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# Start by iHealth BPa

# Automatic Arm Blood Pressure Monitor

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CHAPTER 1: IMPORTANT INFORMATION


➢ **Intended use**

The Start by iHealth BPa Blood Pressure Monitor is fully automatic electronic sphygmomanometer intended for use in measuring blood pressure and pulse rate.

The device detects the appearance of irregular heartbeats during measurement and gives a warning signal with the measurement result.

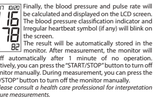
The Start by iHealth BPa is intended for home use.

➢ **Important safety information**

Consult your doctor prior to using in pregnancy or if diagnosed with arrhythmia or arteriosclerosis. Please read this section carefully before using the monitor.

- Consult your physician if you have any doubt about below cases.
- The application of the cuff over a wound or inflammation diseases.
- The application of the cuff on any limb where intravascular access or therapy, or an arterio-venous (AV) shunt, is present.





Finally, the blood pressure and pulse rate will be calculated and displayed on the LCD screen. The blood pressure classification indicator and Irregular heartbeat symbol (if any) will blink on the screen.

The result will be automatically stored in the monitor. After measurement, the monitor will turn off automatically after 1 minute of no operation. Alternatively, you can press the "START/STOP" button to turn off the monitor manually. During measurement, you can press the "START/STOP" button to turn off the monitor manually.

*Note: Please consult a health care professional for interpretation of pressure measurements.*

- DO NOT CHANGE YOUR THERAPY BASED ON A TEST RESULT THAT DOES NOT MATCH HOW YOU FEEL OR IF YOU BELIEVE THAT YOUR TEST RESULT COULD BE INCORRECT.

➢ **Irregular Heartbeat Symbol**

When the Start by iHealth BPa Blood Pressure Monitor detects an irregular rhythm during the measurement, the irregular heartbeat symbol will appear on the screen with the measurement values. An irregular heartbeat rhythm is defined as a rhythm that is 25% less or more than the average rhythm detected while the monitor is measuring the systolic and diastolic blood pressure; or the difference of adjacent pulse period ≥ 0.14s, and the number of such pulse takes more than 53% of the total measurement.

In most of cases, this detection isn't worrying but if the irregular heartbeat symbol displays regularly, like several times a week in case of daily tension measurement, we recommend you consult your doctor and follow his instructions.

*Note: When an irregular heartbeat is detected, it's recommended to make a new measurement.*



➢ **Displaying stored results**

You can review the measurements in the current memory bank by pressing button "M". Now the LCD displays the amount of the results in the current bank. Alternatively, press "M" button in Clock Mode to display the stored results. The current memory bank will blink and the amount of results in this bank will be displayed. Press "START/STOP" button to change over to other user's memory bank. Confirm your selection by pressing "M" button. The current bank can also be confirmed automatically after 3 seconds with no operation.

After selecting the memory bank, the LCD will display the average of all values in this bank.

If no result stored, LCD will show zeros.

Press "M" button, LCD will display the average value of all the results which is measured from 5 o'clock to 9 o'clock in last 7 days in the current user memory zone. If no result stored from 5 o'clock to 9 o'clock in last 7 days, LCD will display "0" for blood pressure and pulse rate.

Press "M" button again, LCD will display the average value of all the results which is measured from 6 PM to 8 PM in last 7 days in the current user memory zone. If no result stored from 6 PM to 8 PM in last 7 days, LCD will display "0" for blood pressure and pulse rate.



➢ **Deleting measurements from the memory**

When any result is displaying, keeping on pressing button "M" for three seconds, all results will be deleted. Press the button "M" or "START/STOP", the monitor will turn off.

➢ **Blood pressure diary**

It is essential to have a follow-up of your blood pressure measurements to provide to your doctor or health care provider.

To save them in duration, track data and have graphs we recommend you to manually register your measurements in the iHealth MyVitals app.



Download the app iHealth MyVitals from App Store or Play Store and create your iHealth account.

