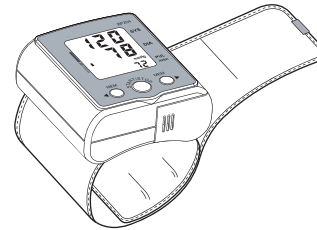


# Instruction Manual

Digital Blood Pressure Monitor  
Fully Automatic Wrist Style



Model No.: **JB5538**

Manufactured for :JOBAR INTERNATIONAL,INC.  
CARSON,CA 90745,USA

VER : A00

- Thanks for choosing the Digital Blood Pressure Monitor.
- Please read this instruction manual before using your unit.
- Please keep this instruction manual safe for future use.

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## Introduction

- 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.

## Important Safety Notes

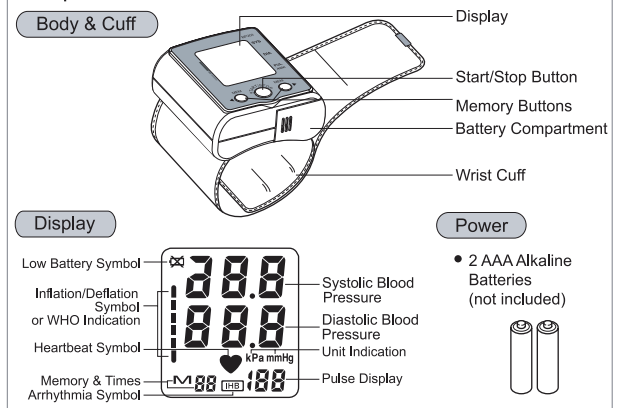
**⚠** To assure the correct use of the product basic safety measures should always be followed including the precautions listed below:

- Read all information in the instruction manual and any other literature included in the box before using the unit.
- Contact your physician for specific information about your blood pressure. Do not use this device as a substitute for advice provided by your doctor. If you have a medical problem, promptly consult your healthcare provider.
- Operate the unit only as intended. Don't use for any other purpose.
- The unit is intended to use in measuring blood pressure and pulse rate for adult only, not recommended for neonatal baby.
- Do not use a cellular phone near the unit. It may result in operational failure.
- Please avoid using in high radiant area in order to make your measuring data correctly.
- Do not disassemble or attempt to repair the unit or components.
- Do not use the equipment where flammable gas (such as anesthetic gas, oxygen or hydrogen) or flammable liquid (such as alcohol) are present.

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## Know Your Unit

### Components



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## Before Taking A Measurement

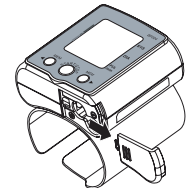
1. Avoid eating, drinking alcohol, smoking, exercising and bathing for 30 minutes before taking a measurement.
2. Stress raises blood pressure. Avoid taking measurements during stressful times.
3. The cuff can be applied to your left or right wrist. Always measure your blood pressure on the same wrist.
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.

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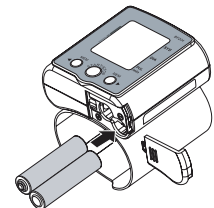
## Battery Installation / Replacement

### How to Install Battery

- 1 Remove the battery cover from the battery compartment.



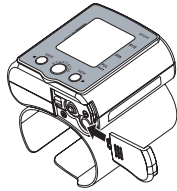
- 2 Insert two AAA powerful batteries into the compartment and ensure each battery is in the proper direction.



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## Battery Installation / Replacement

- 3 Replace the battery cover.



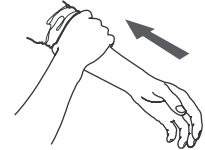
**Caution!**

- 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.

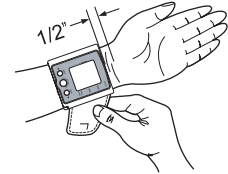
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## Proper Way of Measurement

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



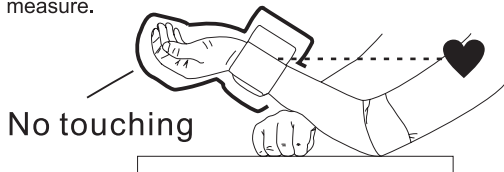
- 2 Wrap the cuff tightly around your wrist by using the Velcro strip.



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## Proper Way of Measurement

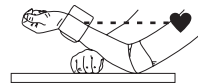
- 1 Turn your palm upwards, stretch your fingers and wrist naturally.
- 2 Use a soft stuff below the BP monitor to support your arm as the figure shown below.
- 3 Keep your wrist at the same level of your heart.
- 4 Sit upright in a chair, and take about 10 times deep breath to relax your entire body,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



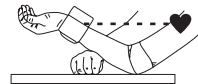
8

## Proper Way of Measurement

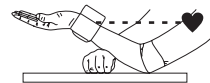
Fingers' pose.....



