



# essentia

Blood Pressure Monitor



## Instruction Manual

P/N 921-106930E  
Rev 1 0111

Model: 106-930

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Readings taken by the PhysioLogic essentiA 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 instruction for using the product. Read this manual thoroughly before using the product.

Your physician's reading may sometimes differ from your home readings. This could be related to a phenomenon known as "white coat syndrome". **You should not assume that any single reading taken is your usual blood pressure.**

In fact, **blood pressure varies constantly throughout the day.** Common activities affect your level of heart activity and stress, thereby influencing your blood pressure.

Note: It is important that you take home readings regularly, and that you follow the procedures and precautions mentioned in the instruction manual. Consistently recording/charting your readings, along with regularly consulting a health professional, is an important aspect of your overall blood pressure management program.

**⚠ ATTENTION**

- This Blood Pressure Monitor does not replace examination by a physician.  
As your doctor is the one person best qualified to interpret your results, we recommend that you keep a blood pressure journal to bring to your visits to your healthcare professional.
- This device is intended for adult use only.
- This device is intended for non-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 based solely on readings obtained from this device. Always consult a physician before starting any treatment.
- 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.
- If the cuff pressure exceeds 37.24 kPa (280 mmHg), the unit will automatically deflate. Should the cuff not deflate when pressure exceeds 37.24 kPa (280 mmHg), detach the cuff from the arm and press the (ON / OFF) button to stop inflation.
- To avoid measurement errors, carefully read this manual before using the product.

**Blood Pressure Standard**

The Joint National Committee on prevention, detection, evaluation, and treatment of high blood pressure has developed a blood pressure standard, according to which areas of low and high risk blood pressure are identified. This standard is a guideline as blood pressure varies among different people and different age groups.

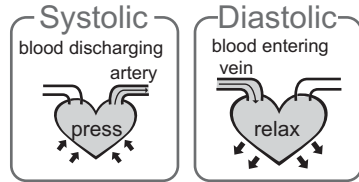
It is important that you consult with your physician regularly. Your physician will tell you your normal blood pressure range as well as the point at which you will be considered at risk.

**Blood Pressure for Adults Age 18 and Older**

Category	Systolic (mmHg)		Diastolic (mmHg)
Stage 2 Hypertension	≥ 160	<u>or</u>	≥ 100
Stage 1 Hypertension	140-159	<u>or</u>	90-99
Prehypertension	120-139	<u>or</u>	80-89
Normal	< 120	<u>and</u>	< 80

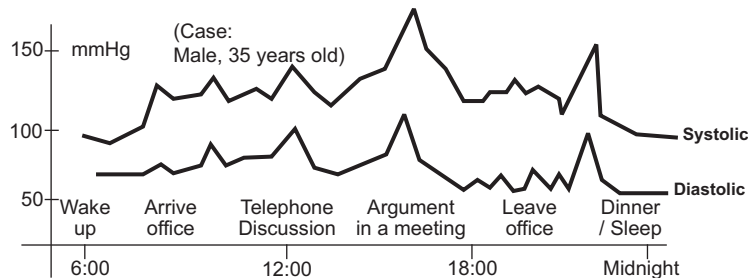
## What are systolic and diastolic pressure?

When ventricles contract and pump blood out of the heart, blood pressure reaches its maximum value. The highest pressure in the cycle is known as **systolic pressure**. When the heart relaxes between heartbeats, the lowest blood pressure is **diastolic pressure**.



## Blood Pressure Fluctuation

Blood pressure fluctuates all the time! You should not be overly worried if you encounter two or three measurements at high levels. Blood pressure changes over the month and throughout the day.