To add manual inputs in iHealth MyVitals app, once logged to your account, go to **MENU > Blood Pressure > Manual Input.**

➢ These screenshots are given in an indicative way, iHealth reserves the right to modify them. Please visit our website or contact customer care service directly for any questions related to the installation or using of the iHealth MyVitals app.

➢ **Assessing high blood pressure for adults**

The following guidelines for assessing high blood pressure (without regard to age or gender) have been established by the World Health Organization (WHO). Please note that other factors (e.g. diabetes, obesity, smoking, etc.) need to be taken into consideration. Consult with your doctor for accurate assessment, and never change your treatment by yourself.

**Classification of blood pressure for adults**

| Classification | Systolic (mmHg) | Diastolic (mmHg) |
|---|---|---|
| Hypotension | < 90 | < 60 |
| Normal | 90~120 | 60~80 |
| Pre-hypertension | 121~139 | 81~89 |
| Grade 1 Hypertension | 140~159 | 90~99 |
| Grade 2 Hypertension | 160~179 | 100~109 |
| Grade 3 Hypertension | ≥ 180 | ≥ 110 |



**CHAPITRE 3 : AVANT DE PRENDRE UNE MESURE**

Pour vous assurer d'une mesure précise, suivez les instructions ci-dessous :

- Évitez toute activité physique, excitation, stress, consommation d'alcool, tabagisme 30 minutes avant la prise de mesure.
- Relaxez-vous pendant au moins 15 minutes avant de prendre la mesure. Les mesures doivent être effectuées dans un endroit calme.
- Le stress augmente la tension artérielle. Évitez de prendre des mesures pendant le stress ou l'anxiété.
- Retirez les vêtements serrés de votre bras.
- Asseyez-vous sur une chaise avec les pieds à plat sur le sol. Reposez votre bras sur une table et mettez votre poignet au même niveau que votre cœur.
- Restez immobile et ne parlez pas pendant la mesure.
- La pression artérielle fluctue continuellement, jour et nuit. La valeur la plus élevée apparaît habituellement pendant la journée et la plus basse habituellement à minuit. Généralement, la valeur commence à augmenter vers 3:00 AM et atteint le niveau le plus élevé pendant la journée alors que la plupart des gens sont éveillés et actifs.
- Gardez un registre de votre tension artérielle et de vos lectures de pouls pour votre médecin. Une mesure unique ne fournit pas une indication précise de votre tension artérielle réelle. Vous devez prendre et enregistrer plusieurs lectures.
- Compte tenu des informations ci-dessus, il est recommandé de mesurer votre tension artérielle à peu près à la même heure chaque jour.

**CHAPITRE 4 : PRÉPARATION**

➢ **Mise en place des piles**

a. Ouvrez le couvercle à l'arrière du tensiomètre.

b. Chargez quatre piles au format "AAA". Faites attention à la polarité.



c. Fermez le couvercle.

Lorsque l'écran LCD affiche le symbole , remplacez toutes les piles par de nouvelles.

Les piles rechargeables ne conviennent pas à ce tensiomètre. Retirez les piles si le moniteur ne sera pas utilisé pendant un mois ou plus pour éviter d'endommager l'appareil par éventuelles fuites des piles.

Évitez que le liquide des piles ne rentre en contact avec vos yeux. Si cela devait se produire, rincez immédiatement et abondamment à l'eau propre et contactez un médecin.

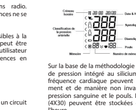
*Le moniteur, les piles et le brassard doivent être éliminés conformément à la réglementation locale à la fin de leur utilisation.*

➢ **Date et heure**

Une fois que vous avez installé les piles ou étiré le tensiomètre, il entrera en mode veille. L'écran LCD n'affichera rien.

Pendant que le tensiomètre est en mode veille, appuyez simultanément sur les boutons "START/STOP" et "M" pendant deux secondes. le format de l'heure clignotera d'abord. Appuyez plusieurs fois sur le bouton "START/STOP", l'année, le mois, le jour, l'heure et les minutes clignoteront à leur tour. Pendant que le nombre clignote, appuyez sur la touche "M" pour augmenter le nombre. Restez appuyer sur le bouton "M" pour que le nombre augmente rapidement.







