

USER MANUAL

MODEL NUMBER: WRS-35D

ELECTRONIC BLOOD PRESSURE MONITOR

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INTRODUCTION

Thank you for purchasing this electronic blood pressure monitor. The monitor is convenient for use at home, work and on vacation. It is an ideal solution for people who need daily blood pressure measurements. The monitor uses the oscillometric method of blood pressure measurements. It is intended for use either by medical professionals or at home to monitor and display diastolic, systolic blood pressure and pulse rate. To ensure accuracy, please read and follow the instructions listed in the section titled, "APPLYING THE WRIST CUFF." The expected device lifespan is 5 years. The device complies with international standards, including EN60601-1-2, EN60601-1 and IEC 80601-2-30 as specified in EEC directive 93/42/EEC.

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ABOUT BLOOD PRESSURE

1. What is blood pressure?

Blood pressure is the force exerted by blood against the walls of the arteries. Systolic pressure occurs when the heart contracts. Diastolic pressure occurs when the heart expands. Blood pressure is measured in millimeters of mercury (mmHg). Your baseline, resting blood pressure should be measured first thing in the morning while still rest and before eating.

2. What is hypertension and how is it controlled?

Hypertension is an abnormally high arterial blood pressure. If left unattended, it can cause a variety of health problems.

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including stroke and heart attack. Hypertension can be controlled by altering your lifestyle, avoiding stress and, in certain cases, with medication as prescribed and supervised by a physician.

To prevent hypertension or keep it under control:

- Do not smoke
- Exercise regularly
- Maintain a healthy weight
- Reduce salt and fat intake
- Have regular physical checkups

3. Why measure blood pressure at home?

Measuring blood pressure at a clinic or doctor's office can produce an elevated reading – 25 to 30 mmHg higher than that measured at home – due to the stress associated with being at a medical facility. Home

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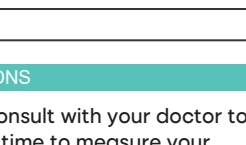
measurements reduce the effects of outside influences on blood pressure readings, supplement your doctor's readings and provide a more accurate, complete blood pressure history.

4. Blood pressure variations

An individual's blood pressure varies greatly on a daily and seasonal basis. It may vary by 30 to 50 mmHg due to various conditions during the day. In hypertensive individuals, these variations may be even more pronounced.

Normally, blood pressure

rises while working or engaging in physical activity and falls to its lowest levels during sleep.



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Keeping these facts in mind, it is best not to become overly concerned by the results of a single measurement. However, if your concerns persist, share them with a medical professional.

Take measurements at the same time every day using the procedure described in this manual. This will help you understand baseline blood pressure. Consistent daily readings will give you a comprehensive blood pressure history.

Be sure to note the date and time when recording your blood pressure. Consult your doctor to interpret your blood pressure data.

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PRECAUTIONS

1. If you are taking medication, consult with your doctor to determine the most appropriate time to measure your blood pressure. NEVER change a prescribed medication without first consulting with your doctor.
2. There may be variations in blood pressure values measured at the upper arm versus at the wrist for people with irregular or unstable peripheral circulation problems due to diabetes, liver disease, hardening of the arteries, etc.
3. Measurements may be unusable if this device is operated near televisions, microwave ovens, X-ray machines, mobile phone equipment or other devices with strong electrical fields. To prevent electrical interference, use the

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monitor at a sufficient distance from such devices or turn them off.

4. You should always wash your hands before and after using the device.

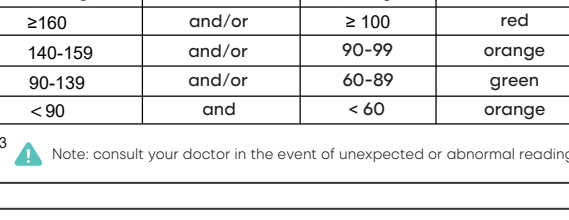
5. Do not measure blood pressure on an arm that is being monitored by ME Equipment. Otherwise, it could cause loss of function.

6. If you get unexpected blood pressure results, contact your doctor. Additionally, you may refer to the troubleshooting section of the manual.

