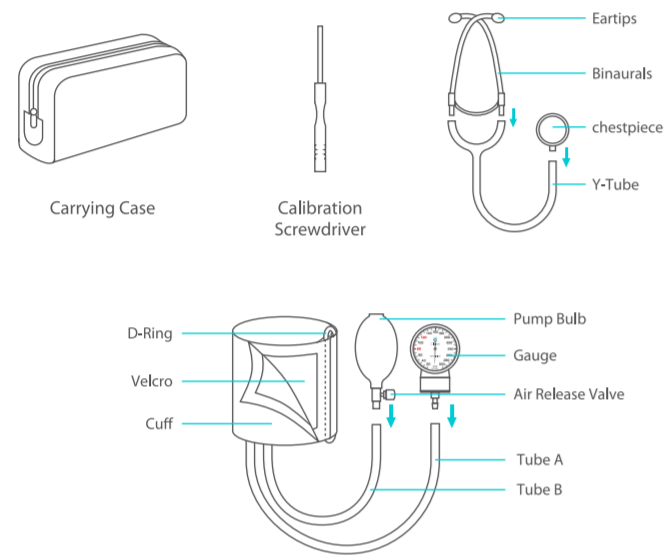


### INTRODUCTION

Thank you for purchasing Claire Manual Blood Pressure Kit. Proper use of this device will give you years of accurate measurement. Please read the following contents carefully before using.

### COMPONENTS



▶1

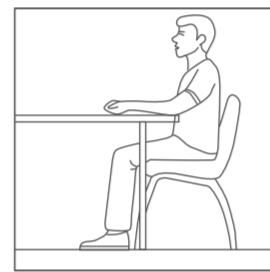
### ASSEMBLY INSTRUCTIONS

1. Insert the binaurals into Y-Tube.
2. Insert the chestpiece into Y-Tube.
3. Insert the gauge into Tube A.
4. Insert the pump bulb into Tube B.
5. Insert the cuff through D-Ring.

### TIPS FOR TAKING BLOOD PRESSURE

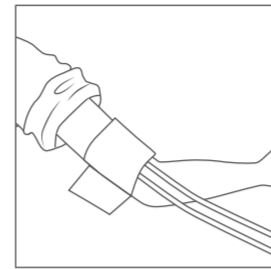
- Relax for 10-15 minutes beforehand.
- Do not smoke or ingest caffeine at least 30 minutes before measurement.
- Do not wear constricting clothing.
- Wrap the cuff around bare arm.
- Stay calm and quiet during measurement.

### MEASUREMENT INSTRUCTIONS

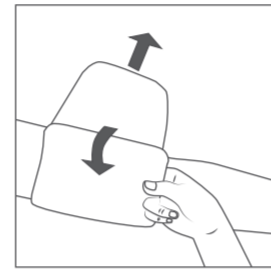


1. Sit comfortably in a chair with your feet flat on the floor. Place your left arm on a table on a slight angle with palm up.

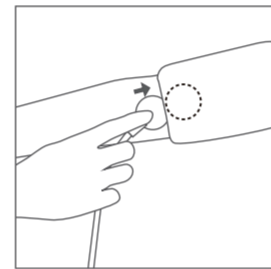
▶2



2. Slide the loose cuff onto your upper arm, the lower edge is around 1 inch (2.5 cm) above the bend of elbow. Fasten the cuff with tubing facing downward and toward the inside of your arm.

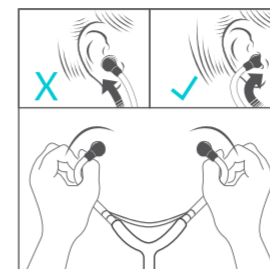


3. The cuff should be comfortable but not too tight. You should be able to place two fingers between the cuff and your arm.

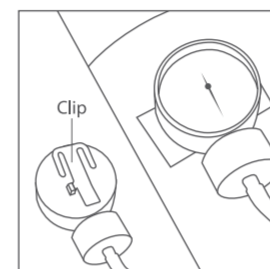


4. The main artery locates 1 inch (2.5 cm) above the bend of elbow. Place the stethoscope over the artery beneath the cuff.

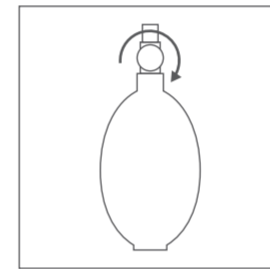
▶3



5. Adjust the eartips of stethoscope to face forward. Insert them into your ears. If the eartips are facing the wrong direction, you will not hear any sound.

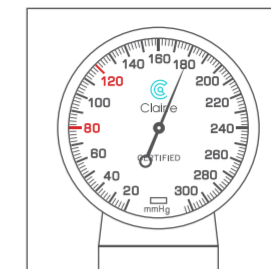


6. Clip the gauge on the cuff or put it on a stable surface. If you're taking your own blood pressure, you could hold the gauge in your hand.



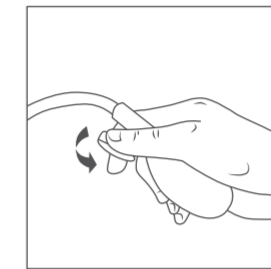
7. Twist the valve clockwise until it can't move. Rapidly squeeze the pump bulb, listen to the pulse beat. Stop squeezing until you cannot hear it.

