

Dr Trust[®]

Dr Trust iCheck Max Blood Pressure Monitor -120

Model:120



**USER
INSTRUCTIONS**



Scan to View Product Demo Video
WWW.DRTRUSTUSA.COM/120

Thank you for purchasing Dr Trust iCheck Max Blood Pressure Monitor -120. Please read this instruction manual carefully before start operating the device.


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Dr Trust iCheck Max Blood Pressure Monitor -120 applies the Oscillometric method to measure human systolic / diastolic blood pressure and heart rate. All values are shown on the large LCD screen with backlight and easy to read especially in night. The operating system of this device accommodates two users with storing up to 90 measurements of each user separately. It prevents inaccurate readings as the vertical 'index' mark is there for erasing cuff-fit errors. It is a simple and accurate method to keep tab on your BP numbers throughout the day. This device is designed only for adults.

Important Information Before Use

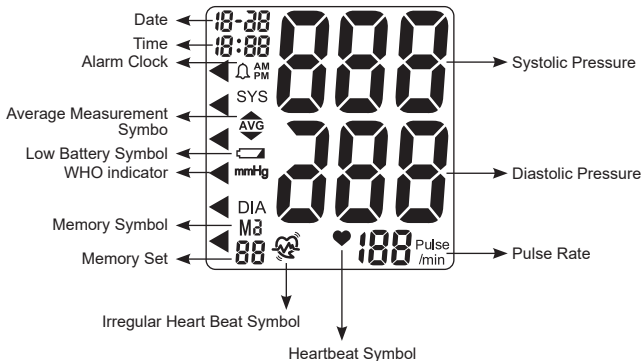
1. Blood pressure measurements should only be interpreted by a physician or a trained health care professional who is familiar with your medical history. Through regular use of this device and recording of your measurements, you can keep your physician informed of the changes in your blood pressure.
2. Perform your measurement in a quiet place. You should be seated in a relaxed position.
3. Avoid smoking, eating, taking medication, alcohol consumption or physical activity 30 minutes prior to taking a reading. If you are exhibiting signs of stress, avoid taking your measurement until the feeling subsides.
4. Rest 15 minutes prior to taking a reading.
5. Remove any constrictive clothing or jewelry that may interfere with the cuff placement.
6. Keep the monitor stable during measurement to achieve an accurate reading. Remain still; do not talk during the measurement.
7. Record your daily blood pressure and pulse readings on a chart.
8. Take your readings at the same time, each day or as recommended by your physician to get an accurate indication of change in your true blood pressure.
9. Wait a minimum of 15 minutes between readings to allow for the blood vessels to return to normal. The wait time may vary depending on your individual physiological characteristics.

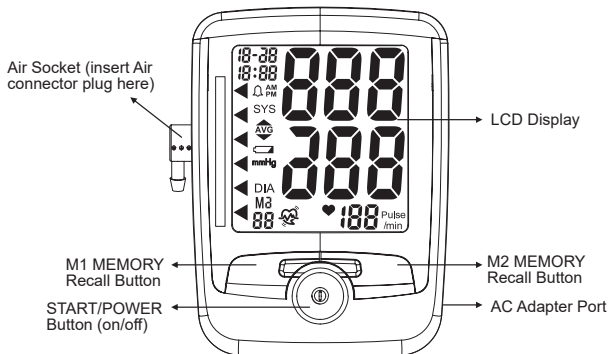
10. Although such cases are rare, for those with an extremely weak pulse or irregular pulse, errors may result which prevent proper measurement. If abnormal variations are noticed, consult with your physician or trained healthcare professional.
11. This device is intended for adult use. While taking a measurement, you can stop the inflation or deflation process of the cuff at any time by pressing the POWER button.

 Under any circumstances, the measurement taking result is ONLY for reference.

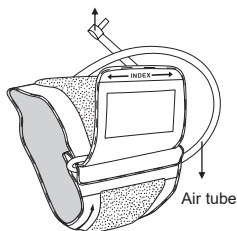
Any further medical action should follow the advice of doctors.

