

**vive®**  
PRECISION



## **COMPACT BLOOD PRESSURE MONITOR**

Owner's Manual  
DMD1O37

[vivehealth.com](http://vivehealth.com)

## OVERVIEW

We are constantly answering questions and recording helpful videos to make using your Vive Compact Blood Pressure Monitor as easy as possible. Throughout the manual we will include QR codes and links to important videos that you can visit to help you through the process.



To see all FAQ's in one place  
visit [vhealth.link/cyu](https://vhealth.link/cyu)

## WHAT'S INCLUDED

- 1x Compact Blood Pressure Monitor
- 1x Arm Cuff (22-42cm)
- 3x AAA Batteries
- 1x Plastic Carrying Case

# DEVICE INFORMATION



## INSTALLING BATTERIES

**NOTE:** When the Low Battery symbol appears on screen, turn off the device immediately and follow these instructions to replace the batteries. NEVER leave low batteries in the device as they may leak and cause damage.

1. Remove the battery cover on the back of the device.



2. Insert three (3) AAA batteries, making sure the + and - markings line up as indicated.

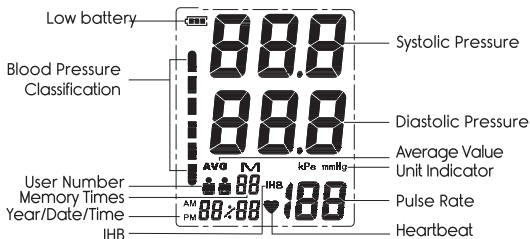


3. Snap the battery cover back in place. Listen for the audible click to make sure the cover is secure.

## HOW TO USE WITHOUT BATTERIES

You can use this device without batteries by plugging a micro-USB power cord (not included) into the power supply port on the side of the unit.

## HOW TO READ THE DISPLAY



## SETTING UP YOUR DEVICE



For a video demonstration, check out [vhealth.link/6km](https://vhealth.link/6km)

**NOTE:** This device is preset to measure pressure in mmHg & time on a 12 hour clock for convenience. You can adjust these settings using the directions provided, if needed.

1. With the device turned off, press and hold the SET button until the year number start flashing.



2. Press and release the MEM button to increase the year once or press and hold the MEM button to increase more than one year. When you reach the current year, press and release the SET button to confirm. The month number will then start flashing.



3. Repeat step 2 to find the current month. Press and release the SET button to confirm. The day number will then start flashing.



4. Repeat step 2 to find the current day. Press and release the SET button to confirm. The hour number will then start flashing.



5. Repeat step 2 to find the current hour. Press and release the SET button to confirm. The minute number will then start flashing.



6. Repeat step 2 to find the current minute. Press and release the SET button to confirm. The "12" for a 12-hour day will then start flashing.





7. Press and release the MEM button to toggle between "12" or "24" to choose your 12 or 24 hour day measurement. When you reach your choice, press and release the SET button to confirm. The pressure unit will then start flashing.



NOTE: A 12 hour clock uses a.m. and p.m. time units and a 24 hour clock uses 00:00 - 24:00 military time units.

8. Press and release the MEM button to toggle between "mmHg" or "kPa" to choose your pressure unit measurement. When you reach your choice, press and release the SET button to confirm. The year will start flashing again.



9. Press and release the START/STOP button to confirm your settings. The device will turn off.

10. To set users, with the device turned off, press and release the SET button to show the current user. Press and release the SET button to toggle between User 1 and User 2.

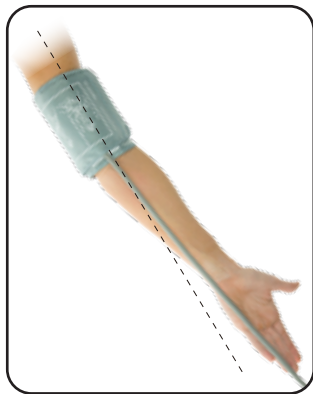


When you reach your choice, press and release the START/STOP button to confirm. The device will turn off.

## OPERATING INSTRUCTIONS

### Applying The Cuff

1. This device should be used on bare skin. Roll up your sleeve or wear a sleeveless shirt.
2. Wrap the cuff around your arm approximately one inch above your elbow, making sure the air hose is hanging freely down the inside of your arm.
3. Attach the cuff securely using the hook and loop fasteners.
4. Ensure the cuff is worn with the air hose connection pointing down the center of your forearm toward your palm.



### Taking a Measurement

1. Sit comfortably upright in a chair with your feet flat on the floor and your back and arm supported. Make sure your arm is about level with your heart.

- Following the directions above, wrap the cuff around your arm securely.



- Press and release the START/STOP button on the device. The symbols on the screen will flash and the cuff will begin to inflate. Do not move or talk because that might impede measurement.
- Measurement can be stopped at any time by pressing and releasing the START/STOP button.



