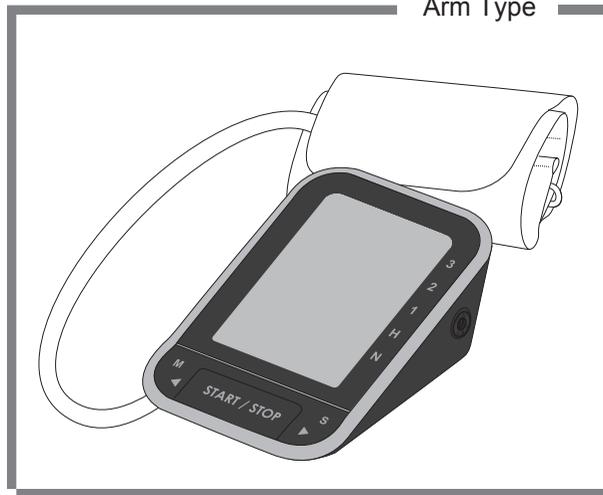


User Manual

Blood Pressure Monitor TMB-1585-BS

Arm Type



- Thank you very much for selecting TRANSTEK Blood Pressure Monitor TMB-1585-BS.
- Please do read the user manual carefully and thoroughly so as to ensure the safe usage of this product, and keep the manual well for further reference in case you have problems.

TRANSTEK

FCC ID:OU9TMB1585BS

Table of Contents

| | |
|---|----|
| INTRODUCTION..... | 2 |
| • General Description | |
| • Indications for Use | |
| • Contraindications | |
| • Measurement Principle | |
| • Safety Information | |
| • LCD Display Signal | |
| • Monitor Components | |
| • List | |
| BEFORE YOU START..... | 9 |
| • The Choice of Power Supply | |
| • Installing and Replacing the Batteries | |
| • Setting Date, Time and Measurement Unit | |
| • Select the User | |
| MEASUREMENT..... | 14 |
| • Tie the Cuff | |
| • Start the Measurement | |
| DATA MANAGEMENT..... | 17 |
| • Recall the Records | |
| • Delete the Records | |
| INFORMATION FOR USER..... | 20 |
| • Tips for measurement | |
| • Maintenances | |
| ABOUT BLOOD PRESSURE..... | 22 |
| • What are systolic pressure and diastolic pressure? | |
| • What is the standard blood pressure classification? | |
| • Irregular heartbeat detector | |
| • Why does my blood pressure fluctuate throughout the day? | |
| • Why do I get a different blood pressure at home compared to the hospital? | |
| • Is the result the same if measuring on the right arm? | |
| TROUBLESHOOTING..... | 24 |
| SPECIFICATIONS..... | 25 |
| AUTHORIZED COMPONENT..... | 26 |
| CONTACT INFORMATION..... | 26 |
| COMPLIED STANDARDS LIST..... | 27 |
| FCC STATEMENT..... | 28 |
| EMC GUIDANCE..... | 28 |

♥ General Description

Thank you for selecting TRANSTEK arm type blood pressure monitor (TMB-1585-BS). The monitor features blood pressure measurement, pulse rate measurement and the result storage. The design provides you with two years of reliable service.

Readings taken by the TMB-1585-BS are equivalent to those obtained by a trained observer using the cuff and stethoscope auscultation method.

This manual contains important safety and care information, and provides step by step instructions for using the product.

Read the manual thoroughly before using the product.

Features:

- 100mm×68 mm Digital LCD display
- Maximum 60 records per each user
- 3rd technology: Measuring during inflation (The updated technology in the world)

♥ Indications for Use

The Transtek Blood Pressure Monitor is digital monitors intended for use in measuring blood pressure and heartbeat rate with arm circumference ranging from 22 cm to 32 cm (about 8¾"-12½") or 22cm to 42cm(about 8¾"-16½"). It is intended for adult indoor use only.

♥ Contraindications

- 1.The device is not suitable for use on may be pregnant women or pregnant women.
- 2.The device is not suitable for use on patients with implanted,electrical devices, such as cardiac pacemakers, defibrillators.

♥ Measurement Principle

This product uses the Oscillometric Measuring method to detect blood pressure. Before every measurement, the unit establishes a "zero pressure" equivalent to the air pressure. Then it starts inflating the arm cuff, meanwhile, the unit detects pressure oscillations generated by beat-to-beat pulsatile, which is used to determine the systolic and diastolic pressure, and also pulse rate.

♥ Safety Information

The signs below might be in the user manual, labeling or other component. They are the requirement of standard and using.

| | | | |
|---|---|---|---|
|  | Symbol for "THE OPERATION GUIDE MUST BE READ" |  | Symbol for "TYPE BF APPLIED PARTS" |
|  | Caution: These notes must be observed to prevent any damage to the device. |  | Symbol for "ENVIRONMENT PROTECTION - Electrical waste products should not be disposed of with household waste. Please recycle where facilities exist. Check with your local authority or retailer for recycling advice" |
|  | Symbol for "MANUFACTURER" | | |
|  | Symbol for "SERIAL NUMBER" |  | Symbol for "Recycle" |
|  | Symbol for "DIRECT CURRENT" |  | For indoor use only |
|  | Symbol for "MANUFACTURE DATE" |  | Symbol for "Class II Equipment" |
|  | The Green Dot is the license symbol of a European network of industry-funded systems for recycling the packaging materials of consumer goods. | | |

