

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 headquarter 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.

Dr Trust Wrist Digital Blood Pressure Monitor-109

QUICK STARTUP GUIDE

Step 1

Sit quietly for some time with your feet flat on the floor. Relax & breathe in calmly.

Step 2

Put the band over your left arm half an inch below your wrist. Fix it firmly with the Velcro.

Step 3

Hold the left arm in front of the chest, with the palm inward, so that the device is on the same level with your heart.

Step 4

You are now ready to take a measurement. Open your palm and power ON the BP monitor.

Step 5

Please do not move during the measurement. Also pay attention to errors that can happen during measurement.

IMPORTANT!

Wrist cuff is suitable for wrist circumference of 13.5cm to 21 cm



TABLE OF CONTENTS

1. Introduction	3
1.1. Features	
1.2. Important information about self-measurement	
2. Important information on the subject of blood-pressure and its measurement	5
2.1. How does high/low blood-pressure arise?	
2.2. Which values are normal?	
3. The various components of the blood-pressure monitor	8
4. Putting the blood-pressure monitor into operation	9
4.1. Inserting the batteries	
4.2. Reading the set date	
5. Carrying out a measurement	14
5.1. Before the measurement	
5.2. Common sources of error	
5.3. Fitting the cuff	
5.4. Measuring procedure	
5.5. Discontinuing a measurement	
5.6. Memory – storage and recall of the measurements	
5.7. Memory– cancellation of all measurements Attention!	
5.8. Positioning detection / movement detection in the measuring	
5.9. Usage/Instruction in Positioning Detection function	
6. Error messages/malfunctions	20
7. Care and maintenance, recalibration	23
8. Battery life	23
9. Safety , Care and Disposal	24
10. Reference to standards	25
11. Technical specifications	26
12. Manufacturer's Declaration	27
13. Customer support	33
14. About us	

1. INTRODUCTION

1.1. Features

The Dr Trust Wrist Digital BP Monitor-109 (with integrated time/date display) is a fully automatic, digital blood-pressure measuring device for use on the wrist, which enables very fast and reliable measurement of the systolic and diastolic blood-pressure as well as the pulse frequency by way of the oscillometric method of measuring bp. The device offers a very high and clinical tested measurement accuracy and has been designed to provide a maximum of user-friendliness. The device is intended for self-use in home.

Before using, please read through this instruction manual carefully and then keep it in a safe place. For further questions on the subject of blood-pressure and its measurement, please contact your doctor.

Attention!

1.2. Important information about self-measurement

- Substitution of a different component might result in measurement error.
- Do not use with neonatal patients.
- Too frequent measurements can cause injury to the patient due to blood flow interference.
- The application of the cuff over a wound can cause further injury.
- The application of the cuff and its pressurization on any limb where intravascular access or therapy, or an arteriovenous (A-V) shunt, is present because of temporary interference to blood flow and could result in injury to the patient.
- Do not let the cuff and its pressurization on the arm on the side of a mastectomy.



- The need to check that operation of the automated sphygmomanometer does not result in prolonged impairment of patient blood circulation.
- Not intended to be used together with HF surgical equipment.
- Do not forget self-measurement means control, not diagnosis or treatment. Unusual values must always be discussed with your doctor. Under no circumstances should you alter the dosages of any drugs prescribed by your doctor.
- The pulse display is not suitable for checking the frequency of heart pacemakers!
- In cases of cardiac irregularity (Arrhythmia), measurements made with this instrument should only be evaluated after consultation with the doctor.

Electromagnetic interference

The device contains sensitive electronic components (Microcomputer). Therefore, avoid strong electrical or electromagnetic fields in the direct vicinity of the device (e.g., mobile telephones, microwave cookers). These can lead to temporary impairment of the measuring accuracy.

2. IMPORTANT INFORMATION ON THE SUBJECT OF BLOOD-PRESSURE AND ITS MEASUREMENT

2.1. How does high/low blood-pressure arise?

The level of blood-pressure is determined in a part of the brain, the so-called circulatory center, and adapted to the respective situation by way of feedback via the nervous system. To adjust the blood-pressure, the strength and frequency of the heart (Pulse), as well as the width of circulatory blood vessels is altered. The latter is affected by way of fine muscles in the blood-vessel walls.

