

Carematix 1024

Wrist Type Digital Blood Pressure Monitor

Indications for Use

The Blood Pressure Monitor is intended for the non-invasive measurement of systolic and diastolic blood pressure and determination of heart rate in adult patients, i.e., age 15 and above. The product is recommended for use by patients with labile (unstable) blood pressure or known hypertension in a home care environment as an adjunct to medical management. The cuff will accommodate a wrist circumference range of approximately 125 to 205 millimeters (4.9 to 8.1 inches). Blood Pressure is measured over a range of 0 to 300 mmHg and heart rate over a range of 40 to 160 beats/minute.

The user is cautioned that the system may fail to yield specified measurement accuracy if operated or stored in temperature or humidity conditions outside the limited stated in the specifications section of this manual.

Important Items You Should Know Before Use

1. Blood pressure measured at home tends to be lower than when measured in a hospital, clinic or doctor's office.
Depending on your state of relaxation or stress, your blood pressure can change by 30 to 50 mmHg without you being aware of this.

Causes for Changes in Blood Pressure

- Movement
- Emotions
- Changes in the Environment or Temperature
- Conversation
- Mental Tension
- Meals

- Drinking Alcohol
 - Smoking, etc.
2. Know the Nature of Your Blood Pressure
 3. Let a qualified physician interpret your blood pressure readings.
Depending on your age, weight and general condition, blood pressure can be slightly different. Never make any judgment of measurement results on your own.
 4. Correct Measuring Posture
Correct posture is important for accurate measuring of the blood pressure.

Preparation for Use

1. Battery Installation
 - 1) Remove the batter cover.
 - 2) Install two AAA alkaline dry cells in the battery compartment, giving attention to their polarity.
 - 3) Replace the battery cover.

Do not use rechargeable batteries.

Replace the batteries when:

 - The battery replacement indication appears on the Monitor display.
 - Nothing appears on the Monitor display even if the POWER button is depressed.

About 300 measurements can be made after installation of new AAA alkaline dry cells. The enclosed batteries are for monitoring, and their life may be shorter than that of commercial batteries.

2. Wrapping the Cuff Around Your Wrist
 - 1) With the palm of your left hand up, put the cuff on your wrist so that the main body is on the same side as your palm.
 - 2) Fasten the cuff around your wrist so that there is no space between the cuff and your wrist. The cuff should fit snugly.
 - Attach the cuff next to the skin.

- Take care that your clothes are not caught by the cuff.
- Do not push the POWER button before the cuff is completely wound.

Correct Measuring Posture

1. Sit on a chair or lie on your back.
2. After placing the Monitor on your wrist, relax your hand and lift the Monitoring Unit to the level of your heart.
3. Proceed with the measuring method.

Measuring Method

Starting Measurement

1. Press the POWER button.
If you hold the POWER button too long (more than approximately 2 sec.), the apparatus will be in the "checking mode" or the power will be turned off. In such cases, which do not indicate any problems, press the POWER button again to start the measurement.

2. The Monitor automatically starts inflation.
3. When the pressure reaches applied pressure, the apparatus automatically stops inflation.
4. The displayed value (pressure) decreases.
5. The pulse is indicated by heart mark.
Do not move, or exert yourself during measurement.
6. When the measurement is terminated, air is automatically released from the cuff.

Stopping Measurement

Press the POWER button and the Monitor will stop inflation, discharge air rapidly, and then turn off.

Automatic Repressurization

If the pressure applied is judged insufficient in the early phase, of measurement or if movement of the hand or wrist occurs during measurement, the unit will inflate again to a level about 30 mmHg higher.

Automatic repressurization is repeated until a measurement is made. However, this does not indicate a problem.

To manually control pressurization, hold down the POWER button immediately after the start of inflation and release it when the pressure reaches the level 50 mmHg higher than the expected maximum systolic pressure. If the pressure value has exceeded 180 mmHg, the inflation will stop when the key is released. Pressure can be increased to approximately 300 mmHg.

