of the fault within the period of the warranty. This warranty covers parts and labor only under normal operations. A transportation fee or freight fee that may be incurred will be the owner's responsibility. Any defect resulting from natural causes, e.g., flood, hurricane etc., is not within this guarantee. This guaranty does not cover damage incurred by: use of the unit not in accordance with the instructions, accidental damage, or being tampered with or serviced by unauthorized service agents.
- Monitor subjected to misuse, abuse, and neglect of these manual content, non-instructional purposes; unauthorized repair or modifications will be excluded from this warranty. This guarantee specifically excludes expendables and consumables, for example batteries. All warranty claims must be directed to the distributor responsible for the sale of the device. The content of this warranty is subject to change without further notice.
- Periodical check:
  Sensitive measuring devices must be checked from time to time for accuracy and leakage, we therefore recommend that the performance should be checked every 2 years.
  Check and maintenance and repair for the unit, please contact the local distributor for details.

Medical Disclaimer

This device and manual is not meant to be a substitute for advice provided by doctors or other medical professionals. If you have or suspect that you have a medical problem, promptly consult your physician.