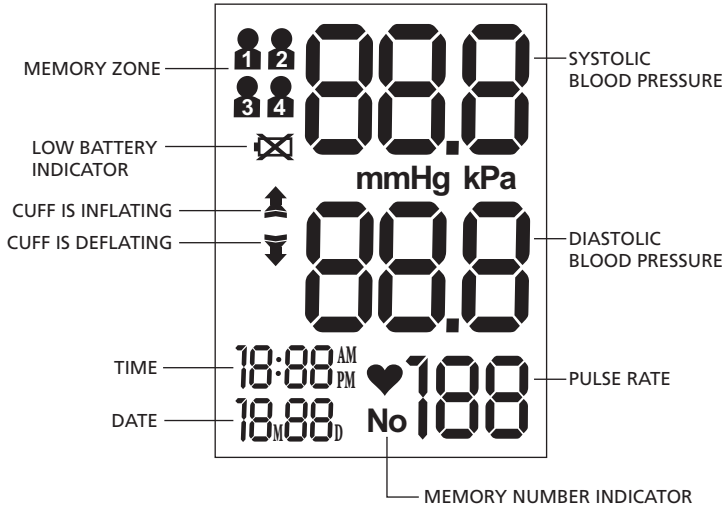


## ⚠ IMPORTANT NOTES

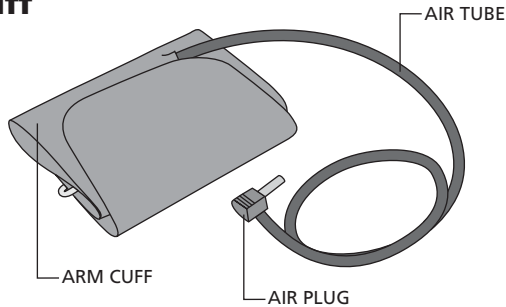
Here are a few helpful tips to help you obtain more accurate readings:

- Blood pressure changes with every heartbeat and is in constant fluctuation throughout the day.
- Blood pressure recording can be affected by the position of the user, his or her physiological condition and other factors. For greatest accuracy, wait one hour after exercising, bathing, eating, drinking beverages with alcohol or caffeine, or smoking to measure blood pressure.
- Before measurement, it's suggested that you sit quietly for 15 minutes as measurement taken during a relaxed state will have greater accuracy. You should not be physically tired or exhausted while taking a measurement.
- Do not take measurements if you are under stress or tension.
- During measurement, do not talk or move your arm or hand muscles.
- Take your blood pressure at normal body temperature. If you are feeling cold or hot, wait a while before taking a measurement.
- If the monitor is stored at very low temperature (near freezing), have it placed at a warm location for at least one hour before using it.
- Wait about 5 minutes before taking the next measurement.

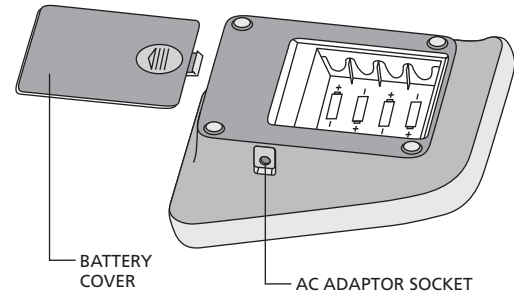
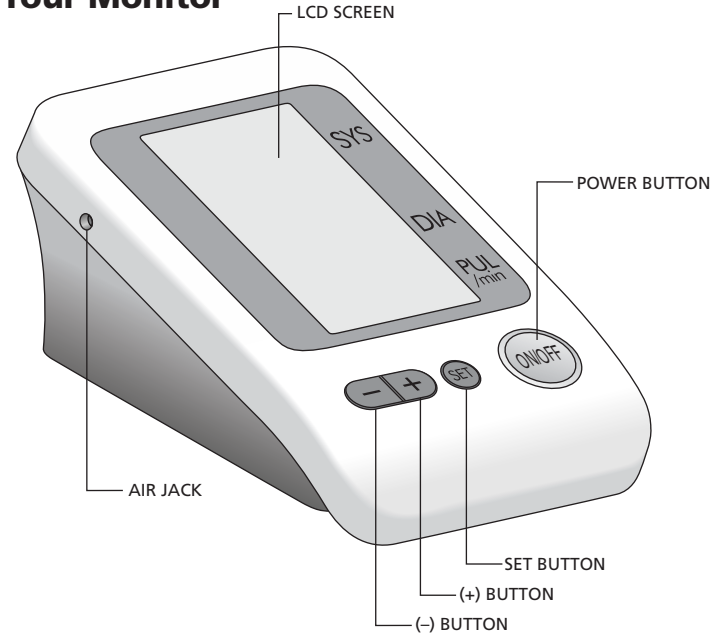
### LCD layout