Sur la base de la méthodologie oscillométrique et du capteur de pression intégré au silicium, la pression sanguine et la fréquence cardiaque peuvent être mesurées automatiquement et de manière non invasive. L'écran LCD affichera la pression sanguine et le pouls. Les mesures les plus récentes (4X30) peuvent être stockées en mémoire avec la date et l'heure.

Les spectromètres électroniques correspondent aux normes ci-dessous: CE 60601-1: 2005 + A1: 2012/IEC/ EN 60601-1: 2006 / A11: 2011 (Matériel électrique médical - Partie 1: Exigences générales pour la sécurité de base et les performances essentielles ), IEC60601-1-2: 2007 / EN 60601-1-2: 2007 / AC: 2010 (Matériel électrique médical - Partie 1-2: Exigences générales pour la sécurité de base et les performances essentielles - Norme collatérale: Compatibilité électromagnétique - Exigences et Tests), IEC80601-2-30: 2009 + AMD1: 2013 / EN 80601-2-30: 2010 / A1: 2015 (Matériel électrique médical -Partie 2-30: Exigences particulières pour la sécurité de base et les performances essentielles de la non-Sphygmomanomètres envahissants) EN 1060-1: 1995 + A2: 2009 (Sphygmomanomètres non invasifs - Partie 1: Exigences générales); EN 1060-3: 1997 + A2: 2009 (Sphygmomanomètres non invasifs - Partie 3: Exigences supplémentaires pour électro- Systèmes mécaniques de mesure de la pression artérielle).

Inclus : 1 tensiomètre Bras Start by iHealth BPa, 1 manuel d'utilisation, 1 sacoche de transport, 4 piles AAA



**Alarme technique**

Le moniteur affichera «Hi» ou «Lo» comme alarme technique sur l'écran LCD sans délai si la pression sangune (systolique ou diastolique) est en dehors de la plage nominale spécifiée dans la partie SPECIFICATIONS.

Dans ce cas, vous devez consulter un médecin ou vérifier si votre mesure a violé les instructions. La condition d'alarme technique ne dehors de la plage

nominale) est irrégulière en usine et ne peut pas être réglée ou inactivée. Cette condition d'alarme est attribuée en priorité basse selon la CEI 60601-1-8.

L'alarme technique n'est pas verrouillable et ne nécessite aucune réinitialisation. Le signal diffusé sur l'écran LCD disparaît automatiquement après environ 8 secondes.

**Maintenance**

1. Ne laissez pas tomber ce tensiomètre ni ne le soumettez à un fort impact.

2. Évitez les températures élevées ou l'exposition au soleil. Ne pas immerger le tensiomètre dans l'eau car cela pourrait l'endommager.

3. Si ce moniteur est stocké dans un endroit frais, laissez le s'acclimater à la température ambiante avant utilisation.

4. N'essayez pas de démonter ce moniteur.

5. Si vous n'utilisez pas le tensiomètre pendant une longue période, retirez les piles.

6. Il est recommandé de vérifier la performance tous les 2 ans ou en cas de réparation. Veuillez contacter le service client.

7. Nettoyez le tensiomètre avec un chiffon sec et doux ou un chiffon humide pressé bien après avoir été humidifié avec de l'eau, un alcool désinfectant doux ou un détergent dilué.

8. Aucun composant ne peut être modifié par l'utilisateur sur le tensiomètre. Les schémas de circuit, les listes de composants,



les descriptions, les instructions d'étalonnage ou toute autre information qui aidera le personnel technique dûment qualifié à réparer les pièces d'équipement désignées de manière répandue peuvent être fournis.

9. Le tensiomètre garantie les caractéristiques de sécurité et de performance pour un minimum de 10 000 mesures ou trois ans, et l'intégrité du brassard après 1000 cycles de fermetures...