Description of LCD Display






Air Connector Plug
(connects to Air socket)



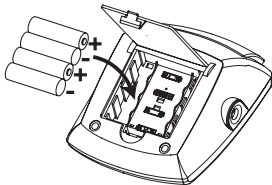
Low battery warning:

It is necessary to replace the batteries when the Low Battery symbol “” appears on the display, or when the display does not turn on after the POWER button is pressed.



Replacing the Battery:

1. Press down on latch and lift the cover on the bottom of the monitor.
2. Insert or replace 4 x 1.5 V AA A alkaline batteries into the battery compartment, ensuring to match the indicated polarity symbols. Always use new batteries.
3. Replace the battery cover.

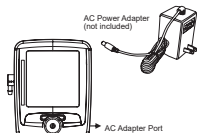


AC Power Adapter (not included)

Adapter polarity: 

Input: AC 100~240V 60Hz

Output: DC 6V 1.0A

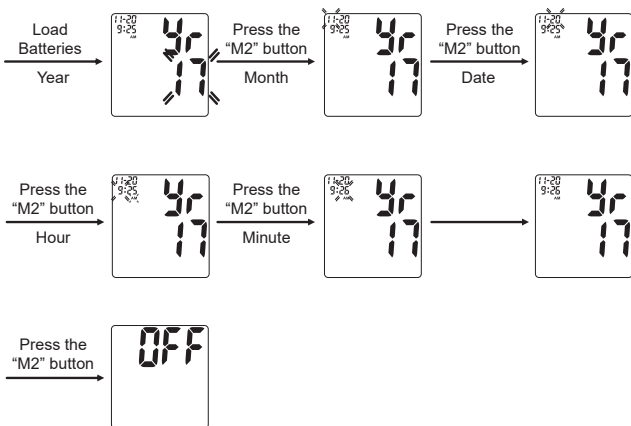


NOTE: Battery-operated

1. Please properly dispose of the batteries away from small children and heat.
2. It is recommended to remove the batteries if the unit will not be used for an extended period of time.
3. Batteries must be disposed of in accordance with local environmental and institutional policies.

It is necessary to set the date and time for the unit every time batteries are initially installed or replaced.

1. Loading 4 AAA alkaline batteries; the year will begin to flash on the display.
2. Press the “M1” button to advance the display to the desired year, press “M2” button to confirm the year.
3. Next, the month will blink. Repeat steps 2 to set the month and date, then hours, then minutes.
4. After setting the minutes, the unit will automatically exit out of the date/time setting mode and briefly show the word off before shutting down.



It is important to avoid smoking, eating, taking medication, alcohol consumption or physical activity 30 minutes prior to taking a reading. If for any reason you are unable to or should not use your left arm, please modify the instructions for cuff application to your right arm. Your physician can help you identify which arm is best for you to take measurements from.

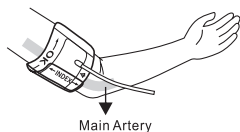
1. Remove any constrictive clothing or jewelry that may interfere with cuff placement.
2. Be seated at a table or desk with your feet flat on the floor.
3. The cuff should not be plugged into the monitor until after the cuff is applied to your arm.



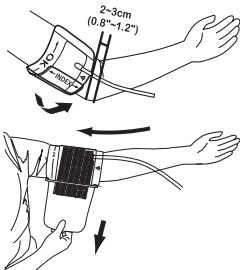
Note:

Blood pressure naturally varies from one arm to the other; therefore, measure your blood pressure on the same arm to ensure comparability of the two readings.

4. Position the cuff on a solid surface with the tubing facing up and away from you. The metal ring/bar on the cuff should be to the left of the tubing.
5. Open the cuff by pulling or rolling the bottom of the cuff to the right. This should open the cuff without fully unrolling it, creating a cylinder. Do not fully unwrap or unroll the cuff.
6. Insert your left arm into the created cuff cylinder. Position the (∇) mark over the main artery on the inside of your arm.



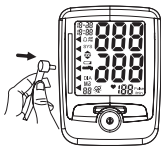
- The bottom edge of the cuff should be positioned approximately one inch above the elbow joint.
- Reaching underneath your left arm with your right hand, pull the end of the cuff towards your body to tighten the cuff. Wrap and secure the cuff, making sure that the (▽) mark remains in place as shown.
- The cuff should fit comfortably, yet snugly around your arm. You should be able to insert one finger easily between your arm and the cuff.
- The cuff size is suitable for use when the vertical 'index' mark is within the horizontal OK range. A different size cuff is needed if the 'index' mark is outside the OK range.