The level of arterial blood-pressure changes periodically during the heart activity: During the «blood ejection» (Systole) the value is maximal (systolic blood-pressure value), at the end of the heart's «rest period» (Diastole) minimal (diastolic blood-pressure value).

The blood-pressure values must lie within certain normal ranges in order to prevent particular diseases.

2.2. Which values are normal?

Blood pressure is too high if at rest, the diastolic pressure is above 90 mmHg and/or the systolic blood-pressure is over 160 mmHg. In this case, please consult your doctor immediately. Long-term values at this level endanger your health due to the associated advancing damage to the blood vessels in your body.

Should the systolic blood-pressure values lie between 140 mmHg and 159 mmHg and/or the diastolic blood-pressure values lie between 90 mmHg and 99 mmHg, likewise, please consult your doctor.



Furthermore, regular self-checks will be necessary.

With blood-pressure values that are too low, i.e. systolic values under 100 mmHg and/or diastolic values under 60 mmHg, likewise, please consult your doctor.

Even with normal blood-pressure values, a regular self-check with your blood-pressure monitor is recommended. In this way you can detect possible changes in your values early and react appropriately. If you are undergoing medical treatment to control your blood pressure, please keep a record of the level of your blood pressure by carrying out regular self-measurements at specific times of the day. Show these values to your doctor.

Never use the results of your measurements to alter independently the drug doses prescribed by your doctor.

Table for classifying blood-pressure values (unit: mmHg) according to World Health Organization:

Range	Systolic Blood-pressure	Diastolic Blood-pressure	Measures
Blood pressure optimum	between 100 and 120	between 60 and 80	Self-check
Blood pressure normal	between 120 and 129	between 80 and 84	Self-check
Blood pressure slightly high	between 130 and 139	between 85 and 89	Consult your doctor

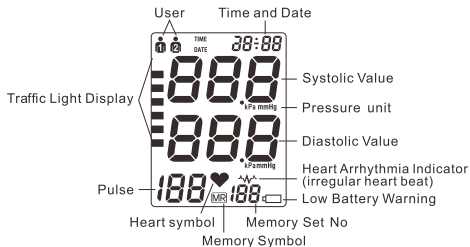
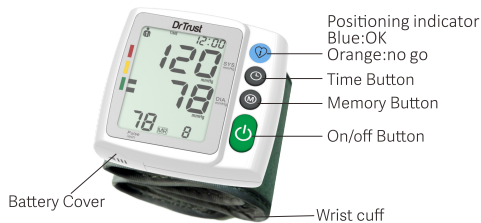
Blood pressure too high	between 140 and 159	Between 90 and 99	Seek medical advice
Blood pressure far too high	between 160 and 179	Between 100 and 109	Seek medical advice
Blood pressure dangerously high	Higher than 180	Higher than 110	Urgently seek medical advice!

Further information

- If your values are mostly standard under resting conditions but exceptionally high under conditions of physical or psychological stress, it is possible that you are suffering from so-called «labile hypertension». Please consult your doctor if you suspect that this might be the case.
- Correctly measured diastolic blood-pressure values above 120mmHg require immediate medical treatment.




3. THE VARIOUS COMPONENTS OF THE BLOOD-PRESSURE MONITOR




4. PUTTING THE BLOOD-PRESSURE MONITOR INTO OPERATION


4.1. Inserting the batteries

- Insert the batteries (2 x size AAA 1.5V), thereby observing the indicated polarity.
- If the battery warning  appears in the display, the batteries are empty and must be replaced by new ones.

Attention!


- After the battery warning  appears, the device is blocked until the batteries have been replaced.
- Please use «AAA» Long-Life or Alkaline 1.5V Batteries. The use of 1.2V Accumulators is not recommended.
- If the blood-pressure monitor is left unused for long periods, please remove the batteries from the device.

4.2. Reading the set date

Please press the TIME button, the date will be shown in the display. 