10. Il est conseillé de désinfecter le brassard 2 fois par semaine si nécessaire (par exemple, à l'hôpital ou en clinique). Essuyez le côté intérieur (la face des contacts latéraux) du brassard à l'aide d'un chiffon doux imprégné d'eau propre et d'un antiseptique à base de l'alcool éthylique (75-90%), puis sèchez le brassard en diffusant.

➢ **Dépannage (1)**

| PROBLEME | POSSIBLE CAUSE | SOLUTION |
|---|---|---|
| Écran LCD affiche un code | La position du brassard n'était pas correcte ou n'était pas correctement serré | Appliquer le brassard correctement et réessayer |
| Écran LCD affiche un code | Le mouvement du corps rendait pas possible la mesure | Repos-vous et réessayer. "POSITION DU CORPS PENDANT LA MESURE" des instructions et réessayer |
| Pulsations irrégulières (arythmie). | Partie bouger les bras ou le corps, parler ou bouger pendant la mesure ou vous avez mal au bras | Relaxez-vous restez assez calme et ne bouge pas |
| Rythme cardiaque irrégulier (arythmie). | Il est inappropriété pour les personnes souffrant d'arythmie ou d'artériosclérose. Sphygmomanomètres électronique | |

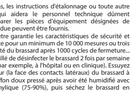


➢ **Dépannage (2)**

| PROBLEME | POSSIBLE CAUSE | SOLUTION |
|---|---|---|
| LCD affiche "Err 1" | Batterie faible | Changez les piles |
| LCD affiche "Err 2" | Le système de pression est non étanche ou fuite | Ne bougez pas et réessayez |
| LCD affiche "Err 3" | La pression dans le brassard a dépassé la pression systolique | Ne bougez pas et réessayez |
| LCD affiche "Err5" | Le système pneumatique est bloqué ou le brassard est trop serré pendant l'inflation | Appliquez le brassard correctement et réessayer |
| LCD affiche "Err6" | Le brassard du système pneumatique fuite | |
| LCD affiche "Err7" | Pression de brassard supérieure à 300 mmHg | |
| LCD affiche "Err8" | Plus de 3 minutes avec une pression de brassard supérieure à 15 mmHg | Mesurez-vous à nouveau après cinq minutes, le brassard doit être dégonflé |
| LCD affiche "Err9" | Erreur de mesure trop longue | Mesurez-vous à nouveau après cinq minutes, le brassard doit être dégonflé |
| LCD affiche "Err0" | Erreur de vérification des paramètres de l'appareil | Retirez les piles pendant 5 minutes puis réessayez |
| LCD affiche | Erreur de paramètre du | Retirez les piles pendant 5 minutes puis réessayez |

| PROBLEME | POSSIBLE CAUSE | SOLUTION |
|---|---|---|
| Pas de réponse après avoir appuyé sur le bouton marche/arrêt | Opération incorrecte ou faiblesse des piles. Appuyez sur le bouton marche/arrêt | Retirez les piles pendant 5 minutes puis réessayez |
| Le moniteur s'éteint de lui-même | Le système de pression est non étanche ou fuite | Mesurez-vous à nouveau en prenant soin de respecter les instructions de mesure. Si le problème persiste, contactez votre distributeur local ou le service client. |
| Le moniteur affiche des valeurs anormales | | |

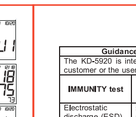




➢ Pour le brassard, appuyez sur le bouton "START/STOP" pour dégonfler le brassard. Ne bougez pas votre bras ou votre corps pendant la mesure. Ne parlez pas. Ne pas inserer les pieds leurs polarités incorrectement ou mal.

- Utilisez uniquement quatre piles alcalines AAA (LR03) avec cet appareil. N'utilisez pas d'autres types de piles.
- Ne pas insérer les piles avec leurs polarités incorrectement alignées.
- Remplacez les piles usées par de nouvelles immédiatement. Remplacez les quatre piles en même temps.
- Retirez les piles si l'appareil n'est pas utilisé pendant trois mois ou plus.
- Ne pas utiliser de piles usagées

**CHAPITRE 2 : PRÉSENTATION**



appuyez sur le bouton "START/STOP" pour éteindre le moniteur manuellement.