⚠ CAUTION

- * This device is intended for adult use in homes only.
- * The device is not suitable for use on neonatal patients, pregnant women, patients with implanted, electronic devices, patients with pre-eclampsia, premature ventricular beats, atrial fibrillation, peripheral, arterial disease and patients undergoing intravascular therapy or arterio-venous shunt or people who received a mastectomy. Please consult your doctor prior to using the unit if you suffer from illnesses.
- * The device is not suitable for measuring the blood pressure of children. Ask your doctor before using it on older children.
- * The device is not intended for patient transport outside a healthcare facility.
- * The device is not intended for public use.
- * This device is intended for no-invasive measuring and monitoring of arterial blood pressure.
- It is not intended for use on extremities other than the arm or for functions other than obtaining a blood pressure measurement.
- * Do not confuse self-monitoring with self-diagnosis. This unit allows you to monitor your blood pressure. Do not begin or end medical treatment without asking a physician for treatment advice.
- * If you are taking medication, consult your physician to determine the most appropriate time to measure your blood pressure. Never change a prescribed medication without consulting your physician.
- * Do not take any therapeutic measures on the basis of a self measurement. Never alter the dose of a medicine prescribed by a doctor. Consult your doctor if you have any question about your blood pressure.
- * When the device was used to measure patients who have common arrhythmias such as atrial or ventricular premature beats or atrial fibrillation, the best result may occur with deviation. Please consult your physician about the result.
- * Don't kink the connection tube during use, otherwise, the cuff pressure may continuously increase which can prevent blood flow and result in harmful injury to the PATIENT.
- * When using this device, please pay attention to the following situation which may interrupt blood flow and influence blood circulation of the patient, thus cause harmful injury to the patient: connection tubing kinking too frequent and consecutive multiple measurements; the application of the cuff and its pressurization on any arm where intravascular access or therapy, or an arterio-venous (A-V) shunt, is present; inflating the cuff on the side of a mastectomy.
- * Warning: Do not apply the cuff over a wound; otherwise it can cause further injury.
- * Do not inflate the cuff on the same limb which other monitoring ME equipment is applied around simultaneously, because this could cause temporary loss of function of those simultaneously-used monitoring ME equipment.
- * On the rare occasion of a fault causing the cuff to remain fully inflated during measurement, open the cuff immediately. Prolonged high pressure (cuff pressure > 300mmHg or constant pressure > 15mmHg for more than 3 minutes) applied to the arm may lead to an echymosis.
- * Please check that operation of the device does not result in prolonged impairment of patient blood circulation.
- * When measurement, please avoid compression or restriction of the connection tubing.
- * The device cannot be used with HF surgical equipment at the same time.
- * The ACCOMPANYING DOCUMENT shall disclose that the SPHYGOMANOMETER was clinically investigated according to the requirements of ISO 81060-2:2013.
- * To verify the calibration of the AUTOMATED SPHYGOMANOMETER, please contact the manufacturer.
- * This device is contraindicated for any female who may be suspected of, or is pregnant. Besides providing inaccurate readings, the effects of this device on the fetus are unknown.
- * Too frequent and consecutive measurements could cause disturbances in blood circulation and injuries.
- * This unit is not suitable for continuous monitoring during medical emergencies or operations. Otherwise, the patient's arm and fingers will become anaesthetic, swollen and even purple due to a lack of blood.
- * When not in use, store the device with the adapter in a dry room and protect it against extreme moisture, heat, lint, dust and direct sunlight. Never place any heavy objects on the storage case.
- * This device may be used only for the purpose described in this booklet. The manufacturer cannot be held liable for damage caused by incorrect application.
- * This device comprises sensitive components and must be treated with caution. Observe the storage and operating conditions described in this booklet.

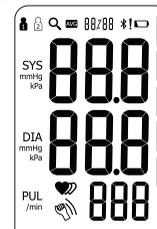
⚠ CAUTION

- * The equipment is not AP/APG equipment and not suitable for use in the presence of a flammable anesthetic mixture with air of with oxygen or nitrous oxide.
- * Warning: No servicing/maintenance while the ME equipment is in use.
- * The patient is an intended operator.
- * The patient can measure, transmit data and change batteries under normal circumstances and maintain the device and its accessories according to the user manual.
- * To avoid measurement errors, please avoid the condition of strong electromagnetic field radiated interference signal or electrical fast transient/burst signal.
- * The blood pressure monitor, its adaptor, and the cuff are suitable for use within the patient environment. If you are allergic to polyester, nylon or plastic, please don't use this device.
- * During use, the patient will be in contact with the cuff. The materials of the cuff have been tested and found to comply with requirements of ISO 10993-5:2009 and ISO 10993-10:2010. It will not cause any potential sensitization or irritation reaction.
- * Adaptor is specified as a part of ME EQUIPMENT.
- * If you experience discomfort during a measurement, such as pain in the arm or other complaints, press the START/STOP button to release the air immediately from the cuff. Loosen the cuff and remove it from your arm.
- * If the cuff pressure reaches 40 kPa (300 mmHg), the unit will automatically deflate. Should the cuff not deflate when pressures reaches 40 kPa (300 mmHg), detach the cuff from the arm and press the START/STOP button to stop inflation.
- * Before use, make sure the device functions safely and is in proper working condition. Check the device, do not use the device if it is damaged in any way. The continuous use of a damaged unit may cause injury, improper results, or serious danger.
- * Do not wash the cuff in a washing machine or dishwasher
- * The service life of the cuff may vary by the frequency of washing, skin condition, and storage state. The typical service life is 10000 times.
- * It is recommended that the performance should be checked every 2 years and after maintenance and repair, by retesting at least the requirements in limits of the error of the cuff pressure indication and air leakage (testing at least at 50mmHg and 200mmHg).
- * Please dispose of ACCESSORIES, detachable parts, and the ME EQUIPMENT according to the local guidelines.
- * Manufacturer will make available on request circuit diagrams, component part lists, descriptions, calibration instructions, etc., to assist to service personnel in parts repair.
- * The plug/adaptor plug pins insulates the device from the main supply. Do not position the device in a position where it is difficult to disconnect from the supply mains to safely terminate operation of ME equipment.
- * The operator shall not touch output of batteries /adaptor and the patient simultaneously.
- * Cleaning :Dust environment may affect the performance of the unit. Please use the soft cloth to clean the whole unit before and after use. Don't use any abrasive or volatile cleaners.
- * The device doesn't need to be calibrated within two years of reliable service.
- * If you have any problems with this device, such as setting up, maintaining or using, please contact the SERVICE PERSONNEL of Transtek. Don't open or repair the device by yourself in the event of malfunctions. The device must only be serviced, repaired and opened by individuals at authorized sales/service centers.
- * Please report to Transtek if any unexpected operation or events occur.
- * Keep the unit out of reach of infants, young children or pets to avoid inhalation or swallowing of small parts. It is dangerous or even fatal.