User selection:

This advanced blood pressure monitor allows you to track blood pressure readings for 2 individuals independently.

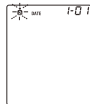
- Before measurement, make sure you set the unit for the intended user. The unit can track results for 2 individuals. (User 1, User 2) 



- b) Press the TIME button for at least 3 seconds. The display now indicates the set user, during which the set user blink. To confirm, press ON/OFF button



- c) Click the MEMORY button to select User
d) We suggest the first person to take their pressure to be User 1



Setting the time, date

This blood-pressure monitor incorporates an integrated clock with date display. This has the advantage, that at each measurement procedure, not only the blood-pressure values are stored, but also the exact moment of the measurement.

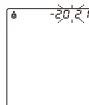
After new batteries have been inserted, the clock begins to run from the following setting: 2018-01-01 12:00 O'clock.

You must then re-enter the date and current time. For this, please proceed as follows

1. Press the TIME button for at least 3 seconds firstly, user icon blink. Then press TIME button again the display now indicates the set year, during which the four characters blink.



2. The correct year can be entered by pressing the MEMORY button.



3. Press the TIME button again. The display now switches to the current date, during which the first character (month) blinks.



4. The corresponding month can now be entered by pressing the MEMORY button.



5. Press the TIME button again. The last two characters (day) are now blinking.



6. The corresponding day can now be entered by pressing the MEMORY button.



7. Press the TIME button again. The display now switches to the current time, during which the first character (Hour) blinks.



8. The corresponding hour can now be entered by pressing the MEMORY button.



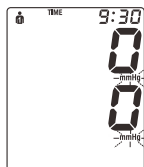
9. Press the TIME button again. The last two characters (Minutes) now blink.



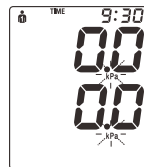
10. The exact time can now be entered by pressing the MEMORY button.



11. How to select pressure unit, switchable of mmHg and kPa. Finished the whole setting process mentioned above, press the TIME button again, Display "mmHg" blink, To press "MEMORY" button can switch pressure unit as "mmHg" or "kPa", To press the TIME button selects pressure unit.



12. Now after all settings have been made, press the TIME button once again. The date is briefly displayed and then the time. The input is now confirmed, and the clock begins to run.



Further Information

With each press of the button (TIME, MEMORY) one input is made (e.g. switching over from hours to minutes mode, or altering the value by +1).



However, if you keep the respective button depressed, you can switch more quickly to find the desired value respectively.

5. CARRYING OUT A MEASUREMENT

5.1. Before the measurement

- Avoid eating, smoking as well as all forms of exertion directly before the measurement. All these factors influence the measurement result. Try and find time to relax by sitting in an armchair in a quite atmosphere for about ten minutes before the measurement.
- Measure always on the same arm (normally left).
- Attempt to carry out the measurements regularly at the same time of day, since the blood-pressure changes during the day.

5.2. Common sources of error

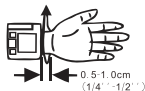
Note: Comparable blood-pressure measurements always require the same conditions! These are normally always quiet conditions.

- All efforts by the patient to support the arm can increase the blood-pressure. Make sure you are in a comfortable, relaxed position and do not activate any of the muscles in the measurement arm during the measurement. Use a cushion for support if necessary.
- The performance of the automated sphygmomanometer can be affected by extremes of temperature, humidity, and altitude.
- Avoid compression or restriction of the connection tubing.
- A loose cuff causes false measurement values.
- With repeated measurements, blood accumulates in the respective arm, which can lead to false results. Correctly executed blood-pressure measurements should therefore first be repeated after a 5-minute pause or after the arm has been held up to allow the accumulated blood to flow away (after at least 3 minutes).

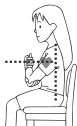
5.3. Fitting the cuff

Remove all eventual objects and jewellery (e.g. wristwatch) from the wrist in question. Put the cuff over the wrist.