5. When a pulse is detected, a heart symbol will flash on screen.



6. When measurement is complete, the cuff will deflate and your measurement will display on the screen.

7. Press and release the START/STOP button to turn off the device. Remove the cuff.



## Changing User

1. This device will remain set on the last user to take a measurement. To change to another user, with the device turned OFF, press and release the SET button. The current user icon will appear.
2. Press and release the SET button again to switch to the other user icon and press and release the START/STOP button to confirm. The device will turn off.



## Using Memory Functions

This device will store up to 90 measurements each for up to two users. When more than 90 measurements are taken, the oldest measurement will be deleted.

1. To access Memory - Recall, with the device turned off, press and release the MEM button. The average of the three most recent measurements will display first, indicated on screen as MAVG.



2. Press and release the MEM button again to see the most recent measurement. Press and release the MEM button again to scroll through older measurements. The screen will display which measurement you are viewing with the notation MO1 (most recent), MO2, MO3 and so on.



3. To delete all stored measurements, press and hold the SET button while in Memory-Recall mode. On screen, DEL NO will be displayed with NO flashing. Press and release the SET button. The screen will display DEL YES with YES flashing. Press and release the START/STOP button to confirm clearing memory. The screen with then go blank.



4. Press and release the START/STOP button again to exit Memory - Recall mode.





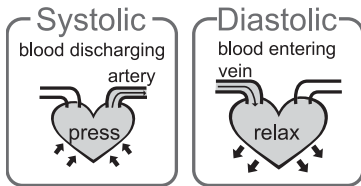
## INFORMATION FOR USERS

For the most accurate results, please follow these tips.

1. Take measurements at the same time every day and in the same environment.
2. This device can be used on either arm, but the left arm is preferred. For best results, use the same arm for every measurement.
3. Measurements can be affected by background noise, stress, movement and talking. Avoid taking measurements in these conditions.
4. Do not eat, drink alcohol, smoke, exercise or bathe 30 minutes before using this device.
5. For an accurate indication of true blood pressure, take and record several measurements over a period of time.
6. If consecutive measurements are desired, wait two minutes between measurements to allow blood to flow through the arm normally.

# BLOOD PRESSURE INDICATORS

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.



When systolic and diastolic pressure numbers fall into different categories, the higher pressure determines the color code on the chart below.

BLOOD PRESSURE INDICATOR CHART

(Based on 2017 ACC/AHA guidelines)

Systolic mmHg (Upper Number)	140 & above	Stage 2 Hypertension *			Red
	130-139	Stage 1 Hypertension *			Red
	120-129	Elevated BP *			Yellow
	Below 120	Normal BP			Green
		Below 80	80-89	90 & above	
		Diastolic mmHg (Bottom Number)			

\* Consult A Physician

Blood pressure measurements determined with this device are equivalent to those obtained by a trained observer using the cuff/stethoscope auscultatory method, within the limits prescribed for manual, electronic or automated sphygmomanometers by the American National Standards Institute and the Association for the Advancement of Medical Instrumentation.

**WARNING:** This device is not meant to treat or prevent high blood pressure. Please consult your physician for interpretation of measurements or if you suspect you have a medical issue.

## IRREGULAR HEARTBEAT INDICATORS

An irregular heartbeat (IHB) rhythm is defined as a rhythm that is more than 25% slower or 25% faster than the average rhythm detected while the device is measuring the systolic blood pressure and the diastolic blood pressure.

When the device detects an irregular rhythm two or more times during the measurement, the Irregular Heartbeat Symbol will be displayed.

## TROUBLESHOOTING

ERROR MESSAGE	PROBLEM	REMEDY
Err	Error during inflation	Adjust the cuff, making sure it is wrapped around your arm securely and properly plugged in. Ensure the cuff is level with your heart. Repeat measurement. Do not move or talk during measurement.
Low Battery Icon	Low battery	Replace the batteries.
	The device will not turn on	Ensure the batteries are installed correctly. Replace the batteries.
	Your measurement is too high or too low	Adjust the cuff, making sure it is wrapped around your arm securely. Ensure the cuff is level with your heart. Repeat measurement. Do not move or talk during measurement.

## CARE INSTRUCTIONS

- Store the device in a cool, dry place.
- Wipe gently with a soft, dry cloth.

- Never immerse the device or any of the components in water.
- Do not use cleaning products, alcohol or solvents on the device.
- Do not try to repair or dismantle the device. If a defect occurs, contact [service@ViveHealth.com](mailto:service@ViveHealth.com).


## WARNINGS

- Please read this manual thoroughly before using the device.
- Please keep this manual for future reference.
- This device is not meant to treat or prevent high blood pressure.
- This device is not meant to be a substitute for medical advice.
- Please consult your physician for interpretation of measurements or if you suspect you have a medical issue.
- Not for use by children, pregnant women or pre-eclamptic patients.
- If you suffer from arrhythmia, diabetes, blood circulation problems, or apoplexy use this device only while under a physician's care.