7. Blood pressure readings measured at home tend to be slightly lower than hospital measurements due to a more relaxed atmosphere at home.

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FOUR COLORS READINGS



Systolic Pressure (mmHg)	Diastolic Pressure (mmHg)	Color Display
≥160	≥100	red
140-159	90-99	orange
90-139	60-89	green
<90	<60	orange

Note: consult your doctor in the event of unexpected or abnormal readings.

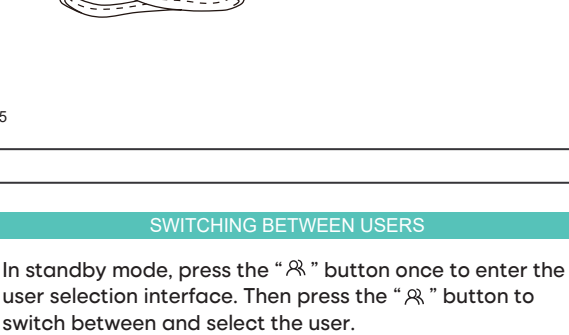
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PRODUCT FEATURES

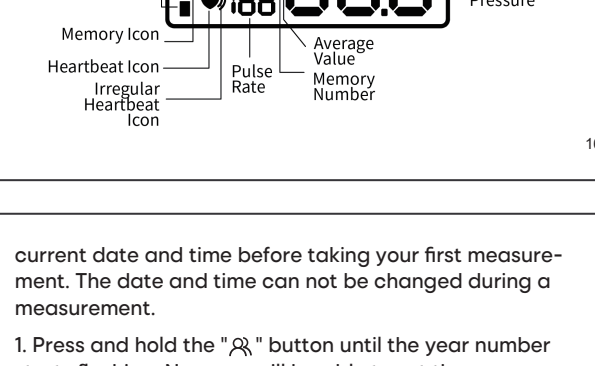
1. Two users, up to 99 readings for each user history.
2. A large HD VA screen.
3. Four-color readings with backlight.
4. User-friendly visual warnings
5. Auto power-off within 20s to save power.

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PARTS



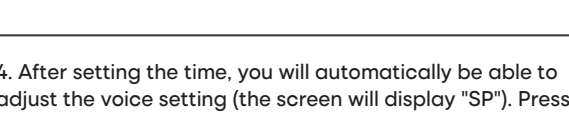
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SWITCHING BETWEEN USERS

In standby mode, press the "M" button once to enter the user selection interface. Then press the "M" button to switch between and select the user.



SETTING THE DATE TIME AND VOICE FUNCTIONS

This Blood Pressure Monitor automatically stores up to 99 measurement values for each user. The memory function stores the measurement values with the date and time of the recording. For this reason, it is important to set the

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current date and time before taking your first measurement. The date and time can not be changed during a measurement.

1. Press and hold the "M" button until the year number starts flashing. Now you will be able to set the year.
2. Press "M" to adjust the year, then press "M" to save your setting. Now you will be able to set the month.
3. Press "M" to adjust the month. Follow these steps to adjust the date, hour and minute.

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4. After setting the time, you will automatically be able to adjust the voice setting (the screen will display "SP"). Press the "M" button to turn the sound on or off. Please follow the visual guide to help you turn the sound on or off. Press the "M" button to confirm the selection. (note: these instructions are for the voice version only.)



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SWITCHING BETWEEN BLOOD PRESSURE UNITS

There are two kinds of units of blood pressure display, mmHg and kPa. The default setting is to display mmHg. In standby mode, press and hold the "U" button for about 5 seconds to enter the unit selection mode. Press "M" to switch between mmHg and kPa. Press "M" to confirm the selection.

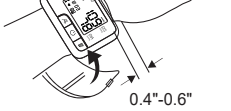


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FASTENING THE WRIST CUFF

- 1) Place the wrist cuff on your bare left wrist, leaving a clearance of 0.4"-0.6" (10-15mm) between the edge of the wrist cuff and the bottom of your palm as shown in the figure.