- a) The distance between the cuff and the hand should be approx. 10 mm.
- b) Secure the cuff with the Velcro fastener, so that it lies comfortably and not too tight, whereby no space should remain between the cuff and the wrist.



c) Sit up straight, hold the left arm in front of the chest, with the palm inward. The cuff should be at the same height as the heart. Take care that the cuff lies free. Remain so for 2 minutes sitting quietly, before beginning with the measurement.



D) Let legs uncrossed, feet flat on the floor, back and arm supported.

5.4. Measuring procedure

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

- Press the ON/OFF button, the pump begins to inflate the cuff. In the display, the increasing cuff-pressure is continually displayed.
- After reaching the inflation pressure, the pump stops, and the pressure slowly falls away. The cuff-pressure (large characters) is displayed during the measurement. When the device has detected the pulse, the heart symbol in the display begins to blink for every pulse beat.
- When the measurement has been concluded, the measured systolic and diastolic blood-pressure values as well as the pulse frequency are now displayed.



Example (Fig.): Systole 118, Diastole 73, Pulse 75

The measurement results are displayed, until you switch the device off. If no button is pressed for 3 minutes, the device switches automatically off, to save the batteries.

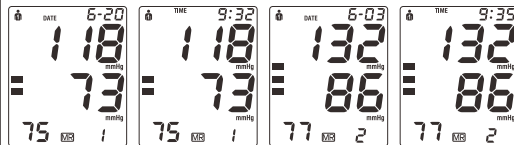
5.5. Discontinuing a measurement

If it is necessary to interrupt a blood pressure measurement for any reason (e.g., the patient feels unwell), the "ON/OFF" button can be pressed at any time. The device then immediately lowers the cuff-pressure automatically.



5.6. Memory – storage and recall of the measurements

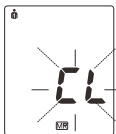
The blood-pressure monitor automatically stores each of the last 120 measurement values. By pressing the MEMORY button, an average value of the last 3 measurements as well as the last measurement (MR1) and the further last 119 measurements (MR2, MR3, ..., MR120) can be displayed one after the other.



(MR1: Values of the last measurement) (MR2-MR120: Values of the measurement before MR1)

5.7. Memory- cancellation of all measurements Attention!

Before you delete all readings stored in the memory, make sure you will not need refer to the readings later. Keeping a written record is prudent and may provide additional information for your doctor's visit. To delete all stored readings, depress the MEMORY button for at least 5 seconds, the display will show the symbol «CL» and then release the button. to permanently clear the memory, Press the MEMORY button while «CL» is flashing.



5.8. Positioning detection / movement detection in the measuring

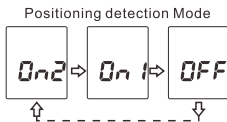
How to select Positioning detection mode:

To press and hold ON/OFF button 3 seconds, then enter to Positioning selection mode

Mode On2 is a default positioning detection mode.

And to press memory button to change a desired mode,

To press ON/OFF button for the desired mode confirmation.



5.9. Usage/Instruction in Positioning Detection function

If the device is positioned properly and positioning indicator is Blue

If the device is not positioned properly and positioning indicator is Orange

There are 3 modes in Positioning detection , On1, On2 and OFF

On1 mode: Positioning indicator detects whether the device is in the proper position in "ON1 mode", even if the device is not positioned properly, the Positioning indicator becomes orange while the device is still workable or allowed to take measurement. Orange Positioning indicator indicates about improper wrist position or movement detected during measuring

On2 mode : The device is not positioned properly, and the Positioning indicator is orange, the device is not allowed to take measurement, or movement is detected during measurement, the positioning indicator is changed from Blue to Orange. The device will be shut down immediately. You need to press the ON/OFF button to restart the measurement. A default mode is On2 Mode.

OFF mode: user can disable the positioning detection function .



6. ERROR MESSAGES/MALFUNCTIONS

If an error occurs during a measurement, the measurement is discontinued, and a corresponding error code is displayed (Example: Error No. 2).