⚠ CAUTION

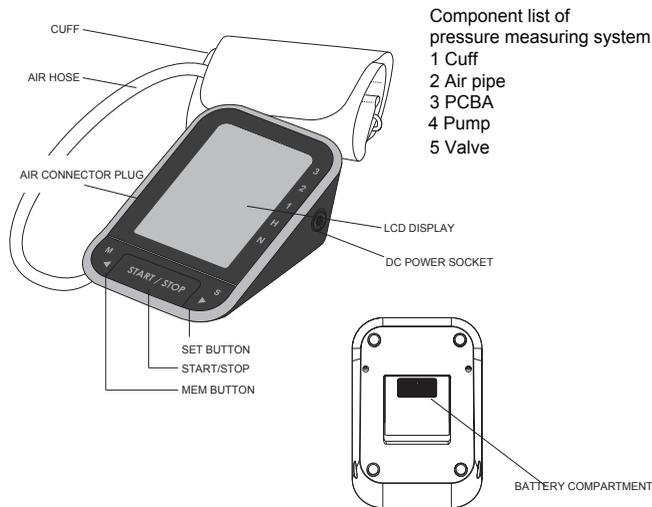
- * Be careful to strangulation due to cables and hoses, particularly due to excessive length.
- * At least 30 min required for ME equipment to warm from the minimum storage temperature between uses until it is ready for intended use. At least 30 min required for ME equipment to cool from the maximum storage temperature between uses until it is ready for intended use.
- * This equipment needs to be installed and put into service in accordance with the information provided in the ACCOMPANYING DOCUMENTS:
- * Wireless communications equipment such as wireless home network devices, mobile phones, cordless telephones and their base stations, walkie-talkies can affect this equipment and should be kept at least a distance *d* away from the equipment. The distance *d* is calculated by the MANUFACTURER from the 80 MHz to 5.8 GHz column of Table 4 and Table 9 of IEC 60601-1-2:2014, as appropriate.
- * Please use ACCESSORIES and detachable partes specified/ authorised by MANUFACTURE. Otherwise, it may cause damage to the unit or danger to the user/patients.
- * There is no luer lock connectors are used in the construction of tubing, there is a possibility that they might be inadvertently connected to intravascular fluid systems, allowing air to be pumped into a blood vessel.
- * Please use the device under the environment which was provided in the user manual. Otherwise, the performance and lifetime of the device will be impacted and reduced.

♥ LCD display signal



| SYMBOL | DESCRIPTION | EXPLANATION |
|----------------|--------------------------------|--|
| SYS. | Systolic blood pressure | High blood pressure |
| DIA. | Diastolic blood pressure | Low blood pressure |
| PUL/min | Pulse display | Pulse in beats per minute |
| Q | Memory | Indicate it is in the memory mode and which group of memory it is. |
| | Motion indicator | Motion may result in an inaccurate measurement |
| kPa | kPa | Measurement Unit of the blood pressure (1kPa=7.5mmHg) |
| mmHg | mmHg | Measurement Unit of the blood pressure (1mmHg=0.133kPa) |
| Lo + | Low battery | Batteries are low and need to be replaced |
| | Irregular heartbeat | Blood pressure monitor is detecting an irregular heartbeat during measurement. |
| | Blood pressure level indicator | Indicate the blood pressure level |
| 88:88 | Current Time | Year/Month/Day, Hour : Minute |
| | Heartbeat | Blood pressure monitor is detecting a heartbeat during measurement. |
| 1 | User 1 | Start measurement,save and transmit the measuring results for User A |
| 2 | User 2 | Start measurement,save and transmit the measuring results for User B |
| | Bluetooth icon | The bluetooth icon blinks when the bluetooth is working |
| AVG | Average value | The average value of blood pressure |
| ! | Bluetooth connection | It blinks when the bluetooth connection fails or the data is not sent. |

♥ Monitor Components



♥ List

1. Blood Pressure Monitor (TMB-1585-BS)



3. 4×AAA alkaline batteries



2. Cuff (Type BF applied part) (22cm~32cm or 22cm~42cm)



(Please use TRANSTEK authorized cuff. The size of the actual cuff please refer to the label on the attached cuff.)

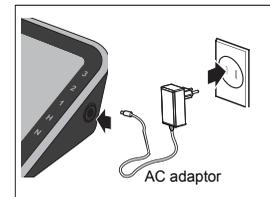
4. User manual

5. AC Adaptor (BLJ06L060100P-U)

♥ The Choice of Power Supply

1. Battery powered mode:
6VDC 4×AAA alkaline batteries
2. AC adaptor powered mode:
6V $\overline{\sim}$ 1A
(Please only use the recommended AC adaptor model).

Please unplug the adaptor to depart from the using utility power.

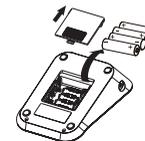


⚠ CAUTION

In order to get the best effect and protect your monitor, please use the right battery and special power adaptor which complies with CE safety standard.

♥ Installing and Replacing the Batteries

- Open the battery cover.
- Install the batteries by matching the correct polarity, as shown.
- Replace the battery cover.



Replace the batteries whenever the below happen

- The  shows
- The display is dim.
- The display does not light up.

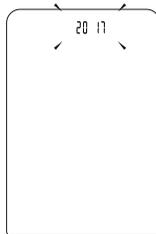
⚠ CAUTION

- Do not use new and used batteries together.
- Do not use different types of batteries together.
- Do not dispose the batteries in fire. Batteries may explode or leak.
- Remove batteries if the device is not likely to be used for some time.
- Worn batteries are harmful to the environment. Do not dispose with daily garbage.
- Remove the old batteries from the device following your local recycling guidelines.
- The typical service life of the new and unused batteries is 300 measurements for the operation time is 60s

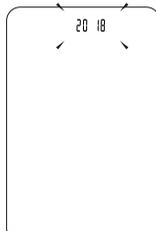
♥ Setting Date, Time and Measurement Unit

It is important to set the clock before using your blood pressure monitor, so that a time stamp can be assigned to each record that is stored in the memory. (The setting range of the year :2017—2057 time format:24H)

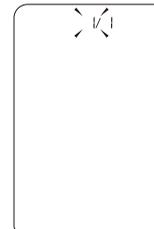
1. When the monitor is off, hold pressing "S" button about 3 seconds to enter the mode for year setting.



