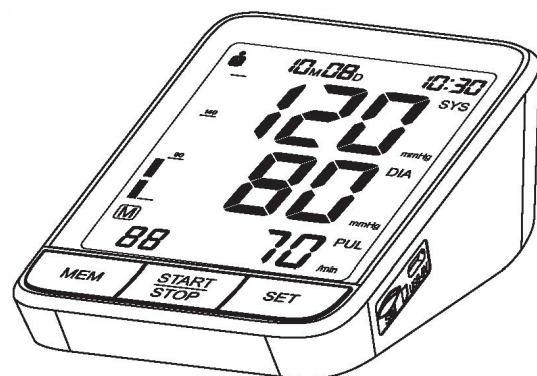


## Upper Arm Electronic Blood Pressure Monitor

Model: U85E



## Instruction Manual

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### Safety Information

■ To assure the correct use of the product, basic safety measures should always be followed including the warning and the caution listed in the instruction manual:

#### Symbol descriptions

The following symbols may appear in this manual, on the label, on the device, or on it's accessories. Some of the symbols represent standards and compliances associated with the device and its use.

⚠ **WARNING:** This alert identifies hazards that may cause serious personal injury or death.

⚠ **CAUTION:** This alert identifies hazards that may cause minor personal injury, product damage, or property damage.

⚡ Type BF applied part

🏭 Manufacturer

SN Specifies serial number

CE Authorized Representative in the European Community

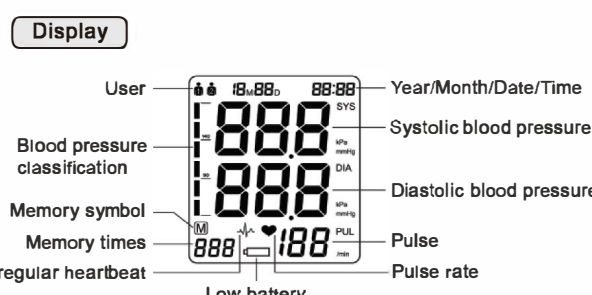
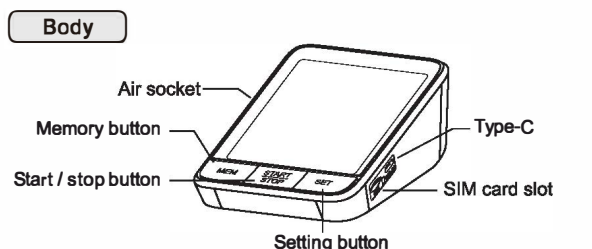
♻ **DISPOSAL:** Do not dispose this product as unsorted municipal waste. Collection of such waste separately for special treatment is necessary.

⚡ Direct current

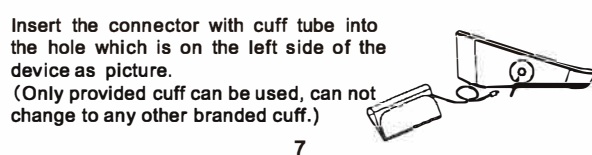
📖 Follow instructions for use

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### Product structure



**Cuff size and connection**  
The accessories cuff is universal size, for upper-arm circumference 22-42 cm use. The cuff is treated as the applied part.

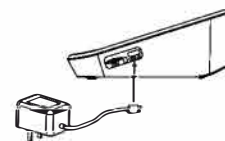


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### Setting mode

4. Insert the other side of the adapter into the outlet with 100-240V.
5. To remove the AC adapter, disconnect the adapter plug from the outlet first and then disconnect the cord from the unit's socket.

**Adapter technical features:**  
Output voltage: Type-C 5V±5%  
Max.output current: At least 600 mA

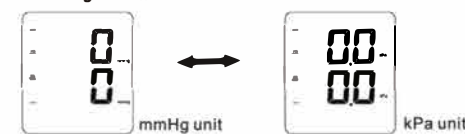


**Note:**  
• When use AC adapter, the power of battery won't be consumed.  
• When suddenly stop during measurement (like the plug off from the outlet by carelessness), it must be reinserted the plug into the unit, and restart the measurement.

