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WHAT’S IN THE PACKAGE

- One (1) Blood Pressure Monitor
- One (1) Arm Cuff (Type BF applied part) for arm circumference ranging from 22 cm to 42 cm (about 8 3/4” - 16 1/2”).
- 4x AAA Batteries
- Two-Year Warranty

OVERVIEW

We are constantly answering questions and recording videos to help you with your Vive Precision blood pressure monitor. Throughout the manual we will include QR codes and links to important videos to help you.

To see all of the FAQs in one place visit vhealth.link/e389d
To get started using your Blood Pressure Monitor, you’ll have to complete the following checklist:

- Install the Batteries
- Set date and time information
- Attach the Arm Cuff
- Measure

Want to watch us do this instead? Go to vhealth.link/3O92d to see how to set up and use your Blood Pressure Monitor.

Install the Batteries

1. Turn the Monitor over to access the Battery compartment.
2. Open the Cover and install the four (4) AAA Batteries by lining up the battery poles (+ and -) as shown in the compartment.
3. Replace the Cover.

Set Date and Time Information

Your Blood Pressure Monitor attaches a time and date stamp to each measurement stored in its memory. So it’s important to set the clock before using the Monitor.
1. With the Monitor off, press and hold the S/▼ button on the Control Panel for three (3) seconds to enter the editing mode. The currently set year will be displayed and begin flashing.

2. Press the M/▲ button to cycle through the year settings, ranging from 2014 to 2058, until the current year is showing.

3. Press S/▼ button to set the year and open up the next field. The current setting for the next field will be displayed and begin flashing.
4. Repeat steps 2 and 3 for all of the additional fields in the following order:

- Month
- Day
- Time Format (choose either a 12- or 24-hour format)
- Hour
- Minute
- Measurement Unit (choose either kPa or mmHg)

Note: mmHg is the standard US measurement for blood pressure.

After you press the S/▼ button for the final field, the LCD will read “dOnE”, then display all the settings for a few seconds before turning off completely.

Attach the Arm Cuff
1. Securely insert the Air Hose nozzle into the port on the left side of the Blood Pressure Monitor. NOTE: The semicircular shape of the nozzle opening is normal and not a defect.
2. Wrap the Arm Cuff around your upper arm, about 2-3 cm (1 in.) above the bend in your elbow, and secure it in place. Orient the side of the Cuff where the Air Hose connects so that it’s on the inner side of your arm, close to your body. For patients with hypertension, the middle of the cuff should be level of the right atrium of the heart; adjust as necessary.

3. The Cuff should be snug on your arm, but not tight; you should still be able to insert one (1) finger between the Cuff and your arm. Adjust as necessary.

4. Sit comfortably with your test arm resting on a flat surface; your legs should be uncrossed, your feet flat on the floor, and your back and arm fully supported.

Incorrect Position

Correct Position
Measure

1. Your Blood Pressure Monitor is capable of storing records for two (2) different people. Before measuring, make sure to toggle the User Switch the desired person (right for User A or left for User B).

2. While resting comfortably, press the START/STOP button to turn on the monitor and begin testing. The machine will go through a complete cycle:

   - Turn on the display
   - Calibrate the measured pressure to “zero”
   - Inflate the cuff and perform all measurements
   - Display and save the results for the selected user.
3. Press the START/STOP button again to power off the Monitor. If you don’t, it will turn off automatically after one (1) minute.

