

Carematix 1200

Arm Type Digital Blood Pressure Monitor

Hints on Taking Your Blood Pressure

1. Rest for five minutes before taking your blood pressure.
2. Take your blood pressure when relaxed in a quiet room. Do not move your body when taking your blood pressure.
3. If you are wearing a shirt which might restrict circulation in your upper arm, remove your shirt before taking your blood pressure.
4. Since exercise, eating, drinking, and smoking affect your blood pressure reading, avoid these activities before taking your blood pressure.
5. Room temperature should be about 70°F (20°C) when taking your blood pressure.

Note: Blood pressure readings will vary over the course of the day. Blood pressure is low in the morning and increases from afternoon to evening. Blood pressure is lower in the summer and higher in the winter.

Main Unit

Blood Pressure and pulse rate display	Systolic and diastolic blood pressure and pulse rate.
Power Switch	ON/OFF Switch
Preset Pressure	Presets the pressure for inflation ... for ease of operation.
Start Button	Start
Inflation Mark	Flashes when the unit is ready to operate.
Deflation Mark	Appears before or after measurement.
Pulse Mark.....	Flashes when the Pulse is detected.
Air Connector	To connect the tube from the cuff.

Power Supply

Battery Installation

1. While lightly pressing the battery compartment cover, slide it in the direction indicated by the arrow.
2. When the compartment is opened, you will see the polarity is indicated by (+) and (-) marks in the compartment. Insert four "AA" type batteries, in the compartment, making sure that the polarities correspond to the (+) and (-) marks.
3. Replace the battery compartment cover on the main unit.

Notes:

1. If the LCD display or the functioning of the unit is not normal after changing the batteries, take out the batteries and place them again correctly in the battery compartment.
2. Use Alkaline Batteries to increase monitor life. Use of regular Carbon-Zinc batteries will require more frequent replacement.
3. Since the first batteries are monitor batteries that are installed at the time of shipment from the factory, they may have a shorter life than new batteries.

Operating the Unit

Wrapping the Cuff

1. Place the cuff on a flat surface with the fastening tape face down.
2. Insert about two inches of the opposite end of the cuff in the cuff ring.
3. With the rubber tube of the cuff positioned in the direction of the fingertips, place it on the left arm.
4. Wrap the cuff around the arm with the edge of cuff approximately 1 inch above the elbow.
*When wrapping the cuff, wrap it loosely enough around the arm so that two fingers can be placed

between the cuff and the arm. If the cuff is wrapped more tightly or loosely than this, inaccurate blood pressure readings may result.
*If you roll up your sleeve over the upper arm, you constrict the blood flow and prevent accurate measurements.

5. The position of the individual when being measured may be either lying down or sitting. In the sitting position however make sure that the location on the upper arm to be measured is about at the same height as the heart and that the forearm is extended naturally on the table and does not move.

Measuring Procedures

1. Turn the Power Switch to "ON." All the panel displays will appear in the display. And then, Deflation Mark "▼" will start flashing on the display. If there is no pressure in the cuff, the buzzer will sound and "0" will appear on the display. And Inflation Mark "▲" will start flashing.
*If panel displays do not light, the unit is malfunctioning.
2. Wrap the cuff around the upper left arm.
3. Set the preset pressure switch at 180 mmHg, if you do not know your own systolic pressure. But if you know it, set the switch to one of the preset values among 180, 210 and 240 mmHg (whichever one is 30 to 40 mmHg higher than your usual systolic pressure).
4. Push the start Button to automatically inflate to the set value. When pressurization stops, the unit will beep and start measuring. Keep quiet and remain in a relaxed position.
5. The pressure in the cuff will begin to decrease.
 - a. As the cuff pressure decreases, at a certain point, the heart mark will be displayed with beeping sounds in synchronization with your heart beats.
 - b. If inflation is insufficient, the unit will automatically inflate 30 mmHg higher than before. If this pressure is not sufficient yet, the unit will continue to inflate automatically to an appropriate pressure.

- c. While the heart mark flashes with beeping sounds, the measurement continues. Remain still without moving your arm and body.
 - d. *If the “Err” display appears, refer carefully to the “ERROR DISPLAYS” section of this manual.
 - e. The measurement completes when the beeping sound lasts for one second and your systolic and diastolic pressure reading will be displayed for three seconds. Then, your pulse rate will be displayed for two seconds. The display will show those readings alternately. And the Deflation Mark “ ▼ ” will appear and the unit will automatically exhaust the air from the cuff.
 - f. After the air is completely deflated from the cuff, the Inflation Mark “ ▲ ” will appear and a beep will sound.
6. Turn the power switch to “OFF.”
*If the unit is not used for approximately 3 minutes, power will automatically be turned OFF.

Care and Maintenance

1. Because this unit uses precision parts, care should be taken to avoid extremes in temperature variations, humidity, shock dust and direct sunlight.
2. Do not drop or strike this unit.
3. When cleaning this unit, use only a soft, dry cloth.
4. If the unit is to be stored for a long period, be sure to remove the batteries before storage.
5. If your doctor detects you have a high blood pressure, he may suggest that you monitor your own pressure between regular doctor’s check-ups. High blood pressure can lead to serious medical complications. Therefore, regular monitoring can be very important to you.
6. This unit is designed and intended for use on an adult’s arm (Circumference 9 to 12½ inches). An inaccurate reading may result if this instrument is used on a child’s arm. Consult your physician if you wish to take a child’s blood pressure.

Specifications

Measurement range	
Cuff pressure	0 to 300mmHg
Pulse	40 to 160 pulse/min.
Accuracy	
Cuff pressure	±3mmHg
Pulse	±5% of reading
Operating temperature	+10°C to +40°C (+50°F to + 104°F)
Humidity	85% Rh or below
Storage temperature	-34°C to +65°C (-29°F to + 149°F)
Power supply	4pcs. 1.5Volt “AA” type batteries
Pressure Preset	180/210/240 mmHg
Inflation	Automatic Inflation
Deflation	Automatic Deflation
Exhaust	Automatic Exhaust
Cuff	Standard adult size (Arm circumference 9 to 12½ inches)
Main Unit	
Weight	Approx. 540gm (including batteries)
Size	160(W) x 110(D) x 60(H)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 1200**

The Carematix 1200 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 1200 Monitor prior to making any treatment or therapy decisions

Therapy or intervention decisions should not be based on information provided by the Carematix 1200 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 1200 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.

WEB SITE: [HTTP://WWW.CAREMATIX.COM](http://www.carematix.com)

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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