Error No.	Possible cause(s)
ERR 1	No pulse has been detected.
ERR 2	Unnatural pressure impulses influence the measurement result. Reason: The arm was moved during the Measurement (Artefact).
ERR 3	The inflation of the cuff takes too long. The cuff is not correctly seated.
ERR 5	The measured readings indicated an unacceptable difference between systolic and diastolic pressures. Take another reading following directions carefully. Contact your doctor if you continue to get unusual readings.
ERR 8	If pressure is over 290mmHg

Other possible malfunctions and their elimination


If problems occur when using the device, the following points should be checked and if necessary, the corresponding measures are to be taken:

Malfunction	Remedy
The display remains empty when the instrument is switched on although the batteries are in place.	<ol style="list-style-type: none"> 1. Check batteries for correct polarity and if necessary, insert correctly. 2. If the display is unusual, re-insert batteries or exchange them.
The device frequently fails to measure the blood pressure values, or the values measured are too low (too high).	<ol style="list-style-type: none"> 1. Check the positioning of the cuff. 2. Measure the blood-pressure again in peace and quiet under observance of the details made under point 5.
Every measurement produces a different value although the instrument functions normally and the values displayed are normal	<ol style="list-style-type: none"> 1. Please read the following information and the points listed under «Common sources of error». Repeat the measurement. <p>Please note: Blood pressure fluctuates continually so successive measurements will show some variability.</p>
Blood pressure measured differs from those values measured by the doctor.	<ol style="list-style-type: none"> 1. Record the daily development of the values and consult your doctor. <p>Please note: Individuals visiting their doctor frequently experience anxiety which can result in a higher reading at the doctor than obtained at home under resting conditions.</p>



Further Information

The level of blood-pressure is subject to fluctuations even with healthy people. Important thereby is, that comparable measurements always require the same conditions (Quiet conditions)!

If, despite observing all these factors, the fluctuations are larger than 15mmHg, and/or the arrhythmia symbol  is in the display, please consult your doctor. For licensing, the device has been subjected to strict clinical tests, by which the computer program used to measure the blood-pressure values was tested by experienced specialist doctors in Germany. The same computer program is used in every individual device and has thus also been clinically tested. The manufacture of the devices takes place according to the terms of the European standard for blood-pressure measuring devices. You must consult your specialist dealer if there are technical problems with the blood-pressure instrument. Never attempt to repair the instrument yourself!

Any unauthorized opening of the instrument invalidates all guarantee claims!

7. CARE AND MAINTENANCE, RECALIBRATION

- a) Do not expose the device to either extreme temperatures, humidity, dust, or direct sunlight.
- b) The cuff contains a sensitive air-tight bubble. Handle this carefully and avoid all types of straining through twisting or buckling.

- c) Clean the device with a soft, dry cloth. Do not use petrol, thinners, or similar solvent. Spots on the cuff can be removed carefully with damp cloth and soapsuds. The cuff must not be washed!



- d) Do not drop the instrument or treat it roughly in any way. Avoid strong vibrations.



- e) Never open the device! Otherwise, the manufacturer calibration becomes invalid!



8. BATTERY LIFE

300 times measurement with 2-size "AAA" alkaline Batteries



109

9. SAFETY, CARE AND DISPOSAL

- This instrument may be used only for the purpose described in this booklet. The manufacturer cannot be held liable for the damage caused by incorrect application.
- This instrument comprises sensitive components and must be treated with caution. Observe the storage and operating condition described in the "Technical specifications" section!
- Protect it from:
 - water and moisture
 - extreme temperatures
 - impact and dropping
 - contamination and dust
 - direct sunlight
 - heat and cold
- The cuffs are sensitive and must be handled with care.
- Only pump up the cuff once fitted.
- Do not use the instrument close to strong electromagnetic fields such as mobile telephones or radio installations.
- Do not use the instrument if you think it is damaged or notice anything unusual.
- If the instrument is not going to be used for a prolonged period, the batteries should be removed.
- Read the additional safety instructions in the individual sections of this booklet.