- Prolonged over-inflation of the cuff will result in harmful injury.
- Do not use this device over a wound, as this will cause further injury.
- Too frequent measurements can cause injury due to blood flow interference.
- External interference such as acceleration during transport or general transport can cause improper results.
- Do not attempt to modify this device in any way.
- Do not subject this device to extreme temperatures, humidity or sunlight.
- Do not immerse this device in water or clean with cleaning products, alcohol or solvents.
- Follow storage, cleaning and care instructions carefully.
- Remove the batteries if this device will not be used for three or more months.
- Ensure that the device is used in the environment specified in the EMC declaration.
- Use of this device adjacent or stacked with another device should be avoided because it could result in improper operation.

- This electrical medical equipment requires specific precautions regarding electromagnetic compatibility. It must be installed and used according to the electromagnetic information.
- Do not use this device where flammable gases or liquids are present.
- Never drop the device.
- Keep batteries and the battery door away from children.
- Do not mix old and new batteries.
- Do not use rechargeable batteries.
- Do not mix alkaline, standard and/or rechargeable batteries.
- Replace batteries when the low battery icon appears on screen.

# SPECIFICATIONS

1	Model	BP101K	
2	Measurement Method	Oscillometric	
3	Display	Backlit LCD	
4	Measurement Range	Pressure: 0 to 299 mmHg Pulse: 40 to 180 beats/minute	
5	Accuracy	Pressure: Within $\pm 3$ mmHg Pulse Rate: Within $\pm 5\%$ of reading	
6	Inflation	Automatic inflation by pump	
7	Deflation	Automatic rapid deflation	
8	Pressure Detection	Semiconductor pressure sensor	
	Memory	2 persons X 90 measurements each	
10	Power Supply	3 AA alkaline batteries (not included)	
11	Battery Life	About 6 months when used once a day	
12	Operating Environment	Temperature	50°F (10°C) to 104°F (40°C)
		Humidity	15% to 90% (noncondensing)
		Barometric Pressure	105 kPa to 80 kPa (790 mmHg to 600 mmHg)
13	Transport Storage Environment	Temperature	-4°F (-20°C) to 131°F (55°C)
		Humidity	0% to 95% (noncondensing)
14	Weight of Main Unit	Approximately 115g (not including batteries)	
15	External Dimensions	103 mm (H) X 77.5 mm (W) X 40.8 mm (D)	
16	Measurable Circumference of arm	22 ~ 42 cm	
17	Electric Shock Protection	Internal power supply appliance type BF	
18	Contents	Main unit, Cuff, instruction manual	



# EMC DECLARATION

Guidance and Manufacturer's Declaration - Electromagnetic Immunity this device is intended for use in the electromagnetic environment specified below. The customer or the user of this device should ensure that it is used in such an environment.

Immunity Test	Compliance	Electromagnetic Environment - Guidance
RF emissions CISPR 11	Group 1	This device uses RF energy only for its internal function. Therefore, its RF emissions are very low and are not likely to cause any interference in nearby electronic equipment.
RF emissions CISPR 11	Class B	This device is suitable for use in all establishments other than domestic and those directly connected to the public low voltage power supply network that supplies buildings used network that supplies buildings used for domestic purposes.
Harmonic emissions IEC 61000-3-2	Not applicable	
Voltage fluctuations/ flicker emissions IEC 61000-3-3	Not applicable	

Immunity Test	IEC 60601 Test Level	Compliance Level	Electromagnetic Environment - Guidance
Electrostatic discharge (ESD) IEC 61000-4-2	± 8 kV contact ± 2 kV, + 4 kV, + 8 kV, ± 15 kV air	± 8 kV contact ± 2 kV, + 4 kV, + 8 kV, ± 15 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 (50Hz/60Hz) magnetic field IEC 61000-4-8	30 A/m	30 A/m	Magnetic fields from common appliances are not expected to affect the device.
NOTE: UT is the a.c. mains voltage prior to application of the test level			
Radiated RF IEC 61000-4-3	10V/m 80MHz to 2.7GHz  9V/m, 27V/m, 28V/m 385-5785 MHz	10V/m 80MHz to 2.7GHz  9V/m, 27V/m, 28V/m 385-5785 MHz	Portable RF communications equipment (including peripherals such as antenna cables and external antennas) should be used no closer than 30 cm (12 inches) to any part of this device, including cables specified by the manufacturer. Otherwise, degradation of the performance of this equipment could result.

## FCC COMPLIANCE

This device complies with Part 15 of the FCC rules. Operation is subject to the following two conditions:

- (1) this device may not cause harmful interference, and
- (2) this device must accept any interference received, including interference that may cause undesired operation.

Caution: Changes or modifications to this device not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.

NOTE: 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 to 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 to an outlet on a circuit different from that to which the receiver is connected.
- Consult the dealer or an experienced radio/TV technician for help.

## GOT MORE QUESTIONS?

Check out our list of Frequently Asked Questions at [vivehealth.link/cy](https://vivehealth.link/cy) for helpful answers.



And if that doesn't answer your question, our customer service team would love to help! Feel free to connect with them by phone, e-mail, or chat on our website.

✉ [service@vivehealth.com](mailto:service@vivehealth.com)

☎ 1-800-487-3808

🌐 [vivehealth.com](https://vivehealth.com)