### Arm Cuff



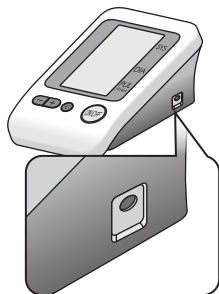
### Your Monitor



1. Battery: 4 x AA alkaline
2. Power Adapter: A 6V 1000mA AC adapter can be used with this device (*not included*) Adapter socket pictured at right

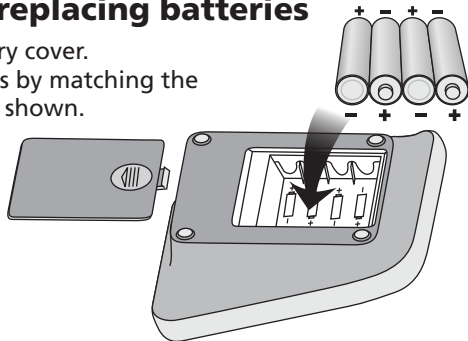
**CAUTION**

Do not use any other type of battery or adapter as it may harm the unit.



**Installing and replacing batteries**

1. Slide off the battery cover.
2. Install the batteries by matching the correct polarity, as shown.
3. Replace the cover.



**CAUTION**

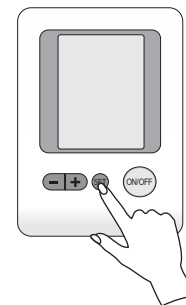
Replace the batteries if any of the following should occur:

- The indicator appears
- The display appears dim
- The display does not light up

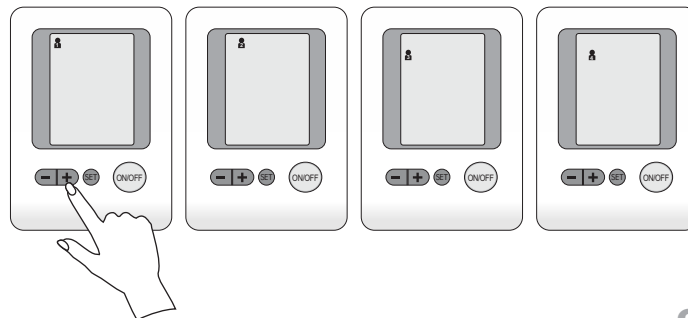
**Selecting memory zone and setting date, time & unit of measurement**

It is important to set the clock before using your blood pressure monitor, so that a time stamp can be assigned to each reading that is stored in the memory.

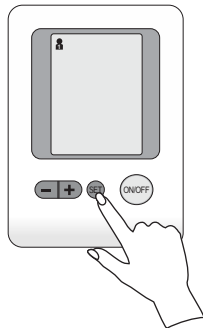
1. When the unit is off, press "SET" button to activate system settings mode.



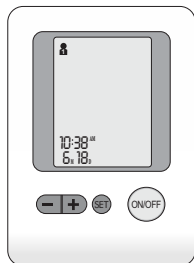
2. Select your desired memory zone using the "+" and "-" buttons. *There are 4 zones, each zone can store up to 30 readings.*



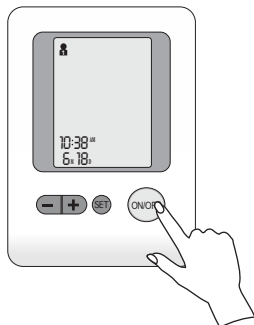
3. After selecting the right memory zone, press SET to automatically move on to the next step.



4. Repeat steps 2 and 3 to set the **MONTH, DAY, HOUR** and **MINUTE**.

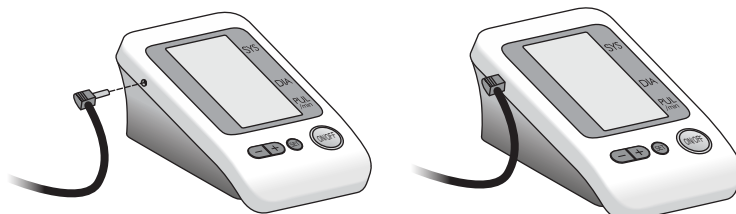


5. After the unit is set, press the power button to turn off the unit and save all current settings.

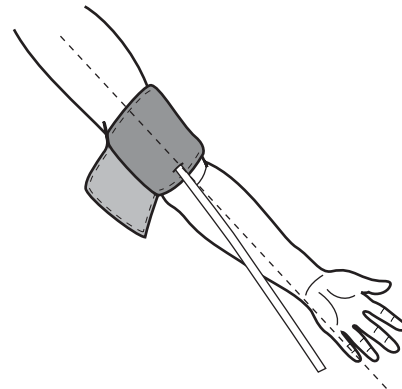


## Prepare the cuff

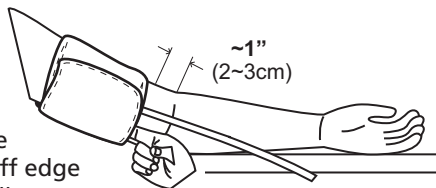
1. Firmly insert air plug into opening located on left side of the monitor.