Pendant la mesure, vous pouvez appuyer sur le bouton "START/STOP" pour éteindre le moniteur manuellement.

*Note : Vieillissement du capteur de pression et fuite d'air.*

*Le moniteur, les piles et le brassard doivent être éliminés conformément à la réglementation locale à la fin de leur utilisation.*

➢ **Date et heure**

Une fois que vous avez installé les piles ou étiré le tensiomètre, il entrera en mode veille. L'écran LCD n'affichera rien.

Pendant que le tensiomètre est en mode veille, appuyez simultanément sur les boutons "START/STOP" et "M" pendant deux secondes. le format de l'heure clignotera d'abord. Appuyez plusieurs fois sur le bouton "START/STOP", l'année, le mois, le jour, l'heure et les minutes clignoteront à leur tour. Pendant que le nombre clignote, appuyez sur la touche "M" pour augmenter le nombre. Restez appuyer sur le bouton "M" pour que le nombre augmente rapidement.

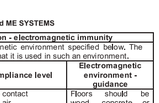




**Table 2**
**For all ME EQUIPMENT and ME SYSTEMS**

| Guidance and manufacturer's declaration - electromagnetic immunity | | | |
|---|---|---|---|
| The KD-5920 is intended for use in the electromagnetic environment specified below. The customer or the user of the KD-5920 should assure that it is used in such an environment. | | | |
| IMMUNITY test | IEC 60601test 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 %. |
| Power frequency (50/60 Hz) magnetic field IEC 61000-4-8 | 3 A/m | 3 A/m | Power frequency magnetic fields should be at levels characteristic of a typical location in a typical commercial or hospital environment. |























**Table 3**
**For ME EQUIPMENT and ME SYSTEMS that are not LIFE-SUPPORTING**

| Guidance and manufacturer's declaration - electromagnetic immunity | | | |
|---|---|---|---|
| The KD-5920 is intended for use in the electromagnetic environment specified below. The customer or the user of the KD-5920 should assure that it is used in such an environment. | | | |
| IMMUNITY test | IEC 60601test level | Compliance level | Electromagnetic environment - guidance |
| Radiated RF IEC 61000-4-3 | 3 V/m 80 MHz to 2,5 GHz | 3 V/m | Portable and mobile RF communications equipment should be used no closer to any part of the KD-5920, including cables, than the recommended separation distance calculated from the equation applicable to the frequency of the transmitter. **Recommended separation distance:** $d = 2.3\sqrt{P}$ 800 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). |

To be continued



- The application of the cuff on the arm on the side of a mastectomy.
- Simultaneously used with other monitoring medical equipments on the same limb.
- Need to check the blood circulation of the user.
- This Electronic Sphygmomanometer is designed for adults and should never be used on infants or young children. Consult your physician or other health care professionals before use on older children.
- Do not use this blood pressure monitor in a moving vehicle. This may result in erroneous measurement.

- Blood pressure measurements determined by this monitor are equivalent to those obtained by a trained observer using the cuff/stethoscope auscultationmethod, within the limits prescribed by the American National Standard Institute, Electronic or automated sphygmomanometers.

- Information regarding potential electromagnetic or other interference between the blood pressure monitor and other devices: Do not use mobile phone or other devices that emit electromagnetic fields, near the unit. This may result in incorrect operation of the unit.
- Do not disassemble the unit or wrist cuff.
- Please do not use the cuff other than supplied by the manufacturer, otherwise it may bring biocompatible hazard and might result in measurement error.
⚠The monitor might not meet its performance specifications or cause safety hazard if stored or used outside the specified temperature and humidity ranges in specifications.
⚠Please do not share the cuff with other infective person to avoid cross-infection.
⚠It is inappropriate for people with serious arrhythmia to use this Electronic Sphygmomanometer
This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation.
This equipment generates, uses and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications.
However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:
- Reorient or relocate the receiving antenna.
- Increase the separation between the equipment and receiver.
- Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.