Measured Data Storage

When the measurement is completed, the measured data will automatically be stored in memory.

Turning off the Power

To turn off the power, press the POWER button.

If the Power is Not Turned Off

The Monitor will automatically turn off 3 minutes after measurement.

Precautions for Use

As blood pressure rises at low temperatures, maintain a room temperature around 20°C for measuring.

Before measuring the blood pressure, avoid exercise, eating, drinking alcohol, smoking and other activities influencing the blood pressure value.

Using this device in areas near portable phones, microwave ovens or other devices with strong electromagnetic fields may cause malfunctions.

Caring for Your Blood Pressure Monitor

Servicing and Storage

- Clean the body with a cloth moistened with water and mild detergent, and then wipe dry
- Do not use gasoline, paint thinner, benzene or other strong solvents.
- Do not store the unit where it could be wet or where it could get exposed to direct sunlight, high temperatures, high humidity, dust, etc.

- When the unit is in storage, remove the batteries. Battery leakage can cause damage
- Do not press the POWER button when the wrist cuff has not been wrapped around your wrist.
- Do not expose the product to strong shocks and do not drop it.

Specifications

Model:	Carematix 1024
Operating Principle:	Oscillometric method
Indicator:	8 digit Liquid Crystal Display
Pressure Indication Range:	0 to 300 mmHg (cuff pressure)
Measuring Range:	50 to 200 mmHg (systolic) 40 to 180 mmHg (diastolic) 40 to 160 pulses/min. (pulse rate)
Accuracy:	± 3 mmHg (cuff pressure) ± 5% pulses (pulse rate)
Inflation:	Automatic (air pump)
Deflation:	Automatic (electric control valve)
Exhaust:	Automatic quick exhaust valve
Power Supply:	2 pcs. x AAA alkaline type dry cell
Memory:	30 measurements
Applied Pressure:	180 mmHg (fixed)
Operating Environment:	+ 10°C to + 40°C 85% relative humidity or below
Storage Environment:	-5°C to + 50°C 85% relative humidity or below
Cuff Type:	Pre-formed type cuff
Wrist Circumference:	Approx. 125 to 204 mm

Specifications are subject to change without prior notice due to improvements in performance and quality. It is advisable to have the device recalibrated at 2-year intervals.

Warranty

This equipment is guaranteed for the period of 1 year after the date of purchase against manufacturing defects when returned along with the proof of date of purchase. During this period, the unit will be repaired or replaced free of charge if the failure is attributable to faulty design or manufacture. This warranty does not cover damage or malfunctions caused by improper handling or use contrary to the instructions in this manual. Opening or taking apart the unit or its components will void the warranty. Should your unit require service, please e-mail to us at service@carematix.com.

SAFETY PRECAUTION **Regarding Use of Information** **From the Carematix 1024**

The Carematix 1024 Monitor is designed to provide supplemental information only. Changes in treatment or therapy should not be based on information provided by the Monitor. The clinician is expected to exercise clinical judgment and independently corroborate the information provided by the Carematix 1024 Monitor prior to making any treatment or therapy decisions

Therapy or intervention decisions should not be based on information provided by the Carematix 1024 Monitor. Any changes in therapy should be based on an actual examination by the clinician.

SAFETY PRECAUTIONS

Batteries should not be left in the Carematix 1024 Monitor for an extended period of time that the Monitor is not in use.

Batteries should be disposed of properly according to the manufacturer's recommendations.

If the monitor is accompanied by a base station (hub) requiring plugging into a phone line, the line should NEVER be plugged in during a thunderstorm.

CAUTION

Changes or modifications to this equipment not expressly approved by Carematix, Inc. could void the user's authority to operate the equipment.

NOTICE

This device complies with part 15 of the FCC Rules. Operation is subject to the following two conditions:

1. This device may not cause harmful interference, and
2. This device must accept any interference received, including interference that may cause undesired operation.

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