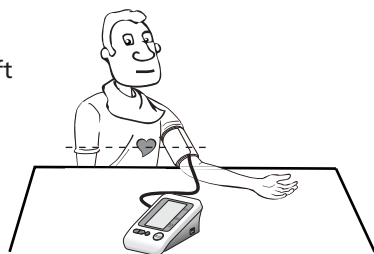
2. Wrap the cuff around your upper left arm. The tube should be aligned to point toward your little finger, as illustrated.



- The cuff should be snug but not too tight. (You should be able to insert one finger between the cuff and your arm). Keep a space of  $\pm 1$ " between the cuff edge and the bend of your elbow.



- Sit comfortably with your left arm resting on a flat surface and the cuff at heart level.

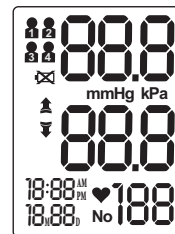


**CAUTION**

If the pressure in the arm cuff becomes too powerful while testing, press the ON/OFF button to turn power off. The cuff will rapidly deflate once the unit is turned off.

**Start the measurement**

- Press and hold the ON/OFF button until a beep sounds. The LCD screen will light up for one second as the unit performs a quick diagnosis. A long tone indicates the device is ready for testing.



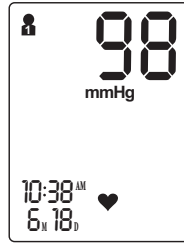
- Initial pressure is first pumped to 190mmHg. The unit will automatically adjust to one of four pressure levels based on the current user's blood pressure.

Levels: 190mmHg  
220mmHg  
250mmHg  
280mmHg

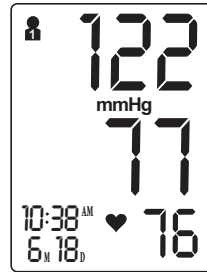




3. Once inflated, the cuff will slowly deflate and measure your blood pressure. A flashing "♥" will appear simultaneously on screen signaling heart beat detection.



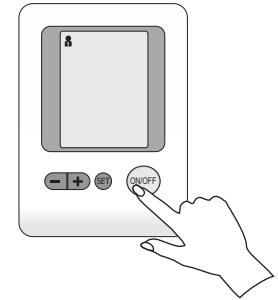
4. When testing is complete the monitor will sound three short beeps. The screen will display your systolic and diastolic blood pressure. The reading will be automatically stored in the selected memory zone.



5. To measure again, press ON/OFF to return to testing mode.

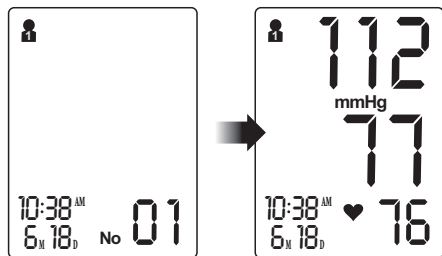
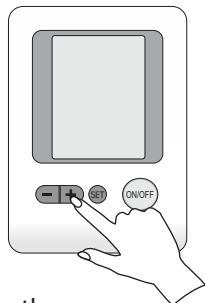
 NOTE

It is recommended to wait at least 5 minutes between measurement for accurate results.



## To recall previous readings

1. With the power off, you may check past readings by using the "+" or "-" buttons. The most recent reading can be viewed by pressing and holding the "+" button. The oldest reading in memory can be viewed by pressing and holding the "-" button.
2. When consulting the memory, you can press the "+" or "-" buttons to scroll through all readings stored in memory.