#### How to set

##### 1. Start to set, Unit setting:

Press the SET button when power off, 0 or 0.0 will be displayed, then the setting begin.  
Continue to above step, the unit will be changed when press the MEM button each time. Press the SET button to confirm the unit, then it will enter into the User setting mode.



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### Proper use of the unit

#### Measurement

##### Pre-measurement

- Relax for about five to ten minutes prior to the measurement. Avoid eating, drinking alcohol, smoking, exercising and bathing for 30 minutes before taking a measurement. All these factors will influence the measurement result.
- Remove any garment that fits closely to your upper arm.
- Always measure on the same arm (normally left).
- Take measurement regularly at the same time of every day, as blood pressure changes even during the day.

##### Common factors of wrong measurement

- All efforts by the patient to support their arm can increase blood pressure.
- Make sure you are in a comfortable, relax position and do not activate any of the muscles in the measurement arm during measurement. Use a cushion for support if necessary.
- If the arm artery lies lower or higher than the heart, a false reading will be obtained.

##### Note:

- Only use clinically approved cuffs!
- A loose cuff or a exposed bladder causes false reading.
- With repeated measurements, blood accumulates in the arm which can lead to false reading. Consecutive blood pressure measurements should be repeated after 1 minute pause or after the arm has been held up in order to allow the accumulated blood to flow away.

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### Safety Information

⚠ Those who have arrhythmia, diabetes, blood circulation or apoplexy problem, please use under the physician's instruction.

⚠ Contact your physician for specific information about your blood pressure. Self diagnosis and treatment which use measured results may be dangerous. Follow the instructions of your physician or licensed healthcare provider.

⚠ Please place on a high place where children can't be touched.

⚠ No modification of this equipment is allowed.

⚠ Do not modify this equipment without authorization of the manufacturer.

⚠ If this equipment is modified, appropriate inspection and testing must be conducted to ensure continued safe use of equipment.

⚠ The cuff hose around neck may cause the suffocation.

⚠ The wallowing of small part like packaging bag, battery, battery cover and so on may cause the suffocation.

⚠ Please don't use a dilution agent, alcohol or petrol to clean the unit. Please don't hit heavily or fall down the product from a high place. Use the right cuff, otherwise it can not work.

⚠ Do not replace or remove the battery from device (in the case of device with rechargeable lithium battery).

⚠ 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.

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### Battery installation

#### SIM card installation

Remove the battery cover from the battery compartment, the SIM card slot is on the right side (as picture shown). Insert SIM card into the slot in accordance with direction " " and chip side down.

#### Battery installation

The device is equipped with 1pc 3.7V 1000mAh rechargeable lithium battery.

##### Noted:

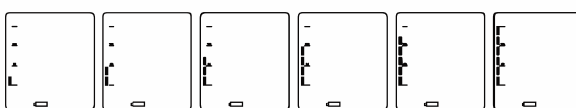
⚠ Do not replace or remove the battery from device.

#### LOW battery and charge

When power on, the low battery symbol will be displayed once the device starts. Plug in the device using the included USB cable to charge. Take the USB cable and connect it to the charger (charge connector) or to your USB port on your computer or power bank. Connect the end of the round tip to the USB socket of device.

**Noted:** the lithium battery could be used for about 70 times when charge is full. Charge time is 4-6 hours.

During charging when power off, the LCD will shows the blood pressure bars on the left side from one bar to six bars in a continuous loop. And unmoved 6 bars along with the battery symbol will be displayed once battery is full, as picture shown.



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### Setting mode

#### 2. Speaking setting

Continue to above step, the screen will display SPOFF or SPEON, press the MEM button and it will change between SPOFF and SPEON, press the SET button to confirm the option. Following this, the device will enter into the User setting mode.