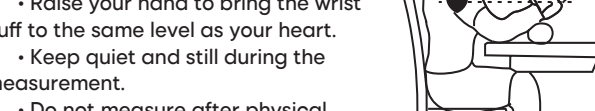
- 2) Fasten the wrist cuff tightly with the Velcro strip.



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Tips for proper measurements

- Relax for 5-10 minutes before the measurement.
- Sit comfortably and rest your wrist on the table.
- Sit comfortably with your wrist on the table.
- Raise your hand to bring the wrist cuff to the same level as your heart.
- Keep quiet and still during the measurement.
- Do not measure after physical exercise or a bath.
- Take measurements at the same time every day.

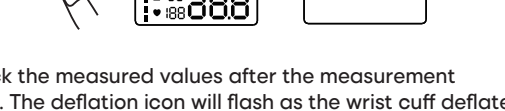


Please only use the original cuff! Replacing original components with components not provided by the manufacturer may result in inaccurate measurements.

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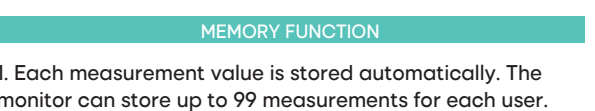
HOW TO TAKE A MEASUREMENT

1. Fasten the wrist cuff following the instructions on the previous page of this manual.
2. Press the "U" button. After all icons are displayed, the monitor will start inflating. Initially, the device will display "00" or the last measurement record.



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3. Check the measured values after the measurement finishes. The deflation icon will flash as the wrist cuff deflates.



MEMORY FUNCTION

1. Each measurement value is stored automatically. The monitor can store up to 99 measurements for each user. When the memory is full, the oldest measurement value will be replaced by the newest one.
2. In standby mode, press the "M" button once and the device will display the average value of the previous three blood pressure measurements. Press the "M" button to see the first measurement. Press the "M" button again, and the

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3. Delete memory: in standby mode, short press the "M" button and press "M" to select the user group. Then keep pressing the "M" button for 3 seconds to delete the device memory. The "1Q" icon will appear on the screen.

CLEANING AND DISINFECTION

1. Remove the batteries before cleaning.
2. The device body can be cleaned with a clean soft cloth.
3. If necessary, the device can be cleaned with a soft cloth soaked in a small amount of neutral detergent or water. Do not use corrosive cleaning agents. When cleaning, be careful not to immerse any part of the Wrist Blood Pressure Monitor. Avoid liquids flowing into the instrument. The

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device should be cleaned once a week. Do not excessively clean the device.

Recommended disinfecting agent:

A 70-75% isopropyl solution

Disinfection steps:
Wipe the body with a soft cloth that has been soaked in the disinfecting agent. Dry the device immediately.
Do not disinfect with high-temperature steam or ultraviolet irradiation. Both of these methods will damage the instrument and/or degrade its components!
You should disinfect the device before and after use each time.

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Disinfecting should take no more than 1 minute. Do not excessively disinfect the device. Cleaning and disinfection should take place indoors at a temperature of +5°C ~ +40°C (50°F ~ 104°F), in a relative humidity of 15%-80%RH, under non-condensing, atmospheric pressure of 70kPa-106 kPa.

NOTE:
• Do not bend or crease the air tube excessively.
• Do not store the device if the device or its components are wet.
• Do not store the device in a location that will expose it to extreme temperatures, humidity, direct sunlight, dust or corrosive vapors (such as bleach).
• Do not store the device in a location that will expose it to vibrations or shocks.

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UPKEEP AND MAINTENANCE

water or neutral detergent

Always keep the surface of the device clean. This will help to prolong the service life of your blood pressure monitor.
If the device is dirty, wipe it with a dry soft cloth. If a dry cloth cannot easily clean the device, wipe it with a soft cloth soaked with water or neutral detergent.
Do not clean the device or carry out maintenance while in use.

Do not allow water or other liquids to flow into the device.