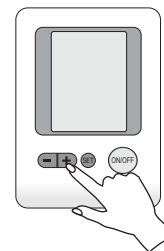
### NOTE

Past readings will only be displayed from the most recently used memory zone. To check past test results in other memory zones, select the desired zone and then turn monitor off. (See "Select Memory Zone" on page 9)

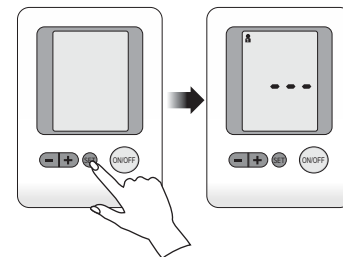
## To delete all records from memory

You can clear the memory for the selected group by following the steps listed below.

1. Press and hold the "+" button for 3 seconds.



2. Press and hold the "SET" button for approximately 3 seconds to delete all saved readings from the selected zone. The monitor will beep indicating successful deletion and then move into testing mode.

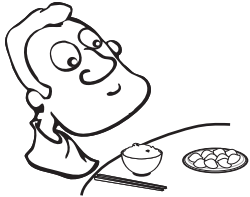


3. Press the ON/OFF button to take a new reading.

### CAUTION

Readings can not be recovered once deleted.

How to clean and care for your blood pressure monitor.



Wait at least 1 hour after eating or drinking before taking a measurement.



Avoid taking readings immediately after having tea, coffee or smoking.



Store in a dry place and avoid exposing to direct sunshine.



Avoid contact with water, wipe away any moisture with a dry cloth.



Wait at least 20 minutes after taking a bath before taking a measurement.



Avoid talking or moving your fingers when taking a measurement.



Avoid intense shaking or collisions.



Avoid storing the unit in dusty or unstable temperature environments.



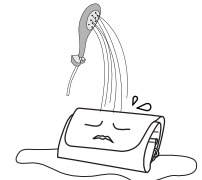
Avoid taking a measurement in a very cold environment.



Avoid taking a measurement when you need to use the bathroom.



Use a damp cloth to clean your blood pressure unit.



Do not submerge the cuff in water. To clean it, wipe it with a damp cloth.

The table below indicates how to solve common problems that you may encounter when using this monitor. If the product is not operating as you think it should, please check here first before calling customer service.

PROBLEM	CAUSE	SOLUTION
<b>Blood pressure results are not within typical range</b>	Cuff is too tight or not properly positioned on the arm	Firmly reposition cuff approximately 1-2" above the elbow joint
	Inaccurate test results due to body movement or monitor movement	Sit in a relaxed position with arm placed near heart. Avoid speaking or moving body parts while testing. Make sure the monitor unit is placed in a stationary position throughout the testing period.
<b>"Err" Displayed</b>	Cuff fails to inflate properly	Make sure air tube is properly attached to cuff and monitor unit
	Improper operation	Read user manual carefully and re-test properly
	Pressurization is over 300 mmHg	Read user manual carefully and re-test properly

<b>Power</b>	4 AA batteries / DC 6V 1000mA
<b>Display</b>	Digital LCD 84.1mm x 55.1mm
<b>Measurement mode</b>	Oscillometric Method
<b>Measurement range</b>	Pressure: 0~37.24kpa (0~280mmHg) Pulse value: (30~180) times/minute
<b>Accuracy</b>	Pressure: $\pm 0.4$ kpa (3mmHg) Pulse value: $\pm 5\%$
<b>Normal working condition</b>	Temperature: 5°C~40°C Relative humidity $\leq 85\%$
<b>Measurement perimeter of the upper arm</b>	About 22cm~36cm
<b>Weight</b>	Approx. 405g (Excluding batteries)
<b>External dimensions</b>	Approx. 110mm x 155mm x 70mm
<b>Also included</b>	Cuff, User manual

- These specifications are subject to change without notice.

## 2 year limited warranty

AMG Medical Inc. warrants this product to be free from defects in material and workmanship for a period of two (2) years. This warranty is valid for the original purchaser only. Any alterations, abuse, misuse or accidental damage voids this warranty.

For replacement or repair under warranty, please call:  
**1-800-363-2381** (Monday to Friday, 8 am to 5 pm EST)

For more information on this, or any other Physio logic® product, visit: **[www.amgphysiologic.com](http://www.amgphysiologic.com)**

## CONTACT INFORMATION

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For any question concerning this product, please call:

**1-800-363-2381**

[www.amgphysiologic.com](http://www.amgphysiologic.com)