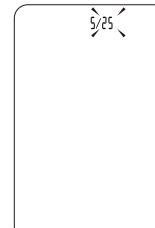
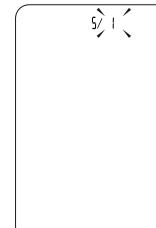
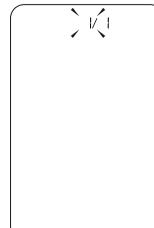
2. Press the "M" button to change the [YEAR]. Each press will increase the numeral by one in a cycling manner.



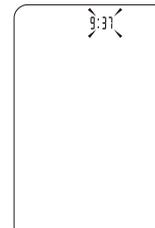
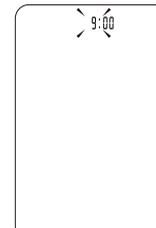
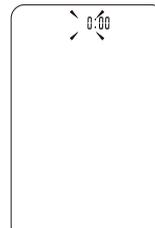
3. When you get the right year, press "S" button to set down and turn to next step.



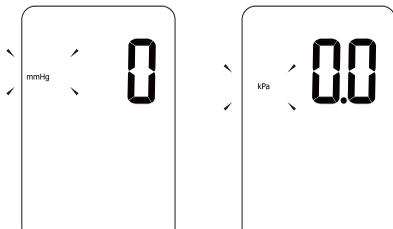
4. Repeat steps 2 and 3 to set the [MONTH] and [DAY] .



5. Repeat steps 2 and 3 to set the [HOUR] and [MINUTE].



6. Repeat steps 2 and 3 to set the [UNIT].

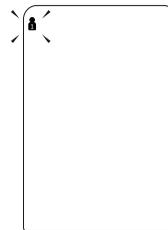


7. After the unit is set, the LCD will display "done" first, then display all the settings you have done and then turn off.

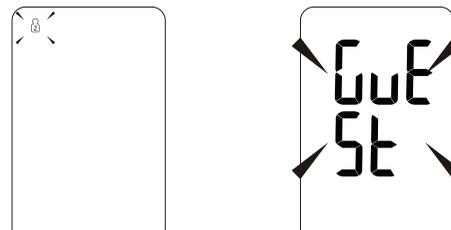


♥ Select the User

1. When the monitor is off, press and hold "M" button to enter user setting mode. The user ID will blink.



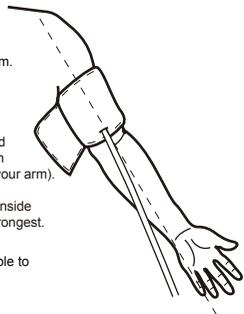
2. Then press "M" button again, select the user ID user 1, user 2 or guest model.



3. After selecting the suitable user ID, press "S" button to confirm. Then the LCD will turn off.

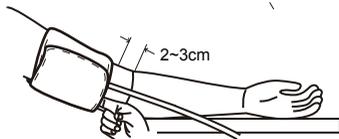
♥ Tie the Cuff

1. Remove all jewelry, such as watches and bracelets from your left arm. Note: If your doctor has diagnosed you with poor circulation in your left arm, use your right arm.
2. Roll or push up your sleeve to expose the skin. Make sure your sleeve is not too tight.
3. Hold your arm with your palm facing up and tie the cuff on your upper arm, then position the tube off-center toward the inner side of arm in line with the little finger. Or position the artery mark ϕ over the main artery (on the inside of your arm). Note: Locate the main artery by pressing with 2 fingers approximately 2 cm above the bend of your elbow on the inside of your left arm. Identify where the pulse can be felt the strongest. This is your main artery.



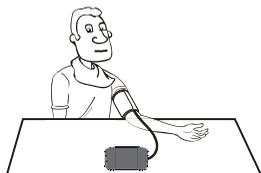
4. The cuff should be snug but not too tight. You should be able to insert one finger between the cuff and your arm.

5. Sit comfortably with your tested arm resting on a flat surface. Place your elbow on a table so that the cuff is at the same level as your heart. Turn your palm upwards. Sit upright in a chair, and take 5-6 deep breaths.



6. Helpful tips for Patients, especially for Patients with Hypertension:

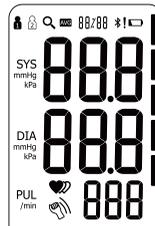
- Rest for 5 minutes before first measuring.
- Wait at least 3 minutes between measurements. This allows your blood circulation to recover.
- Take the measurement in a silent room.
- The patient must relax as much as possible and do not move and talk during the measurement procedure.
- The cuff should maintain at the same level as the right atrium of the heart.
- Please sit comfortably. Do not cross your legs and keep your feet flat on the ground.
- Keep your back against the backrest of the chair.
- For a meaningful comparison, try to measure under similar conditions. For example, take daily measurements at approximately the same time, on the same arm, or as directed by a physician.



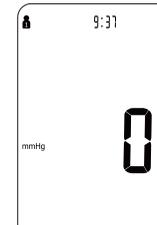
♥ Start the Measurement

1. When the monitor is off, press the “START/STOP” button to turn on the monitor, and it will finish the whole measurement. (Take user 1 for example.)

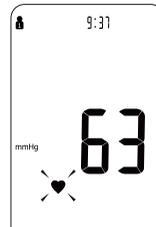
LCD display



Adjust the zero.



Inflating and measuring.



Display and save the measurement results.



2. This device will proceed to data transmission after measurement. The Bluetooth symbol blinks on the LCD indicates data is transmitting.



If the data transmission fails, the LCD will display $\#!$.



If the data transmission succeeds, the $\#!$ with disappear.



3. Press the "START/STOP" button to power off, otherwise it will turn off within 1 minute.

- Tips: 1. Maximum 60 records are both for User 1 and User 2.
2. If the measurement result is out of the measurement range (SYS: 60mmHg to 230mmHg; or DIA: 40mmHg to 130mmHg; or Pulse: 40-199 pulse/minute), the LCD will display "out".

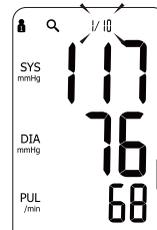
Bluetooth Module No.: AW51802
RF Frequency Range: 2402MHz to 2480MHz
Output Power Range: ≤0dbm
Supply Voltage: 2V-3.6V
Transmitting Distance: 10 meters

♥ Recall the Records

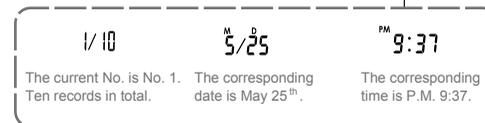
1. When the monitor is off, please press "M" button to show the average value of the latest three records. (Note: If the records are less than 3 groups, the LCD will display the recent record instead. Take user 1 for example.)