**Table 3**
continued

| IMMUNITY test | IEC 60601test level | Compliance level | Electromagnetic environment - guidance |
|---|---|---|---|
| | | | 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: |

NOTE 1 At 80 MHz and 800 MHz, the higher frequency range applies.
NOTE 2 These guidelines may not apply in all situations. Electromagnetic propagation is affected by absorption and reflection from structures, objects and people.

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 KD-5920 is used exceeds the applicable RF compliance level above, the KD-5920 should be observed to verify normal operation. If abnormal performance is observed, additional measures may be necessary, such as re-orientering or relocating the KD-5920.

b Over the frequency range 150 kHz to 80 MHz, field strengths should be less than 3V/m.



- Consult the dealer or an experienced radio/TV technician for help.

If battery fluid should get on your skin or clothing, immediately rinse with plenty of clean water.
- Use only four "AAA" alkaline (LR03) batteries with thisunit. Do not use other types of batteries.
- Do not insert the batteries with their polarities incorrectly aligned.
- Replace old batteries with new ones immediately. Replace both batteries at the same time.

- Remove the batteries if the unit will not be used for three months or more.
- Do not use new and used batteries together.

CHAPTER 2: PRESENTATION

Based on Oscillometric methodology and silicon integrated pressure sensor, blood pressure and pulse rate can be measured automatically and non-invasively. The LCD display will show blood pressure and pulse rate. The most recent 4X30 measurements can be stored in the memory with date and time stamp.



The Electronic Sphygmomanometers corresponds to the below standards: IEC 60601-1:2005 +A1:2012(E)/EN 60601-1 : 2006/A11: 2011 (Medical electrical equipment – Part 1: General requirements for basic safety and essential performance), IEC60601-1-2:2007/EN 60601-1-2:2007/AC:2010 (Medical electrical equipment – Part 1-2: General requirements for basic safety and essential performance - Collateral standard: Electromagnetic compatibility - Requirements and tests), IEC80601-2-30:2009+AMD1 : 2013/EN 80601-2-30:2010/A1 : 2015 (Medical electrical equipment –Part 2-30: Particular requirements for the basic safety and essential performance of automated non-invasive sphygmomanometers) EN 1060-1: 1995 + A2: 2009 (Non-invasive sphygmomanometers - Part 1: General requirements), EN 1060-3: 1997 + A2: 2009 (Non-invasive sphygmomanometers - Part 3: Supplementary requirements for electro-mechanical blood pressure measuring systems).

Includes : 1 Start by iHealth BPa Blood Pressure Monitor, 1 User manual, 1 Transport pouch, 4 batteries AAA.

CHAPTER 3: BEFORE TAKING A MEASUREMENT

To help ensure an accurate reading, follow the instructions below:
- Avoid all physical activity, excitement, stress, eating, drinking, smoking for 30 minutes before taking a measurement.
- Rest for at least 15 minutes before taking the measurement. Measurements should be taken in a quiet place.
- Stress raises blood pressure. Avoid taking measurements during stressful times.
- Remove tight-fitting clothing from your arm.
- Sit on a chair with your feet flat on the floor. Rest your arm on a table so that the arm cuff is at the same level as your heart.
- Remain still and do not talk during the measurement.



- Blood pressure fluctuates continually, day and night. The highest value usually appears in the daytime and lowest one usually at midnight. Typically, the value begins to increase at around 3:00AM, and reaches to highest level in the daytime while most people are awake and active.
- Keep a record of your blood pressure and pulse readings for your physician. A single measurement does not provide an accurate indication of your true blood pressure. You need to take and record several readings
- Considering the above information, it is recommended that you measure your blood pressure at approximately the same time each day.

**CHAPTER 4: PREPARATION**

➢ **Battery loading**

a. Open battery cover at the back of the monitor.
b. Load four "AAA" size batteries. Please pay attention to polarity.
c. Close the battery cover.