**Note:**

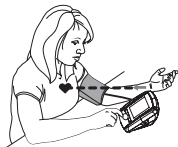
If you are not comfortable with applying your cuff, please seek the assistance of another member of your household or work with your physician to practice the cuff application. Incorrectly applied cuffs may result in inaccurate readings.

Please read the preceding portions of this manual prior to taking your first reading.

1. Position the monitor on a flat, stable surface with the digital display in view.
2. Insert the cuff tubing connector into the port on the left side of your monitor.



3. Rest your elbow on a solid surface with your palm facing upward. Elevate your arm so that the cuff is at the same level as your heart. Relax your left hand.



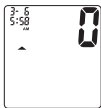
4. Press the POWER button. This will turn the power on.
5. After the self-test, the values for the last reading will appear on the display.



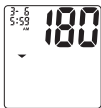
6. The blood pressure monitor start to measure.



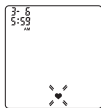
7. The cuff will automatically begin to inflate, with the display showing the increasing pressure in the cuff. As the pressure increases, an arrow pointing up will appear on the display.



8. When the inflation has reached optimum level, the display will begin to show the decreasing pressure; the screen will display an arrow pointing down while you feel the pressure of the cuff decrease.



9. To detect the heartbeat, the heartbeat symbol will appear and continuous flashes on the LCD display.



10. Your blood pressure measurement and pulse will display simultaneously on the screen.

11. The Hypertension Indicator will indicate your reading range on the display separately.



12. Press the M1 Button to record the measurement result into the MEMORY Recall Button "M 1"


Press the M2 Button to record the measurement result into the MEMORY Recall Button "M 2"

Press the START/POWER Button to record the measurement result into the MEMORY Recall Button "M 1" and power off immediately.

13. If you do not press any Button, the unit will automatically shut-off approximately 2 minutes.

Irregular Heartbeat Detector

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Your digital blood pressure monitor features an Irregular Heartbeat Detector. This feature allows users to accurately monitor blood pressure even if an irregular heartbeat should occur. When an irregular heartbeat is detected, the “” icon will appear on the display.

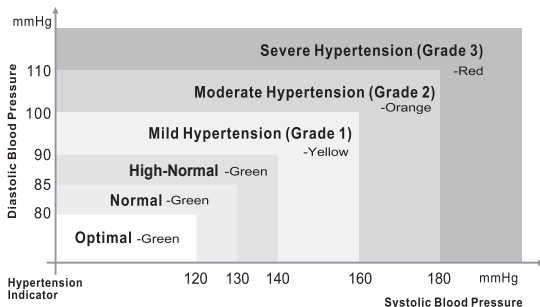


Note:

Please consult with your physician or trained healthcare professional for further information regarding an irregular heartbeat and if this symbol appears frequently.

World Health Organization (WHO)

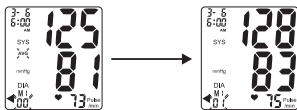
This unit features our unique Hypertension Indicator. The World Health Organization has established globally accepted standards for the assessment of high or low blood pressure readings. The below chart should be considered only as a guideline, always consult with your physician or health care professional to interpret your individual results.



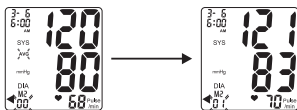
Recalling Measurements in Memory:

You can recall up to 90 measurements per memory bank, 180 total, plus an average of last 3 currently stored measurements in memory to share with your physician or trained healthcare professional.

1. Press and release the M1 or M2 button. The unit will first display the average of last 3 currently stored measurements.



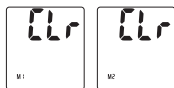
2. Continue to press the M1 or M2 button to successively view the next previously stored measurements. Measurements will appear on the display from most current to oldest; the memory number will appear on the lower left corner.



3. All results for a given measurement will display, including measurement results, pulse rate, Hypertension Indicator, Irregular Heartbeat alert, and date/time stamp.
4. Each memory bank stores up to 90 readings; when the number of readings exceeds 90, the oldest data will be replaced with the new record.
5. Press the Power button to turn the monitor off at any time during review of the stored measurements.