2. Press "M" button or "S" button to get the record you want.



The order, date and time of the record will be shown alternately.



List of compatible devices:

For iOS devices:

The operating system must be iOS 8 or more, such as iPhone 4S, iPhone 5/5C/5S, iPhone 6/6 Plus and so on.

For Android devices:

The operating system must be 4.3 or more.

3. If you want to check another user's records, press "START/STOP" button to turn off the monitor when the blood pressure monitor is in the memory inquiry mode. Press and hold "M" button to enter into the selecting user ID mode, press "M" again to select the user ID between user 1 and user 2 press "S" button to confirm the user ID, then press "M" button to check the selected user's measurement records.



CAUTION

The most recent record (1) is shown first. Each new measurement is assigned to the first (1) record. All other records are pushed back one digit (e.g., 2 becomes 3, and so on), and the last record (60) is dropped from the list.

CAUTION

- Interference may occur in the vicinity of equipment marked with the following symbol (⚡). And TMB-1585-BS may interfere vicinity electrical equipment.
- Sensitive people, including pregnant women pre-eclamptic and those who implanted medical electronic instruments, should avoid using the unit whenever possible.
- Keep the monitor at least 20 centimeters away from the human body (especially the head) when the data transmission is proceeding after measurement.
- To enable the data transmission function, this product should be paired to Bluetooth end at 2.4 GHz.

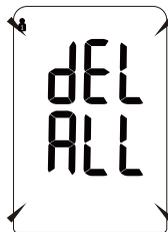
How to mitigate possible interference?

1. The range between the device and BT end should be reasonably close, from 1 meter to 10 meters. Please ensure no obstacles between the device and BT end so as to obtain quality connection and to lower the RF output range.
2. To avoid interference, other electronic devices (particularly those with wireless transmission / Transmitter) should be kept at least 1 meter away from the monitor.

♥ Delete the Records

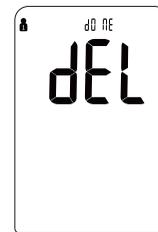
If you did not get the correct measurement, you can delete all results by following steps below. (Take User 1 for example.)

1. Hold pressing "M" button for 3 seconds when the monitor is in the memory recall mode, the flash display " User ID+ dEL ALL" will show.

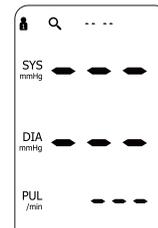


Note: To exit out of delete mode without deleting any records, press START/STOP button before pressing "S" button to confirm any delete commands.

2. Press "S" button to confirm deleting and the monitor will display "dEL dOnE" and then turn off.



3. If there is no record, the following display will show.



♥ Tips for Measurement

Measurements may be inaccurate if taken in the following circumstances.



Within 1 hour
after dinner or drinking **X**



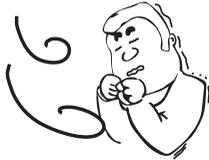
Immediate measurement
after tea, coffee, smoking **X**



Within 20 minutes
after taking a bath **X**



When talking or moving your fingers **X**



In a very cold environment **X**



When you want to discharge urine **X**

♥ Maintenance

In order to get the best performance, please follow the instructions below.



Put in a dry place and avoid the sunshine



Avoid touching water,
clean it with a dry cloth in case.



Avoid intense shaking
and collisions



Avoid dusty and unstable
temperature environment



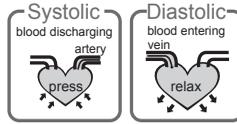
Using wet cloths to remove dirt



Do not attempt to clean the reusable cuff
with water and never immerse the cuff in
water.

♥ What are systolic pressure and diastolic pressure?

When ventricles contract and pump blood out of the heart, the blood pressure reaches its maximum value in the cycle, which is called systolic pressure. When the ventricles relax, the blood pressure reaches its minimum value in the cycle, which is called diastolic pressure.



♥ What is the standard blood pressure classification?

The chart on the right is the standard blood pressure classification published by American Heart Association (AHA).

This chart reflects blood pressure categories defined by American Heart Association.

| Blood Pressure Category | Systolic mmHg (upper#) | and | Diastolic mmHg (lower#) |
|---|------------------------|-----|-------------------------|
| Normal | less than 120 | and | less than 80 |
| Prehypertension | 120-139 | or | 80-89 |
| High Blood Pressure (Hypertension) Stage 1 | 140-159 | or | 90-99 |
| High Blood Pressure (Hypertension) Stage 2 | 160 or higher | or | 100 or higher |
| Hypertensive Crisis (Emergency care needed) | Higher than 180 | or | Higher than 110 |

AHA Home Guideline for Upper Limit of Normal BP

| | |
|-----|-----------|
| SYS | 135 mm Hg |
| DIA | 85 mm Hg |

⚠ CAUTION

Please consult a physician if your measuring result falls outside the range. Please note that only a physician can tell whether your blood pressure value has reached a dangerous point.

♥ Irregular Heartbeat Detector

An irregular heartbeat is detected when a heartbeat rhythm varies while the unit is measuring the systolic and diastolic blood pressure. During each measurement, the monitor records all the pulse intervals and calculate the average ; if there are two or more pulse intervals ,the difference between each interval and the average is more than the average value of $\pm 25\%$, or there are four or more pulse intervals ,the difference between each interval and the average is more than the average value of $\pm 15\%$,the irregular heartbeat symbol appears on the display when the measurement results are appear.

⚠ CAUTION

The appearance of the IHB icon indicates that a pulse irregularity consistent with an irregular heart-beat was detected during measurement. Usually this is NOT a cause for concern. However, if the symbol appears often, we recommend you seek medical advice. Please note that the device does not replace a cardiac examination, but serves to detect pulse irregularities at an early stage.

♥ Why does my blood pressure fluctuate throughout the day?

1. Individual blood pressure varies multiple times everyday. It is also affected by the way you tie your cuff and your measurement position, so please take the measurement under the same conditions.
- 2.If the person takes medicine, the pressure will vary more.
- 3.Wait at least 3 minutes for another measurement.