Remark: SPE OFF: close the speaking function.

Remark: SPE ON: open the speaking function.



#### 3. User setting

Continue to above step, the screen will display user 1 or user 2, press button MEM, it will be changed between user 1 and user 2, press button SET when you confirm the user, then it will enter into the year setting mode.



#### 4. Alarm clock Setting

The screen will display the alarm time Settings XX:XX and alarm 1 (there are three alarms by default). Press THE MEM key to adjust the time and press the SET key to confirm. After that, the device automatically switches to the alarm switch setting screen and displays "OF" (the alarm is disabled by default). You can press the MEM key to turn the alarm on or off.



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### Proper use of the unit

#### Fitting the cuff

1). Put the cuff on a table flatly with the velcro side down. Pass the end of the cuff through the metal loop so that a circle is formed. The velcro closer will now be facing outwards (ignore this step if the cuff has already been prepared).

2). Push the cuff over the left upper arm so that the tube points in the direction of the lower arm.

3). Wrap the cuff on the arm as illustrated. Make certain that the lower edge of the cuff lies approximately 2 to 3 cm above the elbow and the rubber tube leaves the cuff on the inner side of the arm.

4). Tighten the free end of the cuff and close the cuff by affixing the velcro.

5). The cuff should be snug on your upper arm so that you can fit 2 fingers between the cuff and your upper arm. Any piece of clothing restricts the arm which must be taken off.

6). Secure the cuff with the velcro closer. In such a way that it lies comfortably and not too tight. Lay your arm on a table (palm upwards) so that the cuff is at the same height as the heart. Do not bend the tube.

##### Note:

If it is not possible to fit the cuff to your left arm, it can also be placed on the right. However, all measurements should be made using the same arm.

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### Introduction

▲ Your new digital blood pressure monitor uses the oscillometric method of blood pressure measurement. This means the monitor detects your blood's movement through your brachial artery and converts the movements into a digital reading. An oscillometric monitor does not need a stethoscope, so the monitor is simple to use.

▲ Intelligent inflation will reduce the uncomfortable feeling by incorrect inflation, and shorten the measurement time, prolong the cuff's usage lifetime.

▲ 2x90 sets memory function, each measurement result will be displayed on the screen, and automatically stored. This unit has blood classification index, could easy to check your classification index, could easy to check your

▲ Please read the manual carefully before you use the unit, and keep the manual well after using.

#### CONTRAINDICATION

This product can't be used in patients who is with severe heart insufficiency to avoid suffocation and death. This product is not suitable for infants and children.

#### INTENDED USE

This automatic blood pressure monitor intends to measure the systolic pressure, diastolic pressure and pulse rate through upper arm. It's expected to be used at home or in the hospital, intended for people over 12 years old.

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### Safety Information

⚠ Do not use the equipment where flammable gas (such as anesthetic gas, oxygen or hydrogen) or flammable liquid (such as alcohol) are present.

#### WARNING:

♻ Do not dispose of electrical appliances as unsorted municipal waste, use separate collection facilities. Contact you local government for information regarding the collection systems available. If electrical appliances are disposed of in landfills or dumps, hazardous substances can leak into the groundwater and get into the food chain, damaging your health and well-being.

#### Classification

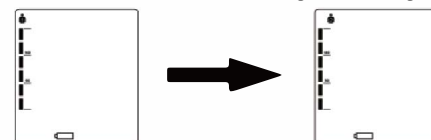
1. Internally powered equipment;
2. Type BF applied part;
3. Protection against ingress of water or Particulate matter: IP21;
4. Not category AP / APG equipment;
5. Mode of operation: Intermittent operation;

⚠ The user must check that the equipment functions safely and see that it is in proper working condition before being used.