- Ensure that children do not use the instrument unsupervised: some parts are small enough to be swallowed.
 - Must use the recognized accessories, detachable parts, and materials, if the use of other parts or materials can degrade minimum safety.
 - A warning to remove primary batteries if the instrument is not likely to be used for some time.
 - Instrument care
 - Clean the instrument only with a soft, dry cloth.
- Disposal batteries and electronic instruments must be disposed of in accordance with the locally applicable regulations, not with domestic's waste.

10. REFERENCE TO STANDARDS

Device standard: Device corresponds to the requirements of the European standard for non-invasive blood pressure monitor

IEC60601-1-6:2010+A1:2013/ EN60601-1-6:2010+A1:2015
IEC60601-1:2005+A1:2012/EN60601-1:2006+A11:2011+A1:2013+A12:2014
IEC60601-1-2:2014/ EN60601-1-2:2015
IEC/EN60601-1-11:2015
IEC80601-2-30:2009+A1:2013/EN80601-2-30:2010+A1:2015

The stipulations of the EU-Guidelines 93/42/EEC for Medical Products Class IIa have been fulfilled.



11. TECHNICAL SPECIFICATIONS

Measurement Procedure:	Oscillometric, corresponding to Korotkoff method: Phase I: systolic, Phase V: diastolic
Display:	Digital display
Measuring Range:	SYS/DIA: 30 to 280 mmHg (in 1 mmHg increment) Pulse: 40 to 199 beat/minute
Static accuracy:	SYS/DIA: ± 3 mmHg / Pulse: $\pm 5\%$ of reading
Measuring resolution:	1mmHg
Inflation:	Automatic inflation by internal pump
Memory function:	2 x 120 memories for 2 users (SYS, DIA, Pulse)
Decompression:	Constant exhaust valve system
Power source:	2 size "AAA" alkaline batteries
Operation temperature:	5-40°C/41-104°F
Operation humidity:	15%-80%RH maximum
Storage temperature:	-20-+55°C/-4-+131°F
Storage humidity:	10%-95%RH maximum
Dimensions:	70 x 65 x 30 mm
Weight:	129 g (including batteries and cuff)
Cuff pressure display range:	0-290mmHg/0-38.7KPa
Electrical shock protection:	Internal power unit
Safety classifications:	Type BF equipment
Mode of operation:	Continuous operation
Protection against ingress of water:	IP22
Accessories:	Storage case, 2 "AAA" batteries, manual

12. MANUFACTURER'S DECLARATION

The Wrist Digital Blood Pressure Monitor-109 is intended for use in the electromagnetic environment specified below. The customer or the user of the Wrist Digital Blood Pressure Monitor-109 should assure that it is used in such an environment.

Electromagnetic Emissions: (IEC60601-1-2)

Emission Test	Compliance	Electromagnetic Environment
RF emission CISPR 11	Group 1	The Wrist Digital Blood Pressure Monitor-109 uses RF energy only for internal functions. Therefore, this RF emission is extremely weak and there is little chance of it creating any kind of interference whatsoever with nearby electronic equipment.
RF emissions CISPR 11	Class B	The Wrist Digital Blood Pressure Monitor-109 is suitable for use in all establishments, including domestic establishments 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	Not applicable	
Voltage fluctuations/flicker IEC 61000-3-3	Not applicable	





Electromagnetic Immunity: (IEC60601-1-2)

Immunity test	IEC60601-1-2 test level	Compliance level	Electromagnetic environment - guidance
Electrostatic discharge (ESD) IEC 61000-4-2	±6 kV contact ±8 kV air	±6 kV contact ±8 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 %.
Electric fast transient/burst IEC 61000-4-4	±2 kV for power supply lines ±1 kV for input/output lines	Not applicable	Mains power quality should be that of a typical commercial or hospital environment.
Surge IEC 61000-4-5	±1 kV differential mode ±2 kV common mode	Not applicable	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	<5 % UT (95% dip in UT.) for 0.5 cycle 40 % UT (60% dip in UT) for 5 cycles 70 % UT(30% dip in UT) for 25 cycles <5 % UT(95% dip in UT) for 5 sec.	Not applicable	Mains power quality should be that of a typical commercial or hospital environment. If the user of the upper arm style requires continued operation during power mains interruptions, it is recommended that Wrist Digital Blood Pressure Monitor-109 be powered from an uninterruptible power supply or a battery.
Power frequency (50/ 60 Hz) magnetic field IEC 61000-4-8	3 A/m	Not applicable	Not applicable

Note: UT is the a.c. mains voltage prior to application of the test level.