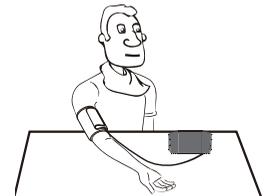
♥ Why do I get a different blood pressure at home compared to the hospital?

The blood pressure is different even throughout the day due to weather, emotion, exercise etc. Also, there is the "white coat" effect, which means blood pressure usually increases in clinical settings.

What you need to pay attention to when you measure your blood pressure at home:
 If the cuff is tied properly.
 If the cuff is too tight or too loose.
 If the cuff is tied on the upper arm.
 If you feel anxious.
 Taking 2-3 deep breaths before beginning will be better for measuring.
 Advice: Relax yourself for 4-5 minutes until you calm down.

♥ Is the result the same if measuring on the right arm?

It is ok for both arms, but there will be some different results for different people. We suggest you measure the same arm every time.



This section includes a list of error messages and frequently asked questions for problems you may encounter with your blood pressure monitor. If the products not operating as you think it should, check here before arranging for servicing.

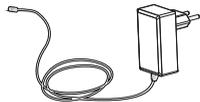
| PROBLEM | SYMPTOM | CHECK THIS | REMEDY |
|-----------------|--|--|---|
| No power | Display will not light up. | Batteries are exhausted. | Replace with new batteries |
| | | Batteries are inserted incorrectly. | Insert the batteries correctly |
| | | AC adaptor is inserted incorrectly. | Insert the AC adaptor tightly |
| Low batteries | Display is dim or show  | Batteries are low. | Replace with new batteries |
| Error message | E 01 shows | The cuff is not secure. | Refasten the cuff and then measure again. |
| | E 02 shows | The monitor detected motion, talking or the pulse is too poor while measuring. | Relax for a moment and then measure again. |
| | E 03 shows | The measurement process does not detect the pulse signal. | Loosen the clothing on the arm and then measure again. |
| | E 04 shows | The treatment of the measurement failed. | Relax for a moment and then measure again. |
| | EExx, shows on the display. | A calibration error occurred. | Retake the measurement. If the problem persists, contact the retailer or our customer service department for further assistance. Refer to the warranty for contact information and return instructions. |
| Warning message | "out " shows | Out of measurement range | the measurement result is out of the measurement range (SYS:60mmHg to 230mmHg; or DIA: 40mmHg to 130mmHg; or Pulse: 40-199 pulse/minute) |

| | |
|--|--|
| Power supply | Battery powered mode: 6VDC 4×AAA alkaline batteries AC adaptor powered mode: 6V  1A (Please only use the recommended AC adaptor model). |
| Display mode | Digital LCD V.A.100mm×68mm |
| Measurement mode | Oscillographic testing mode |
| Measurement range | Rated cuff pressure: 0mmHg~299mmHg(0kPa ~ 39.9kPa) Measurement pressure: SYS: 60mmHg~230mmHg (8.0kPa~30.7kPa) DIA: 40mmHg~130mmHg (5.3kPa~17.3kPa) Pulse value: (40-199)beat/minute |
| Accuracy | Pressure: 5°C-40°C within±3mmHg(0.4kPa) Pulse value:±5% |
| Normal working condition | A temperature range of :+5°C to +40°C A relative humidity range of 15% to 90%, non-condensing, but not requiring a water vapour partial pressure greater than 50 hPa An atmospheric pressure range of : 700 hPa to 1060 hPa |
| Storage & transportation condition | Temperature:-20°C to +60°C A relative humidity range of ≤ 93%, non-condensing, at a water vapour pressure up to 50hPa |
| Measurement perimeter of the upper arm | About 22cm~32cm or 22cm~42cm |
| Weight | Approx.282g(Excluding the dry cells and cuff) |
| External dimensions | Approx.154mm×106mm×57.1mm |
| Attachment | 4×AAA alkaline batteries,user manual,AC adapter |
| Mode of operation | Continuous operation |
| Degree of protection | Type BF applied part |
| Protection against ingress of water | IP21 It means the device could protected against solid foreign objects of 12.5mm and greater, and protect against vertically falling water drops. |
| Device Classification | Battery Powered Mode: Internally Powered ME Equipment AC Adaptor Powered Mode: Class II ME Equipment |
| Software Version | A01 |

WARNING: No modification of this equipment is allowed.

♥ Authorized Component

1. please use the TRANSTEK authorized adapter.



Adaptor

Type: BLJ06L060100P-U

Input: 100-240V, 50-60Hz, 0.2Amax

Output: 6V --- 1000mA

♥ Contact Information

For more information about our products, please visit www.transtek.cn, you can get customer service, usual problems and customer download, transtek will serve you anytime.

Manufactured by: Guangdong Transtek Medical Electronics Co., Ltd.

Company: Guangdong Transtek Medical Electronics Co., Ltd.

Address: Zone B, No.105, Dongli Road, Torch Development District, Zhongshan, 528437, Guangdong, China

♥ Complied Standards List

| | |
|--|--|
| Risk management | EN ISO 14971:2012 / ISO 14971:2007 Medical devices - Application of risk management to medical devices |
| Labeling | EN ISO 15223-1:2016 / ISO 15223-1:2016 Medical devices. Symbols to be used with medical device labels, labelling and information to be supplied. Part 1 : General requirements |
| User manual | EN 1041:2008 Information supplied by the manufacturer of medical devices |
| General Requirements for Safety | EN 60601-1:2006/ IEC 60601-1:2005+A1:2012 Medical electrical equipment - Part 1: General requirements for basic safety and essential performance EN 60601-1-11:2015/ IEC 60601-1-11:2015 Medical electrical equipment - Part 1-11: General requirements for basic safety and essential performance - Collateral standard: Requirements for medical electrical equipment and medical electrical systems used in the home healthcare environment |
| Electromagnetic compatibility | EN 60601-1-2:2015/ IEC 60601-1-2:2014 Medical electrical equipment - Part 1-2: General requirements for basic safety and essential performance - Collateral standard: Electromagnetic disturbances - Requirements and tests |
| Performance requirements | EN ISO 81060-1:2012 Non-invasive sphygmomanometers - Part 1: Requirements and test methods for non-automated measurement type EN 1060-3:1997+A2:2009 Non-invasive sphygmomanometers - Part 3: Supplementary requirements for electro-mechanical blood pressure measuring systems IEC 80601-2-30:2013 Medical electrical equipment- Part 2-30: Particular requirements for the basic safety and essential performance of automated non-invasive sphygmomanometers |
| Clinical investigation | EN 1060-4:2004 Non-invasive sphygmomanometers - Part 4: Test procedures to determine the overall system accuracy of automated non-invasive sphygmomanometers ISO 81060-2:2013 Non-invasive sphygmomanometers - Part 2: Clinical validation of automated measurement type |
| Usability | EN 60601-1-6:2010/IEC 60601-1-6:2010+A1:2013 Medical electrical equipment - Part 1-6: General requirements for basic safety and essential performance - Collateral standard: Usability EN 62366-1:2015/ IEC 62366-1:2015 Medical devices - Part 1: Application of usability engineering to medical devices |
| Software life-cycle processes | EN 62304:2006/AC: 2008 / IEC 62304:2006 Medical device software - Software life-cycle processes |
| Bio-compatibility | ISO 10993-1:2009 Biological evaluation of medical devices- Part 1: Evaluation and testing within a risk management process ISO 10993-5:2009 Biological evaluation of medical devices - Part 5: Tests for in vitro cytotoxicity ISO 10993-10:2010 Biological evaluation of medical devices - Part 10: Tests for irritation and skin sensitization |

