

vive[®]
PRECISION

SPHYGMOMANOMETER

Owner's Manual - DMD1O13



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APPLYING THE CUFF



For more information, check out vhealth.link/dms

1. Apply the cuff on your upper arm. Make sure the position of the tube is off-center; toward the inner side of arm in line with the little finger.



2. The cuff should be snug but not too tight. You should be able to insert one finger between the cuff and your arm.



3. Sit comfortably with your test arm resting on a flat surface.

INFLATING THE CUFF

1. Close the air valve on the bulb by turning the screw clockwise, do not over-tighten.
2. Squeeze in the inflation bulb at a steady rate until the needle on the gauge points 30mmHg above your normal upper systolic-pressure value. If you don't know your upper systolic value, inflate the cuff to 200 mmHg.



We have highlighted the 80 -120 range in teal to mark a health range.



TIPS FOR MEASUREMENT

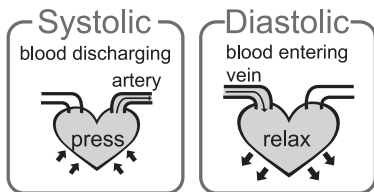
Inaccurate results can be caused by taking measurements under the following circumstances:

1. Within 1 hour after eating or drinking.
2. Within 20 minutes after taking a shower or bath.
3. In a very cold environment.
4. Immediate measurement after tea, coffee or smoking.
5. While talking, moving excessively, or breathing quickly.
6. When you need to urinate.

ABOUT BLOOD PRESSURE

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.



What is the standard blood pressure classification?

The chart below is the standard blood pressure classification published by the American Heart Association (AHA). These ranges are generalized guidelines, and should not be taken over the advice of your doctor.

This chart reflects blood pressure categories defined by American Heart Association.			
BLOOD PRESSURE CATEGORY	SYSTOLIC mm Hg (upper number)		DIASTOLIC mm Hg (lower number)
Normal	Less than 120	and	Less than 80
Elevated	120 - 129	and	Less than 80
High Blood Pressure (Hypertension) Stage 1	130 - 139	or	80 - 90
High Blood Pressure (Hypertension) Stage 2	140 or Higher	or	90 or Higher
Hypertensive Crisis (consult your doctor immediately)	Higher than 180	and /or	Higher than 120

We've marked the upper limits of a healthy reading on the dial in blue, to make taking and understanding your blood pressure measurements easier.



FINDING SYSTOLIC BLOOD PRESSURE

1. Slowly open the air valve by turning the screw counter-clockwise. Hold stethoscope chestpiece over brachial artery.

Note: Proper deflation rate is vital for an accurate reading. A recommended deflation rate is 2-3 mmhg per second.



2. As the cuff begins to deflate, listen carefully with the stethoscope (not included). The systolic pressure reading is the number the dial is pointing to when you begin to hear the rhythm of the patient's pulse.

FINDING DIASTOLIC BLOOD PRESSURE

1. Allow the cuff pressure to continue to drop at the same rate. When you stop hearing the patient's pulse, note the pressure on the dial. This will give you the diastolic pressure.
2. Deflate the cuff valve completely and remove.

CALIBRATING YOUR SPHYGMOMANOMETER

To calibrate the manual blood pressure cuff, use the included wrench tool to turn the pressure gauge nozzle under the end of the air hose until the needle is once again pointing to zero.



For more information, check out vhealth.link/dms



GOT MORE QUESTIONS?

Check out our list of Frequently Asked Questions
at vhealth.link/dms 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



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