▶4

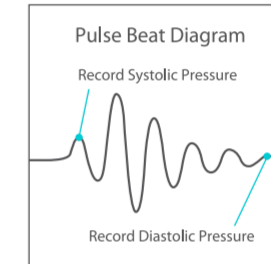


8. Watch the gauge, raise the pressure an additional 30mmHg to 40mmHg until the gauge reads around 180mmHg.

**Note: Do NOT inflate the cuff above 300mmHg. It could hurt yourself or damage the device.**



9. Slightly unscrew the valve anticlockwise, deflate the cuff slowly. The gauge should fall 2-4mmHg per second. The needle on the gauge should drop one or two lines per second.



10. When unscrewing the valve, listen carefully for a pulse beat. When you hear the first knocking sound, note the reading on the gauge. This is your systolic pressure. When the knocking sound disappears, note the reading. This is your diastolic pressure.

**NOTE:** In order to get the readings as accurate as possible, it is necessary to take another measurement after several-minute rest and make sure the cuff fully deflates.

▶5

### CLASSIFICATION OF BLOOD PRESSURE VALUES

JNC7 Classification Table - for Adults within U.S.

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

FROM: The Seventh Report of the Joint National Committee on Prevention, Detection, Evaluation, and Treatment of High Blood Pressure. National High Blood Pressure Education Program.

WHO Classification Table - for Adults Outside of the U.S.

BP Classification	Systolic (mmHg)	Diastolic (mmHg)
Optimal	<120	and <80
Normal	<130	or <85
High-Normal	130 - 139	or 85 - 89
Grade 1 Hypertension	134 - 159	or 90 - 99
Grade 2 Hypertension	160 - 179	or 100 - 109
Grade 3 Hypertension	≥180	≥100

FROM: Standards to assess high blood pressure, without regard to age or gender, have been established by the World Health Organization (WHO).

▶6

### CALIBRATION INSTRUCTIONS

The small screwdriver on the right is used for calibration. It can adjust the slight move of the needle on the gauge. If the needle is beyond the center of the rectangle, it should be recalibrated.



1. Detach Tube A and the gauge.
2. Put the screwdriver into the air intake hole.
3. If the needle is to the left, twist it anticlockwise.
4. If the needle is to the right, twist it clockwise.

#### NOTE:

1. Except for misuse or accidental damage of the gauge, adjusting the needle will not affect the measurement result.
2. This screwdriver cannot turn the needle a full circle, or the device may be damaged.

### MAINTENANCE AND CARE

How to	Yes	No
Use	Always deflate the cuff before/after use	Inflate to more than 300mmHg(out of the measurement range of gauge)
	Handle with care	Toss and drop
Clean	Use a dry soft clean cloth	Immerse the gauge in liquid; use heat sterilization
Store	Store the device in an appropriate temperature	Keep it in a humid place
	Store all items in the carrying	Store with sharp and cutting objects

▶7

### COMMON ISSUES

Common Problems	Possible Reason	Suggest
Cannot hear through stethoscope	1. The stethoscope is not placed over the artery. 2. Wear the stethoscope in a wrong direction.	1. The artery is one inch above the bend of elbow. Place the chestpiece over there. 2. Refer to Step 5 in measurement instruction.
Cannot inflate the bladder and the needle in gauge does not move.	1. The valve is not entirely closed. 2. The tubing is not properly connected to the pump bulb.	1. Close the valve clockwise until it cannot move. 2. Make sure the tubing is fully covering the metal connector of the bulb and gauge.

### CONCERNS & WARRANTY

We stand by the quality of our product by offering a basic 1-year warranty on manufactures' defect.

You can register for lifetime warranty by scanning the code below or emailing us at support@claire.us as well.



<https://www.claire.us/pages/register-lifetime-warranty>

▶8

**Noted: Damage caused by misuse, abuse, neglect, alterations, or unauthorized repair is not covered.**

### HELP US IMPROVE

To help us improve the ability to provide you with the better products, follow the steps in the following:

1. Scan the code or enter [www.amazon.com/dp/B088LWYTF6](http://www.amazon.com/dp/B088LWYTF6)

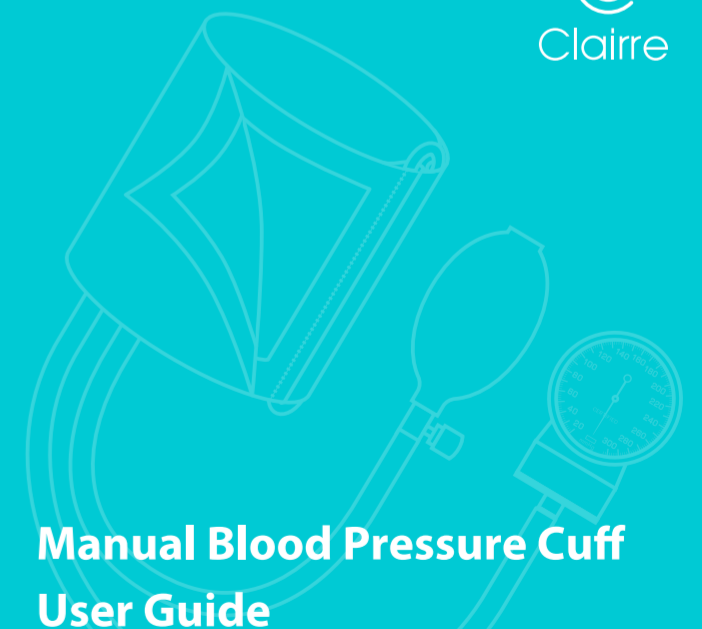


2. Share and rate your honest experience with us
3. Email us at support@claire.us with your sharing and order number

You can get the US-MADE face masks of good quality while supplies last.



▶9



## Manual Blood Pressure Cuff User Guide

**LIFETIME WARRANTY**  
by Claire

Register for lifetime warranty with your order number by emailing us at support@claire.us