♥ FCC Statement

FCC ID:OU9TMB1585BS

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.

Caution: The user is cautioned that changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.

NOTE: This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to Part 15 of the FCC Rules.

These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates, uses and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation.

If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:

- Reorient or relocate the receiving antenna.
- Increase the separation between the equipment and receiver.
- Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.
- Consult the dealer or an experienced radio/TV technician for help.

FCC Radiation Exposure Statement:

This equipment complies with FCC radiation exposure limits set forth for an uncontrolled environment.

This transmitter must not be co-located or operating in conjunction with any other antenna or transmitter.

♥ EMC Guidance

1) This product needs special precautions regarding EMC and needs to be installed and put into service according to the EMC information provided, and this unit can be affected by portable and mobile RF communications equipment.

2)* Do not use a mobile phone or other devices that emit electromagnetic fields, near the unit. This may result in incorrect operation of the unit.

3) Caution: This unit has been thoroughly tested and inspected to assure proper performance and operation!

4)* Caution: This machine should not be used adjacent to or stacked with other equipment and that if adjacent or stacked use is necessary, this machine should be observed to verify normal operation in the configuration in which it will be used.

Table 1

| Guidance and manufacturer's declaration – electromagnetic emissions | | |
|---|------------|---|
| The device is intended for use in the electromagnetic environment specified below. The customer or the user of the device should assure that it is used in such an environment. | | |
| Emissions test | Compliance | Electromagnetic environment - guidance |
| RF emissions CISPR 11 | Group 1 | The device uses RF energy only for its internal function. Therefore, its RF emissions are very low and are not likely to cause any interference in nearby electronic equipment. |
| RF emissions CISPR 11 | Class B | The device is suitable for use in all establishments, other than domestic and those directly connected to the public low-voltage power supply network that supplies buildings used for domestic purposes. |
| Harmonic emissions IEC 61000-3-2 | Class A | |
| Voltage fluctuations/ flicker emissions IEC 61000-3-3 | Complies | |

Table 2

| Guidance and manufacturer's declaration – electromagnetic immunity | | | |
|---|---|--|---|
| The device is intended for use in the electromagnetic environment specified below. The customer or the user of the device should assure that it is used in such an environment. | | | |
| Immunity test | IEC 60601 test level | Compliance level | Electromagnetic environment - guidance |
| Electrostatic discharge (ESD) IEC 61000-4-2 | ±8 kV contact ±15 kV air | ±8 kV contact ±15 kV air | Floors should be wood, concrete or ceramic tile. If floors are covered with synthetic material, the relative humidity should be at least 30%. |
| Electrical fast transient/burst IEC 61000-4-4 | power supply lines: ±2 kV input/output lines: ±1 kV | power supply lines: ±2 kV | Mains power quality should be that of a typical commercial or hospital environment. |
| Surge IEC 61000-4-5 | line(s) to line(s): ±1 kV line(s) to earth: ±2 kV 100 kHz repetition frequency | line(s) to line(s): ±1 kV 100 kHz repetition frequency | Mains power quality should be that of a typical commercial or hospital environment. |
| Voltage dips, short interruptions and voltage variations on power supply input lines IEC 61000-4-11 | 0%U _r ; 0.5 cycle At 0°, 45°, 90°, 135°, 180°, 225°, 270° and 315° 0%U _r ; 1 cycle and 70%U _r ; 25/30 cycles Single phase: at 0° 0% U _r ; 300 cycle | 0% U _r ; 0.5 cycle At 0°, 45°, 90°, 135°, 180°, 225°, 270° and 315° 0% U _r ; 1 cycle and 70% U _r ; 25/30 cycles Single phase: at 0° 0% U _r ; 300 cycle | Mains power quality should be that of a typical commercial or hospital environment. |
| Power frequency (50Hz/60Hz) magnetic field IEC 61000-4-8 | 30 A/m 50Hz/60Hz | 30 A/m 50Hz/60Hz | Power frequency magnetic fields should be at levels characteristic of a typical location in a typical commercial or hospital environment. |
| NOTE U _r is the a.c. mains voltage prior to application of the test level. | | | |

