

Q1: Why are my readings inconsistent?

An inconsistent blood pressure reading could occur if:

- The cuff is not on properly:
 - Fasten on the wrist 1 -1.5 cm below the base of the wrist.
 - Leave no extra room between the cuff and the skin.
 - Fasten on left wrist, palm facing up, the display unit should be face up in the inner part of your wrist.
- The measurement is being taken inaccurately:
 - Bend your elbow to bring your wrist parallel to the heart.
 - Take 2-3 deep breaths before taking a measurement.
 - Hold still, and be sure to uncross your legs while testing.
 - Wait at least 3 minutes between each measurement.
- 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: There is a Movement Error Symbol on the LCD display screen, if the symbol is present, it means the wrist is not stable while measuring.

Q2: When I take the measurement, should I hold my wrist close to my chest?

No, just make sure that your wrist is parallel to your heart while taking a measurement.

TIP: You can just sit down and place your forearm on a table to support your wrist at the same level as the heart, you can also bend your elbow and hold your wrist to your chest if this is easier for you.

Q3: 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.

Q4: 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.

Q5: Would my result be the same if I measure on my right wrist?

The wrist blood pressure monitor works with both the left and right wrist, but to keep circumstances as consistent as possible between readings, we suggest you measure the same wrist every time.

Q6: What does blood pressure have to do with health?

Blood pressure fluctuates and is affected by everyday life and age. Hypertension, high blood pressure, can be a sign that dangerous diseases such as cerebral apoplexy or myocardial infarction may be on the way.

TIP: Diabetes, strokes, and heart attacks are all associated with hypertension. Understanding your blood pressure is an important step in monitoring your overall health.

Q7: What is systolic and diastolic blood pressure?

Systolic blood pressure is the top (or first) number in a blood pressure reading.

Diastolic BP is the bottom, or second, number.

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

Q8: 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.

Q9: 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.

Q10: What health conditions can influence my blood pressure?

Diabetes, hyperlipidemia (high blood lipid level), or hypertension accelerate arterial sclerosis, which can cause dangerous diseases such as cerebral apoplexy or myocardial infarction or induce arterial stenosis or peripheral circulatory disorder.

In these cases, the wrist and brachial (Upper Arm) blood pressure values may differ greatly. Even in healthy people, a difference of 20 mmHg may occur if the measuring conditions are not proper. Therefore do not try to diagnose the measurement values by yourself, and be sure to follow the instructions of your doctor.

TIP: Differences of wrist and brachial (Upper Arm) blood pressure values may be affected by the physiological conditions at the time of measurement. However, the blood pressure values measured at wrist and upper arm usually fluctuate in the same manner. Therefore, you can check the fluctuation tendency of blood pressure by measuring the wrist blood pressure.

Q11: Why is it a good thing to measure blood pressure at home?

Many factors such as physical activity, anxiety, or the time of day can influence your blood pressure.

A single measurement may not be sufficient for an accurate diagnosis. It is best to try and measure your blood pressure at the same time each day to get an accurate indication of any changes in blood pressure.

Blood pressure is typically low in the morning and increases from afternoon to evening. It is lower in the summer months and higher in the winter months.

Q12: What does “OPTIM”, “NORM”, “G1”, “G2”, and “G3” mean? Why are they different from the manual’s classifications?

OPTIM (Optimal reading)	Systolic AND diastolic below 120/80
NORM (Normal)	Systolic: 120-139 OR Diastolic: 85-89
G1	Systolic: 140-159 OR Diastolic: 90-99
G2	Systolic: 160-179 OR Diastolic: 100-109
G3	Systolic: 180 and up OR Diastolic: 110 and up

The unit classifies blood pressure in the same way as the manual (classified the same way as the American Heart Association) but just with different terms.

Unit	Meaning	AHA/Manual Classification
OPTIM (Optimal reading)	Systolic AND diastolic below 120/80	Normal
NORM (Normal)	Systolic: 120-139 OR Diastolic: 85-89	Pre Hypertensive
G1	Systolic: 140-159 OR Diastolic: 90-99	High Blood Pressure Stage 1
G2	Systolic: 160-179 OR Diastolic: 100-109	High Blood Pressure Stage 2
G3	Systolic: 180 and up OR Diastolic: 110 and up	High Blood Pressure Stage 3

Q13: When I press the “MEM” or “SET” button nothing happens on the unit, why?

When pressing the “MEM” and “SET” button, make sure to press the entire button down, and not just the side or edge of the button.

TIP: If you experience an issue getting into the setting function, try taking the battery out and placing it back in. Your device should revert back to the settings screen to set the time, date, etc.

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