Not good



Good

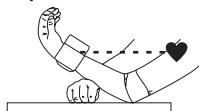


Not good

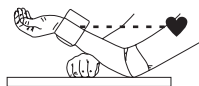
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## Proper Way of Measurement

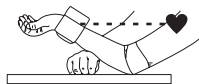
Wrist's pose.....



Not good



Good



Not good

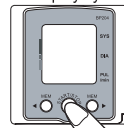
10

## Take a Measurement

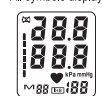
How to Take a Measurement .....

1 Press the START/STOP button.

All display symbols appear on the screen. The cuff starts to inflate automatically.



All display symbols



Deflating automatically

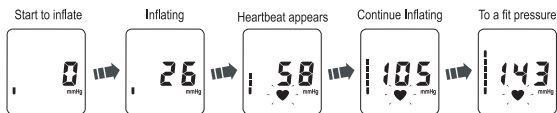


Start to inflate



2 Measurement starts while inflating.

The heartbeat symbol flashes once a pulse is detected.



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## Take a Measurement

3 The blood pressure and pulse rate are displayed when the measurement is completed.

The cuff is deflated automatically, and the measurement results are stored in the memory.

The **HRB** symbol will be displayed if arrhythmia is detected.



"kPa" display

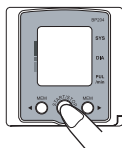
"mmHg" display

"HRB" display

4 Press the START/STOP button to turn off the unit.

The unit will automatically turn off after two minutes if it is not used in that time.

Please rest for about 30-60 seconds before taking your next measurement.



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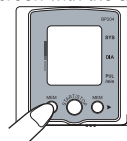
## Memory Function

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 **M** memory button. The average value will display on the screen with the average reading.



The Average measurement value



The oldest saved measurement value

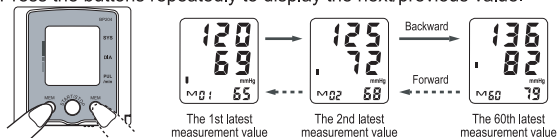
Turn to next

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## Memory Function

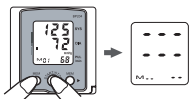
### ▶ To read the memory values

Press the  $\text{M}$  memory button to view the latest measurement value.  
Press the  $\text{M}$  memory button to view the earliest measurement value.  
Press the buttons repeatedly to display the next/previous value.



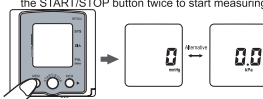
### ▶ To clean out the memory values

When reading the measurement values, press and hold the  $\text{M}$  memory button, then press START/STOP button for 3~4 seconds.



### Unit Setting (kPa or mmHg)

In the off setting, press and hold the  $\text{M}$  button until the units are displayed.  
Press the  $\text{M}$  button again to choose between mmHg and kPa.  
In North America, the standard unit is mmHg.  
Once the desired units have been selected, press the START/STOP button twice to start measuring.



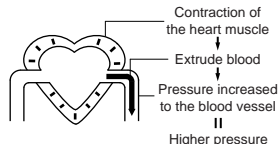
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## About Blood Pressure

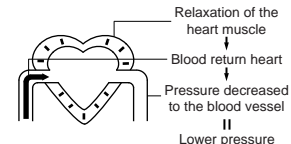
### Blood Circulation .....

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.

#### Systolic Blood Pressure



#### Diastolic Blood Pressure

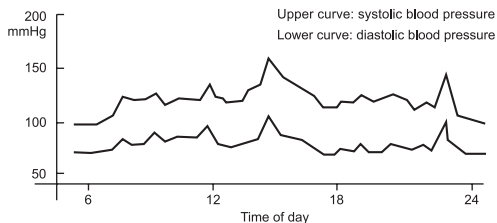


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## About Blood Pressure

### Health and Blood Pressure .....

The incidence of hypertension increases with age. In addition, a lack of exercise, excess body fat and high levels of cholesterol (LDL), which sticks to the inside in blood vessels, reduces elasticity of these vessels. Hypertension accelerates arterial sclerosis which can lead to very serious conditions such as stroke and myocardial infarction. For these reasons it is very important to know whether the blood pressure is within a healthy range. Blood pressure fluctuates from minute to minute, throughout the day. Therefore it is essential to take regular measurements to help you identify an average blood pressure.



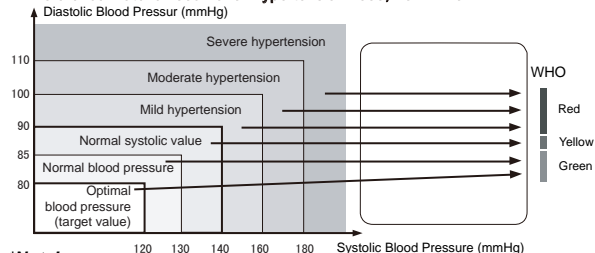
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## About Blood Pressure

### Classification of Blood Pressure .....

After each measurement is completed, the LCD display will show your position automatically on the six segments of the bar indicator which corresponds to World Health Organization (WHO) Blood Pressure Indicator.