Clearing Measurements from Memory:

From power display off, press and hold down the M1 button or the M2 button until the display shows CLr. This indicates that all measurements have been erased.



Problem	Probable Cause	Recommended Action
Nothing appears in the display even when the power is turned on.	Batteries are drained.	Replace all batteries with new ones.
	Battery are not correctly aligned with terminals.	Reinsert batteries in the correct position.
Low Battery Symbol appears.	Batteries are drained.	Replace all batteries with new ones.
	In colder temperatures batteries have weaker electrical charges.	Warm up the batteries, or use the device in a warmer setting.
Device operation time is inconsistent.	Different battery brands have different life spans.	Use Alkaline batteries and replace all batteries at the same time with same brand batteries.
No reading after measurement.	Batteries are drained.	Replace all batteries with new ones.
Suspicious blood pressure results.	Perhaps the cuff was improperly positioned.	Adjust patient and arm cuff to measure.
	Blood pressure naturally varies throughout the day.	Rest a while, relax and measure again.
Suspicious heart rate results.	Bodily movement during device use.	Refrain from moving during measurement.
	Measurement shortly after exercise or exposure to the outdoors.	Do not take measurements after exercise or coming back from the outdoors.
Power switches off automatically.	System design.	Push the power button again, and then begin measure again.
During measuring, air re-inflates.	It could be a normal action if the user's blood pressure is higher than the initial pressure value, the device automatically pumps to a higher pressure by 40mmHg each time.	Relax, and try to take a measure again.
	The arm cuff is not fastened properly.	Check that the arm cuff is fastened properly and retake the measurement.

1. Clean the device and arm cuff carefully only with a slightly moistened cloth.
2. Do not immerse the device in water. It may cause damage if water enters.
3. Do not use any gas, strong detergent, or solvents to clean the device, including the arm cuff.
4. Disconnect the cuff and tubing from the monitor prior to storing.
5. Do not use any liquids on the monitor or cuff.
6. Use a soft, dry cloth to clean your monitor.
7. Do not store in direct sunlight, dust or excessive humidity.
8. Avoid extreme temperatures.
9. Do not disassemble the monitor or cuff.
10. Remove batteries if the monitor will not be used for an extensive period of time.


CAUTION:

- No modification of this equipment is allowed.
- Keep your equipment out of the reach of children, pets and pest.
- The Patient is an intended operator.
- Risk of explosion if battery is replaced by an incorrect type.
- Dispose of used batteries according to the instructions.

Technical Specification

- Measuring range : Blood Pressure : 30~280 mmHg
Pulse Rate : 40~199 beats/min
- Calibration Accuracy : Blood Pressure : ± 3 mmHg
Pulse rate : $\pm 4\%$ of reading
- Operating environment :
10°C~40°C (50°F~104°F)
with relative humidity up to 85% (non condensing)
- Storage/ Transportation environment :
-20°C~+50°C (-4°F~+122°F)
with relative humidity up to 85% (non condensing)
- Power Source : 4 x 1.5 V AAA batteries
- Weight : approx. 226g (exclude batteries)
- Dimensions : approx. 95 x 130 x 45(W x H x D)
- Cuff circumference (M-L Size) : approx. 22 ~ 42 cm (9" ~ 17")

Error Codes

Err Code	Meaning	Corrective Action
Err 0	No pulse or detect pulses not enough.	Take off heavy clothes and retry again.
Err 1	Leakage in Cuff Pressure/ Inflation too low.	The arm cuff is not fastened properly. Reapply the cuff, and take a measurement again.
Err 2	Pressure fault.	Rest a while, relax and retry again.
Err 3	Deflation fault.	The arm cuff is not fastened properly. Reapply the cuff, and take a measurement again.
Err	Memory error.	Take off batteries to reboot the device, then take another measurement.
	Low batteries.	Replace all batteries with new ones.

120 is intended for use in the electromagnetic environment specified below. The customer or the user of **120** must make sure that it is used in such an environment.

