

**Q1: What is systolic pressure and diastolic pressure?**

When ventricles contract and pump blood out of the heart, the blood pressure reaches its maximum value in the cycle, which is called systolic pressure. When the ventricles relax, the blood pressure reaches its minimum value in the cycle, which is called diastolic pressure.

**Q2: What is the standard blood pressure classification?**

The chart below is the standard blood pressure classification published by American Heart Association (AHA).

This chart reflects blood pressure categories defined by American Heart Association.

Blood Pressure Category	Systolic mmHg (upper#)		Diastolic mmHg (lower#)
Normal	less than 120	and	less than 80
Prehypertension	120-139	or	80-89
High Blood Pressure (Hypertension) Stage 1	140-159	or	90-99
High Blood Pressure (Hypertension) Stage 2	160 or higher	or	100 or higher
Hypertensive Crisis (Emergency care needed)	Higher than 180	or	Higher than 110

American Heart Association Home Guideline for Upper Limit of Normal BP

**TIP:** Make sure you set the BP measurement to what is comfortable for you. BP can be read in mmHg and kPa on the monitor.

**Q3: Why are my readings inconsistent?**

- An inconsistent blood pressure reading could occur if:

The cuff is not on properly:

The cuff should be fastened around the upper arm.

Position the tube off center, toward the inner side of your arm with your palm facing up, the tube should be in line with the little finger.

Make sure the cuff is on snug, but you should be able to insert one finger between the cuff and your arm.

This will ensure that when the unit is turned on, the cuff has the proper room to expand.

- The measurement is being performed inaccurately:

Rest for 5 minutes before taking a measurement.

Sit comfortably with your legs uncrossed, your feet flat on the floor, and your back and arm supported.

- Do Not Take A Measurement:
  - Within 1 hour of eating or drinking.
  - After smoking, drinking coffee, or drinking tea.
  - Within 20 minutes after taking a bath.
  - While talking or moving your fingers.
  - In a very cold environment.
  - When you need to go to the bathroom.

**TIP:** When first using the blood pressure monitor, or after changing the battery, try taking 2 to 3 readings for an average. Wait at least 3 minutes in between each measurement.

#### **Q4: Why does my blood pressure fluctuate throughout the day?**

Your blood pressure varies throughout the day, it is also affected by the way you attach the cuff, and the measurement position. It is recommended to take your blood pressure under similar conditions to achieve consistent results to best track your blood pressure.

**TIP:** Taking your blood pressure too often, in too short of a time period, will lead to inaccurate results. Wait at least 3 minutes between each measurement.

#### **Q5: Why is the blood pressure reading I get from the hospital, or at my doctor's office different from my readings measured at home?**

There is a "white coat effect" at clinics and hospitals which tend to result in higher results than those taken at home. To best compare, we recommend you bring your monitor to your next doctor's appointment, and use your monitor to keep the readings more consistent.

**TIP:** Your blood pressure varies during a 24 hour period due to factors such as weather, emotion, exercise, etc.

When you take your blood pressure at home, please pay attention to the following:

- Is the cuff is tied properly?
- Is the cuff is too tight or too loose?
- Is the cuff is tied on the wrist?
- Do you feel anxious?
- Taking 2-3 deep breaths before beginning will be better for measuring. Advice: Relax yourself for 4-5 minutes before taking blood pressure.

### **Q6: How does the irregular heartbeat detector work?**

An irregular heartbeat is detected when a heartbeat rhythm varies while the unit is measuring the systolic and diastolic blood pressure.

**HOW:** During each measurement the device records the heartbeat intervals and determines the standard deviation. If the calculated value is larger than or equal to 15, the irregular heartbeat symbol appears when the measurement results are displayed.

**TIP:** The appearance of the Irregular Heart Beat icon indicates that a pulse irregularity consistent with an irregular heartbeat was detected during the measurement. Usually, this is NOT a cause for concern. However, if the symbol appears often, we recommend you seek medical advice. Please note that the device does not replace a cardiac examination, but serves to detect pulse irregularities at an early stage.

### **Q7: Would my result be the same measuring on the right or left arm?**

The arm blood pressure monitor works for both arms, but to keep circumstances as consistent as possible between readings, we suggest you measure the same arm every time.

### **Q8: How do I view the saved readings?**

Steps for recalling the memory:

1. When the monitor is off, please press the “MEM” button to show the average value of the latest readings.
2. Press the “MEM” or “SET” button to scroll through the records. Date and time will appear alternately below the “Pulse” reading. Up to 60 records will be stored under each user ID.
3. If you want to check another user’s records, press the “START/STOP” button to turn off the monitor when it is in the memory recall mode. Next, press the “SET” button, and the user icon will be shown, then press the “SET” button to select the desired user ID. Press the “MEM” button to review the selected user’s records.
4. Press the “START/STOP” button to turn off the monitor. Otherwise, the monitor will automatically shut off after 1 minute.

### **Q9: Can the records be deleted?**

Steps for deleting the records:

1. If you want to delete all of the stored readings, press and hold the “MEM” button for 3 seconds, and when the monitor is in the memory mode, “dEL ALL” will show. If you want to delete the latest result, hold the “SET” button for 3 seconds, and when the monitor is in the memory mode, “dEL ONE” will show.
2. Press the “MEM” button to confirm you would like to delete, and the monitor will turn off automatically.
3. If you do NOT want to delete the records, press the “START/STOP” button or the “SET” button to exit.

### **Q10: Can this BP monitor use an “AC adapter”, and where can I get one?**

The monitor operates at 6VDC while in battery power mode with 4 AA batteries. Only use an AC adapter with the following specifications; Input: 100-240VAC 50/60Hz 0.2A Max, Output: 6V - 1000mA.

TIP: We do not currently sell AC adapters, but plan to sell them in the near future.

**We hope these tips were useful. If you have any inquiries about our products or services feel free to contact us via email, call our customer service at 855.822.6999 M-F 9am-5pm CT or visit us at [healthcare-manager.com](http://healthcare-manager.com)**