Immunity test	EC60601-1-2 test level	EC60601-1-2 test level	Electromagnetic environment -guidance
Conducted	3 Vrms 150	3 Vrms	Portable and mobile RF communications equipment should be used no closer to any part of Wrist Digital Blood Pressure Monitor-109, including cables, than the recommended separation distance calculated from the equation applicable to the frequency of the transmitter. Recommend separation distance $3V$ $d = 1.2 \times p^{1/2}$ 80MHz to 800 MHz $d = 2.3 \times p^{1/2}$ MHz to 2.5 GHz Where P is the maximum output power rating of the transmitter in watts (W) according to the transmitter manufacturer and d is the recommended separation distance in meters (m). Field strengths from fixed RF transmitters as determined by an electromagnetic site survey ^a , should be less than the compliance level in each frequency range ^b . Interference may occur in the vicinity of equipment marked with the following symbol: 
RF IEC 61000-4-6	kHz to 80 MHz 80% AM (2Hz)		
Radiated	3 Vrms 80	3 V/m	Where P is the maximum output power rating of the transmitter in watts (W) according to the transmitter manufacturer and d is the recommended separation distance in meters (m). Field strengths from fixed RF transmitters as determined by an electromagnetic site survey ^a , should be less than the compliance level in each frequency range ^b . Interference may occur in the vicinity of equipment marked with the following symbol: 
RF IEC 61000-4-3	MHz to 2.5 GHz 80% AM (2Hz)		

Note1: At 80 MHz and 800 MHz, the higher frequency range applies. Note2: These guidelines may not apply in all situations. Electromagnetic propagation is affected by absorption and reflection from structures, objects, and people.
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 Wrist Digital Blood Pressure Monitor-109 is used exceeds the applicable RF compliance level above, the Wrist Digital Blood Pressure Monitor-109 should be observed to verify normal operation. If abnormal performance is observed, additional measures may be necessary, such as reorienting or relocating the Wrist Digital Blood Pressure Monitor-109.
b) Over the frequency range 150 kHz to 80MHz, field strengths should be less than 3 V/m.
Recommended Separation Distances:
Recommended separation distance between portable and mobile RF communications equipment and the Wrist Digital Blood Pressure Monitor-109
The Wrist Digital Blood Pressure Monitor-109 is intended for use in an electromagnetic environment in which radiated RF disturbances are controlled. The customer or the user of the Wrist Digital Blood Pressure Monitor-109 can help prevent electromagnetic interference by maintaining a minimum distance between portable and mobile



RF communications equipment (transmitters) and the Wrist Digital Blood Pressure Monitor-109 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 $d = 1.2 \times p^{1/2}$	80 MHz to 800 MHz $d = 1.2 \times p^{1/2}$	800 MHz to 2.5 GHz $d = 2.3 \times p^{1/2}$
0.01	0.12	0.12	0.23
0.1	0.38	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 meters (m) can be determined 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.

Note1: At 80MHz and 800MHz, the separation distance for the higher frequency range applies

Note2: These guidelines may not apply in all situations. Electromagnetic propagation is affected by absorption and reflection from structures, objects and people.

13. CUSTOMER SUPPORT

CONTACT ADDRESS

USA

Nureca INC.USA
276 5th Avenue, Suite 704-397,
New York (NY) - 10001, USA

INDIA

Corporate Office (Mumbai)
Nureca Limited
128 Gala Number Udyog Bhavan,
1st Floor Sonawala Lane, Goregaon East
Mumbai City Maharashtra 400063

Contact us

India: +91-7527013265 / +91-9356658436

Website: www.drtrust.in

Corp Website: www.nureca.com

Email: customercare@nureca.com

Connect with us on social networks

Facebook: @drtrust

Instagram: @drtrustisin

Youtube: NurecaUSA



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