When LCD shows battery symbol , replace all batteries with new ones. Rechargeable batteries are not suitable for this monitor.

Remove the batteries if the monitor will not be used for a month or more to avoid relevant damage of battery leakage.

⚠ Avoid the battery fluid to get in your eyes. If it should get in your eyes, immediately rinse with plenty of clean water and contact a physician.

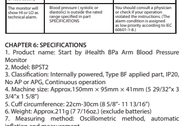
The monitor, the batteries and the cuff, must be disposed of according to local regulations at the end of their usage.

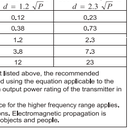
➢ **Clock and date adjustment**

Once you install the battery or turn off the monitor, it will enter Standby Mode. The LCD will display nothing.

While the monitor is in Standby Mode, press the "START/STOP" and "M" button simultaneously for two seconds, the time format will blink at first.

Press the button "START/STOP" repeatedly, the year, the month, the day, hour and minute will blink in turn. While the number is blinking, press the button "M" to increase the number. Keep on pressing the button "M", the number will increase fast.

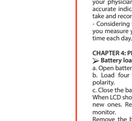












➢ **Applying the cuff**

a. Pulling the cuff end through the medal loop (the cuff is packaged like this already), turn it outward (away from your body) and tighten it and close the Velcro fastener.
b. Place the cuff around a bare arm 1-2cm above the elbow joint.
c. While seated, place palm upside in front of you on a flat surface such as a desk or table. Position the air tube in the middle of your arm in line with your middle finger.
d. The cuff should fit comfortably, yet snugly around your arm. You should be able to insert one finger between your arm and the cuff.

**Note:**
- Please refer to the cuff circumference range in "SPECIFICATIONS" to make sure that the appropriate cuff is used.
- Measuring on same arm each time.
- Do not move your arm, body, or the monitor and do notmove the rubber tube during measurement.
- Stay quiet, calm for 5 minutes before blood pressure measurement.
- Please keep the cuff clean. If the cuff becomes dirty, remove it from the monitor and clear it by hand in a mild detergent, then rinse it thoroughly in cold water. Never dry the cuff in clothes dryer or iron it. Clean the cuff after the group of every 200 times is recommended.

➢ **Body posture during measuremen**
- Sitting Comfortably Measurement
a. Be seated with your feet flat on the floor, and don't cross your legs.
b. Place palm upside in front of you on a flat surface such as a desk or table.
c. The middle of the cuff should be at the level of the right atrium of the heart.
- Lying Down Measurement
a. Lie on your back.
b. Place your arm straight along your side with your palm upside.
c. The cuff should be placed at the same level as your heart.

➢ **Taking your blood pressure**

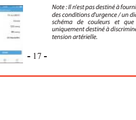
After applying the cuff and your body is in a comfortable position, press the "START/STOP" button. A beep is heard and all display characters are shown for self-test. Please contact the customer care service if segment is missing.

The Start by iHealth BPa can monitor up to 4 users (U1, U2, U3 or U4). Each user has a memory bank of 30 measurements. Press "M" to select your user number.Confirm your selection by pressing "START/STOP" button. The current user can also be confirmed automatically after 5 seconds with no operation.

If the monitor has stored results, the LCD will momentarily display the most recent one. If no result has been stored, zero will appear on LCD.

Then the monitor starts to seek zero pressure.

Then the monitor inflates the cuff until sufficient pressure has built up for a measurement. Then the monitor slowly releases air from the cuff and carries out the measurement.



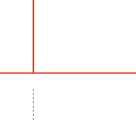


**Table 4**
**For ME EQUIPMENT and ME SYSTEMS that are not LIFE-SUPPORTING**
**Recommended separation distances between portable and mobile RF communications equipment and the KD-5920**

The KD-5920 is intended for use in an electromagnetic environment in which radiated RF disturbances are controlled. The customer or the user of the KD-5920 can help prevent electromagnetic interference by maintaining a