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### Battery installation

If the device under setting mode and battery charging in the same time, LCD can show the same as above, e.g. user setting



#### WARNING:

Dispose of the battery in accordance with all federal, state and local laws. To avoid fire and explosion hazard, do not burn or incinerate the battery.

#### Adapter usage (option)

1. When optional AC adapter should comply with the requirement of IEC 60601-1:2005. Furthermore all configurations shall comply with the requirements for medical electrical systems (see IEC 60601-1-1 or clause 16 of the 3Ed. of IEC 60601-1, respectively). Anybody connecting additional equipment to medical electrical equipment configures a medical system and is therefore responsible that the system complies with the requirements for medical electrical systems. Attention is drawn to the fact that local laws take priority over the above mentioned requirements. If in doubt, consult your local representative or the technical service department.
2. When using AC power, to avoid possible damage to the monitor, use only the exclusive AC adapter that can be purchased from authorized dealers. Other adapters may vary in output voltage and polarities.
3. Insert the adapter plug into the hole on the backside of the unit as picture.

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### Setting mode

#### 5. Year setting

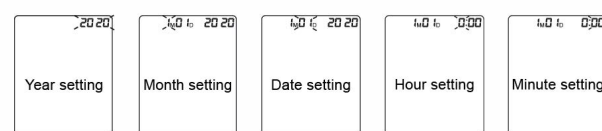
Continue to above step, the screen will display and flash 20XX, the last digit of the year will increase 1 when press button MEM each time, you could choose from 2022 to 2099. Press button SET when you confirm the year, then it will enter into the month and date setting mode.

#### 6. Month and date setting

Continue to above step, the screen will display xxMxxD and xxxx, and keep flashing on month, the digit will increase 1 when press button MEM each time, you could choose from 1 to 12. Press button SET when you confirm the month, then it will set the date. Same as the month setting, each time you press button MEM, the digit will keep changing from 01 to 31. Press button SET when you confirm the date, then it will enter into the time setting mode.

#### 7. Time setting

Continue to above step, the screen will display xxMxxD and xx:xx, and keep flashing on the digits of hour, the digit will increase 1 when press button MEM each time, you could choose from 0 to 23. Press button SET when you confirm the hour, then the digits of minute start to flash, same as the hour setting, each time you press button MEM the digits will keep changing from 00 to 59. Press button SET when you confirm the minute, then the total setting mode is completed.



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### Proper use of the unit

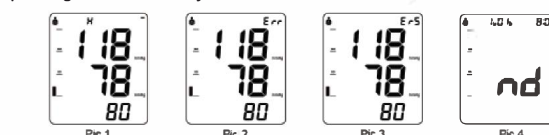
#### Measuring Procedure:

After the cuff has been appropriately positioned, the measurement can begin as follows:

1. Press the START/STOP button, all symbols appear on the display, then the pump begins to inflate the cuff, the rising pressure in the cuff is shown on the display.
2. After the suitable pressure has been reached, the pump stops and the pressure gradually falls. The cuff pressure is displayed. In case that the inflation is not sufficient, the device automatically re-inflates to a higher pressure.
3. When the device detects the signal, the heart symbol on the display starts to flash.
4. When the measurement has been completed, the systolic, diastolic and pulse rate will appear on the display.

Note: The symbol will be displayed along with the reading if the irregular heartbeat is detected during the measurement.

Remark: Once finish the measurement, the device will upload the data to the background server automatically with showing two rotating signal bar in the top right corner of LCD (as Pic 1). If Err is displayed (as Pic 2), the upload failed. Upload failure displays Err5 (as Pic 3), indicating that no SIM card is detected. LCD displays nd (as Pic 4) after successful uploading, and automatically shutle down after 5 seconds.



#### Discontinuing a measurement

If it is necessary to interrupt a blood pressure measurement for any reason (eg. the patient feels unwell) the START/STOP button can be pressed at any time. The device immediately decrease the cuff pressure automatically.

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