#### Reference Material: Journal of Hypertension 1999, Vol 17 No.2



#### \*Note!

When a person's systolic and diastolic pressures fall into different categories, the higher category should apply.

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## About Blood Pressure

### Classification of Blood Pressure .....

#### Symptoms of High Blood Pressure

High blood pressure can go unnoticed for a long time, since it doesn't cause noticeable symptoms. The following are all possible causes of abnormally high blood pressure:

- Overweight;
- High cholesterol level;
- Smoking;
- Excessive alcohol consumption;
- Stress and emotional upset;
- Excessive consumption of salt;
- Lack of physical exercise;
- Genetic / hereditary predisposition;
- Underlying illnesses, such as kidney disorders or endocrine disturbance.

#### Treatment of High Blood Pressure

If your blood pressure reaches upper values of 140–160 mmHg and lower values of 90–95 mmHg in repeated measurements over several days, you should consult your doctor for detailed medical examination. You can assist the treatment prescribed by your doctor in the following ways:



- Loose weight and lower your cholesterol level;
- Reduce the consumption of alcohol;
- Reduce the intake of salt;
- Stop smoking;
- Take regular exercise;
- Monitor your blood pressure.

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## Exceptional Situations

### Error Indicators .....

■ The following symbol will appear on the display when measuring abnormal.

Symbol	Cause	Correction
	The course of inflating appears error.	Wrap the cuff correctly and tightly. Inflate over again after ensuring.
	When measurement fails.	Do not move your arm and body, and keep quiet. Measure over again according to correct way.
	When the batteries power are too low.	Replace all of the worn batteries with two new ones.

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## Exceptional Situations

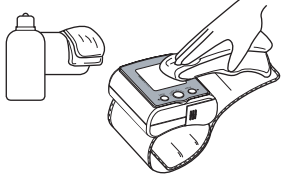
### Eliminate Fault .....

Problem	Causes and Solutions
No power.	Replace all the worn batteries with two new ones.
No display appears on the display screen.	Check the battery installation for proper placement of the batteries polarities.
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".

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## Care and Maintenance

### Care .....

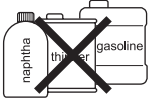
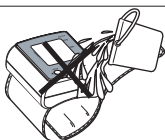
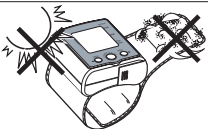
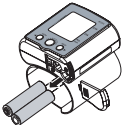
<ul style="list-style-type: none"> <li>• Keep the unit in the storage case when not in use.</li> <li>• Clean the unit with a soft dry cloth. Do not use any abrasive or volatile cleaners.</li> <li>• Never immerse the unit or any components in water.</li> </ul>	
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※ Use the unit consistent with the instructions provided in this manual. Use only authorized parts and accessories.

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## Care and Maintenance

### Maintenance

<ul style="list-style-type: none"> <li>Do not clean the body and cuff with naphtha, thinner or gasoline etc.</li> </ul>	<ul style="list-style-type: none"> <li>Do not wet the cuff or attempt to clean the cuff with water.</li> </ul>
	
<ul style="list-style-type: none"> <li>Store the unit in a clean and dry location. Do not subject the unit to extreme hot or cold temperature, humidity and direct sunlight.</li> </ul>	<ul style="list-style-type: none"> <li>Remove the batteries if the unit will not be used for 3 months or longer. Always replace all of the batteries with new ones at the same time.</li> </ul>
	

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## Specifications

Model No.	JB5538	
Measuring Principle	Oscillometric Method	
Measurement Range of System	Pressure	0 to 299 mmHg (0 ~ 39.9 kPa)
	Pulse	40 to 180 Pulses/min
Accuracy	Pressure	± 3 mmHg (0.4 kPa)
	Pulse	± 5% of reading
Inflation	Automatic by Internal Pump	
Exhaust	Automatic exhaust valve	
Display	Liquid crystal Digital Display	
Unit Dimension	62×61×28mm (L×W×H)	
Unit Weight	Approx. 100g (Batteries not included)	

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## Specifications

Memory	Stores up to 60 measurements	
Cuff Size	Wrist circumference approx.	
	5.3 ~ 8.5 inch (13.5 ~ 21.5 cm)	
Operating Environment	Temperature	50 to 104°F (10 ~ 40 °C)
	Relative Humidity	15 to 90%RH(Noncondensing)
	Barometric Pressure	105 to 80 kPa
Storage Environment	Temperature	- 4 to 140°F(-20 ~ +60°C)
	Relative Humidity	10 to 95%RH(Noncondensing)
Battery Type	2 AAA Alkaline Batteries; d.c.3V (Not Included)	
Battery Life	About 6 months when used once a day	
Accessories	Instruction manual, carrying case	

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## 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.

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## 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.