Table 3

| Guidance and manufacturer's declaration – electromagnetic immunity | | | |
|--|--|--|---|
| The device is intended for use in the electromagnetic environment specified below. The customer or the user of the device should assure that it is used in such an environment. | | | |
| Immunity test | IEC 60601 Test level | Compliance level | Electromagnetic environment - guidance |
| Conducted RF IEC 61000-4-6 | 150 kHz to 80 MHz: 3 Vrms 6Vrms (in ISM and amateur radio bands) 80% Am at 1kHz | 150 kHz to 80 MHz: 3 Vrms 6Vrms (in ISM and amateur radio bands) 80% Am at 1kHz | Portable and mobile RF communications equipment should be used no closer to any part of the device, including cables, than the recommended separation distance calculated from the equation appropriate for the frequency of the transmitter. Recommended separation distances: $d=0.35\sqrt{P}$; $d=1.2\sqrt{P}$ |
| Radiated RF IEC 61000-4-3 | 10V/m, 80% Am at 1kHz | 10V/m, 80% Am at 1kHz | 80 MHz to 800 MHz: $d=1.2\sqrt{P}$ 800 MHz to 2.7 GHz: $d=2.3\sqrt{P}$ where, P is the maximum output power rating of the transmitter in watts (W) according to the transmitter manufacturer, d is the recommended separation distance in meters (m). Field strengths from fixed RF transmitters, as determined by an electromagnetic site survey, should be less than the compliance level in each frequency range. Interference may occur in the vicinity of equipment marked with the following symbol:  |
| NOTE 1 At 80 MHz and 800 MHz, the higher frequency range applies. | | | |
| NOTE 2 These guidelines may not apply in all situations. Electromagnetic propagation is affected by absorption and reflection from structures, objects and people. | | | |
| <p>a Field strengths from fixed transmitters, such as base stations for radio (cellular / cordless) telephones and land mobile radios, amateur radio, AM and FM radio broadcast and TV broadcast cannot be predicted theoretically with accuracy. To assess the electromagnetic environment due to fixed RF transmitters, an electromagnetic site survey should be considered. If the measured field strength in the location in which the device is used exceeds the applicable RF compliance level above, the device should be observed to verify normal operation. If abnormal performance is observed, additional measures may be necessary, such as re-orienting or relocating the device.</p> <p>b Over the frequency range 150 kHz to 80 MHz, field strengths should be less than 3V/m.</p> | | | |

Table 4

| Recommended separation distances between portable and mobile RF communications equipment and the device. | | | |
|--|---|--|---|
| The device is intended for use in an electromagnetic environment in which radiated RF disturbances are controlled. The customer or the user of the device can help prevent electromagnetic interference by maintaining a minimum distance between portable and mobile RF communications equipment (transmitters) and the device as recommended below, according to the maximum output power of the communications equipment. | | | |
| Rated maximum output power of transmitter (W) | Separation distance according to frequency of transmitter (m) | | |
| | 150 kHz to 80 MHz $d = 3.5\sqrt{P}$ | 80 MHz to 800 MHz $d = 1.2\sqrt{P}$ | 800 MHz to 2.7 GHz $d = 2.3\sqrt{P}$ |
| 0.01 | 0.12 | 0.12 | 0.23 |
| 0.1 | 0.37 | 0.38 | 0.73 |
| 1 | 1.2 | 1.2 | 2.3 |
| 10 | 3.8 | 3.8 | 7.3 |
| 100 | 12 | 12 | 23 |
| For transmitters rated at a maximum output power not listed above, the recommended separation distance d in metres (m) can be estimated using the equation applicable to the frequency of the transmitter, where P is the maximum output power rating of the transmitter in watts (W) according to the transmitter manufacturer. | | | |
| NOTE 1 At 80 MHz and 800 MHz, the separation distance for the higher frequency range applies. | | | |
| NOTE 2 These guidelines may not apply in all situations. Electromagnetic propagation is affected by absorption and reflection from structures, objects and people. | | | |

Table 5

| Guidance and manufacturer's declaration - electromagnetic immunity | | | | | | | |
|---|----------------------|---------------|--|----------------------------------|-------------------|--------------|---------------------------|
| The device is intended for use in the electromagnetic environment specified below. The customer or the user of the device, should assure that it is used in such an environment. | | | | | | | |
| Radiated RF IEC61000-4-3 (Test specifications for ENCLOSURE PORT IMMUNITY to RF wireless communications equipment) | Test Frequency (MHz) | Band a) (MHz) | Service a) | Modulation b) | Modulation b) (W) | Distance (m) | IMMUNITY TEST LEVEL (V/m) |
| | 385 | 380-390 | TETRA 400 | Pulse modulation b) 18Hz | 1.8 | 0.3 | 27 |
| | 450 | 380-390 | SMRS 460, FRS 460 | FM c) ± 5kHz deviation 1kHz sine | 2 | 0.3 | 28 |
| | 710 | 704-787 | LTE Band 13, 17 | Pulse modulation b) 217Hz | 0.2 | 0.3 | 9 |
| | 745 | | | | | | |
| | 780 | | | | | | |
| | 810 | 800-960 | GSM 800/900, TETRA 800, iDEN 820, CDMA 850, LTE Band 5 | Pulse modulation b) 18Hz | 2 | 0.3 | 28 |
| | 870 | | | | | | |
| | 930 | | | | | | |
| | 1720 | 1700-1990 | GSM 1800, CDMA 1900, GSM 1900, DECT, LTE Band 1, 3, 4,25; UMTS | Pulse modulation b) 217Hz | 2 | 0.3 | 28 |
| | 1845 | | | | | | |
| | 1970 | | | | | | |
| | 2450 | 2400-2570 | Bluetooth, WLAN, 802.11 b/g/n, RFID 2450, LTE Band 7 | Pulse modulation b) 217 Hz | 2 | 0.3 | 28 |
| | 5240 | 5100-5800 | WLAN 802.11 a/n | Pulse modulation b) 217 Hz | 0.2 | 0.3 | 9 |
| | 5240 | | | | | | |
| | 5785 | | | | | | |
| NOTE If necessary to achieve the IMMUNITY TEST LEVEL, the distance between the transmitting antenna and the ME EQUIPMENT or ME SYSTEM may be reduced to 1 m. The 1 m test distance is permitted by IEC 61000-4-3. | | | | | | | |
| a) For some services, only the uplink frequencies are included. | | | | | | | |
| b) The carrier shall be modulated using a 50% duty cycle square wave signal. | | | | | | | |
| c) As an alternative to FM modulation, 50% pulse modulation at 18 Hz may be used because while it does not represent actual modulation, it would be worst case. | | | | | | | |
| The MANUFACTURER should consider reducing the minimum separation distance, based on RISK MANAGEMENT, and using higher IMMUNITY TEST LEVELS that are appropriate for the reduced minimum separation distance. Minimum separation distances for higher IMMUNITY TEST LEVELS shall be calculated using the following equation: | | | | | | | |
| $E = \frac{5}{d} \sqrt{P}$ | | | | | | | |
| Where P is the maximum power in W, d is the minimum separation distance in m, and E is the IMMUNITY TEST LEVEL in V/m. | | | | | | | |