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SPECIFICATIONS

Measuring Method	Oscillometric Method
Display	Large VA Screen
Measuring Range	Blood Pressure Value: 0-295mmHg (0-39.3kpa) Pulse: 40-199 beats/min
Accuracy	Pressure Value: ±3mmHg(±0.4kpa) Pulse Count: ±5% of read value
Memory	299 Memories
Power Source	2*AAA batteries
Operating Temperature / Humidity	5°C to 40°C (41°F to 104°F) 15 to 80% RH maximum
Storage Temperature / Humidity	-20°C to 55°C (-4°F to 131°F) 15 to 93% RH maximum
Outer Dimensions	Approximately 3.54" (w) x 1.12" (h) x 2.4" (d) (90mm x 28.5mm x 60mm)
Screen Size	4.9x3.6mm (2.4 inches)
Console Weight	Approximately 4.5 oz. (128g) without batteries
Classification	Type BII
Wrist Circumference Range	Approximately 5.31"-7.68" (335mm-95mm)

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Operation mode	Continuous operation
Service life	5 years
Operating environment	Temperature Condition: 5 °C ~ 40 °C Humidity Condition: 15%-90%RH Atmospheric Condition: 70kPa-106kPa
Transportation and Storage Environment	Avoid dropping or directly impacting the device. Avoid exposure to rain during transportation. The packaged device shall be stored indoors at a temperature of -20°C ~ 45°C, a relative humidity of 10%-93%, and an atmospheric condition of 70kPa-106kPa. Do not store the device near corrosive gases and ensure good ventilation.

* Specifications may be changed without notice to improve

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ERROR INDICATORS

After an abnormal measurement, the following symbols will appear. To avoid false errors, use the correct measurement method.

Error Indicators	Cause/Correction
Er LU	Inflation could not reach 30 mmHg within 12 seconds
Er H	Inflation reached 295mmHg and deflated automatically after 20ms.
Er I	Pulse rate was not detected correctly.

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Er 2	The device detected movement, talking, or magnetic disturbance during the measurement.
Er 3	The test result is abnormal.

TROUBLESHOOTING

Issue	Likely cause	What to do
There is no display	Insufficient battery power	Replace batteries or insert power cable

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No pressure	Batteries are installed incorrectly Air tube is inserted incorrectly Air tube is broken or leaking	Check that the batteries are installed correctly Insert the air tube firmly into the jack Replace the cuff
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Display error	Arm moved during measurement Talking during measurement	Remain still during the measurement Remain quiet during the measurement
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Cuff leaking	Cuff is too loose Cuff is ruptured	Tighten the cuff Replace the cuff
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If the blood pressure still cannot be measured after troubleshooting, please contact our support team. Do not disassemble the device!

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BLOOD PRESSURE FAQ

Q1. Why is blood pressure measured at home lower than blood pressure measured in the hospital?

Blood pressure measurements taken at home may be 20mmHg-30mmHg (2.7kPa-4.0kPa) lower than blood pressure measured in a hospital in part because many people are more nervous while at a medical facility surrounded by medical professionals. People tend to be more comfortable at home. For this reason, it is important to understand your normal blood pressure at home.

Additionally, if you wear the cuff such that it sits higher than your heart, the measured blood pressure value will be lower.

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Please measure blood pressure while sitting in the correct posture.

Q2. Why is blood pressure measured at home higher than blood pressure measured in the hospital?

There are some of possibilities.
For instance, some anti-hypertensive drugs may lose their efficacy. In this case, follow your doctor's instructions.

Additionally, you may be using the cuff incorrectly:
- If the cuff is in the wrong position, no arterial signal will be found, and the measured blood pressure value will be higher.

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- If the cuff is too loose, the compression force may fail to be transmitted to the artery, resulting in a higher measured value.
- If you are bent over or sitting cross-legged, your blood pressure might be increased due to the abdominal pressure.
- If you wear the cuff such that it sits lower than your heart, the measured blood pressure value will be higher.

Please wear the cuff correctly and measure blood pressure in the correct posture.

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Q3. When is it best to measure blood pressure?

It is best to take measurements in the morning after using the restroom and/or when your body and mood are in a comfortable, stable state. It is better to measure blood pressure at the same time every day.

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Our trained staff will be happy to answer all of your questions!

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