Guidance and manufacturer's declaration - Electromagnetic emissions

Phenomenon	Professional healthcare facility environment a)	HOME HEALTHCARE ENVIRONMENT a)
Conducted and radiated RF EMISSIONS	a)	CISPR 11 Group 1 Class B
Harmonic distortion	Not applicable	
Voltage fluctuations and flickering	Not applicable	

a) The equipment is suitable for use in Home Health Environments and Professional Health Care Environments limited to patient rooms and respiratory treatment facilities in hospital or clinics. The more restrictive acceptance limits of Group 1 Class B (CISPR 11) have been considered and applied. The equipment is suitable for use in the mentioned environments when directly connected to the Public Mains Network.

b) The test is not applicable in this environment unless the ME EQUIPMENT and ME SYSTEM used will be connected to the PUBLIC MAINS NETWORK and the power input is otherwise within the scope of the Basic EMC standard.









Guidance and manufacturer's declaration - Electromagnetic immunity - Enclosure port

Phenomenon	Basic EMC standard or test method	Immunity test levels	
		Professional healthcare facility environment	HOME HEALTHCARE ENVIRONMENT
ELECTROSTATIC DISCHARGE	IEC 61000-4-2	± 8kV contact ± 2 kV, ±4kV ±, ±8 kV, ±15 kV air	
Radiated RF EM fields	IEC 61000-4-3	a)	10 V/m b) 80MHz - 2.7 GHz 80% AM at 1kHz
Proximity fields from RF wireless communications equipment	IEC 61000-4-3	COMPLIANT NOTE: Further information about distances to be maintained between portable and mobile RF communications equipment (transmitters) and the 120 can be requested from using the contact information provided in this manual. However, it is advisable to keep the electromechanical aerosol equipment at an adequate distance of, at least, 0.5 m from mobile phones or other RF communications transmitters to minimise possible interference.	
RATED power frequency magnetic fields.	IEC 61000-4-8	30 A/m c) 50 Hz or 60 Hz	

a) The equipment is suitable for use in Home Health Environments and Professional Health Care Environments limited to patient rooms and respiratory treatment facilities in hospital or clinics. The more restrictive IMMUNITY acceptance limits have been considered and applied.

b) Before modulation is applied.

c) This test level assumes a minimum distance of at least 15 cm between the ME EQUIPMENT or ME SYSTEM and sources of power frequency magnetic fields.

	Follow instructions for use
	Disposal information: Should you wish to dispose of the article, do so in accordance with current regulations. Details are available from your local authority
	“ON/OFF” (push-push)
	Type of protection of applied part against electric shock, body floating
IP22	This product meets the basic safety and essential performance requirements indicated in the IP22 conditioning test (protection against solid foreign objects of 12.5mm ø and greater and against vertically falling water drops when enclosure tilted up to 15°)
	Temperature limits
	European Authorized Representative
	Manufacturer's name and address
	SN YYMWWWXXXXX SN: Product Serial Number YY: year, M:month, WWW: working sheet, XXXXX: serial no.

10. CUSTOMER SUPPORT

CONTACT ADDRESS

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Corporate Office (Mumbai)

Nureca Limited

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Youtube: NurecaUsa

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ABOUT US

Driven by the passion for innovation, we at Dr Trust endeavour to provide our customers with the latest medical inventions with an objective to promote good health and wellness all around the world. All the medical devices and health monitors provided by Dr Trust are supported by accurate, latest and ground breaking technologies, innovated at our headquarters in NY, USA. All our products adhere to the most stringent CE and FDA guidelines and are strongly recommended by doctors and health practitioners. Our products are designed in the utmost exemplary ways to ensure that their accuracy and convenience are unrivalled. The ease of their use and operation makes them even more suitable for users of all age groups.

Dr Trust strives to enhance the quality of lifestyle by providing with the most trusted and innovative health care and wellness products. Being a renowned global leader in health care products, Dr Trust ensures that our technically efficient team works dynamically and tirelessly to provide the best of the medical devices to our clients. The products that we have to offer are suitably designed for use at homes, laboratories and hospitals.

Our ground breaking solutions allow you to monitor your health in the easiest ways possible. In today's era when all of our lives are too hassled to handle, it becomes a bit difficult to pay attention to our health. But it has now become easier with the coming of the monitoring devices which can be conveniently used at homes and even on the go.

We bring to you a variety of best self medical devices, trusted and used by Doctors, medical professionals and home users all over the world.



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