HOW TO READ THE RESULTS

Here is a layout of the Control Panel that shows all of the different parts of the display as well as all of the various buttons and switches.
<table>
<thead>
<tr>
<th>COMPONENT</th>
<th>DESCRIPTION</th>
</tr>
</thead>
<tbody>
<tr>
<td>A</td>
<td>Memory Record Number Shows the record number that you’re currently viewing when in memory recall mode; will show 1-125</td>
</tr>
<tr>
<td>B</td>
<td>User A/B Indicators Shows which of the two (2) users is currently selected either for measuring or showing saved data records</td>
</tr>
<tr>
<td>C</td>
<td>Blood Pressure Reference Bar Each measured result will include a bar on the left side of the display that matches the colors next to it; the colors range from green to red, indicating a normal to Stage 2 hypertensive result</td>
</tr>
<tr>
<td>D</td>
<td>AVG indicator In memory recall mode, this indicator shows that the result being viewed is an average of the last three (3) saved records</td>
</tr>
<tr>
<td>E</td>
<td>Low-Battery Indicator Shows that the Batteries are getting low and should be changed soon</td>
</tr>
<tr>
<td>F</td>
<td>Irregular Heartbeat Detector Shows that a measurement detected an irregular heartbeat when displaying results</td>
</tr>
<tr>
<td>G</td>
<td>Date/Time Shows the date and time for the measurement currently being displayed; the indicator will alternate between showing the date and time information regularly</td>
</tr>
<tr>
<td>H</td>
<td>Systolic Pressure Shows the systolic pressure measurement for the currently displayed record</td>
</tr>
<tr>
<td>I</td>
<td>Diastolic Pressure Shows the diastolic pressure measurement for the currently displayed record</td>
</tr>
<tr>
<td>J</td>
<td>Heart Rate Shows the average heart rate measurement for the currently displayed record</td>
</tr>
<tr>
<td>K</td>
<td>User Switch Selects either User A or User B for measurement or data recall</td>
</tr>
<tr>
<td>L</td>
<td>M/▲ Button Enters memory recall mode when held for three (3) seconds; scrolls upward through various options depending on the current mode</td>
</tr>
<tr>
<td>M</td>
<td>S/▼ Button Enters setting mode when held for three (3) seconds; scrolls downward through various options depending on the current mode</td>
</tr>
<tr>
<td>N</td>
<td>START/STOP Button Begins a measurement or stops it; also serves as the power button for the monitor</td>
</tr>
<tr>
<td>O</td>
<td>Unit of measurement Displays the selected unit of measurement for the blood pressure reading</td>
</tr>
</tbody>
</table>
About Blood Pressure

What are 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 do my readings mean?

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

<table>
<thead>
<tr>
<th>SYS</th>
<th>135mm Hg</th>
</tr>
</thead>
<tbody>
<tr>
<td>DIA</td>
<td>85mm Hg</td>
</tr>
<tr>
<td>Blood Pressure Category</td>
<td>Systolic mmHg (upper#)</td>
</tr>
<tr>
<td>----------------------------------------------</td>
<td>------------------------</td>
</tr>
<tr>
<td>Normal</td>
<td>less than 120</td>
</tr>
<tr>
<td>Elevated</td>
<td>120-129</td>
</tr>
<tr>
<td>High Blood Pressure (Hypertension) Stage 1</td>
<td>130-139</td>
</tr>
<tr>
<td>High Blood Pressure (Hypertension) Stage 2</td>
<td>140 or higher</td>
</tr>
<tr>
<td>Hypertensive Crisis (Consult your doctor immediately)</td>
<td>Higher than 180</td>
</tr>
</tbody>
</table>

Note: While this table is offered as a general guideline, only a physician can tell your normal blood pressure range. Please contact a physician if your measured result falls outside of that range. Only a physician can tell whether your blood pressure value has reached a dangerous level.

Irregular Heartbeat Detector

Your Blood Pressure Monitor has an intelligent function to detect an Irregular Heartbeat (IHB). During each measurement, it monitors the heartbeat intervals to determine whether or not an IHB is present. If present, the [Insert graphic of the IHB symbol from the display] indicator will display with the results.
Just because you see this indicator once or twice doesn’t mean you need to be concerned. However, if the symbol appears often, you should seek medical advice for a proper cardiac examination.

OTHER PROCEDURES

Replacing the Batteries

As with anything, eventually, your batteries will need to be replaced. The **Lo** indicator on the Control Panel display shows when the batteries start to get low. You can also tell when the display becomes too dim or will not light up at all.

Follow these steps to replace the batteries:

1. Turn the Monitor over to access the Battery Compartment.
2. Open the Cover and remove the old batteries.
3. Install the four (4) AAA Batteries by lining up the battery poles (+ and -) as shown in the compartment.
4. Replace the Cover.

Notes:

- Changing the batteries may reset your user settings.
- Remove the batteries if you’re not planning on using the Monitor for an extended period of time.
- Used batteries are harmful to the environment, so please DO NOT throw them in the regular trash. Follow your local recycling guidelines to dispose of them safely.
Using the AC Power Adapter (Not Included)

Your Blood Pressure Monitor can be used with an AC Power Adapter, instead of the Batteries. Use only the Vive Precision BPM 6V AC Power Adapter (DMD1012).

Type: BLJO6LO6010OP-U
Input: 100~240V, 50~60Hz, 400mA
Output: 6V --- 1A
(Conforms to UL certificate)

To use the AC Power Adapter, remove the Batteries from the Battery Compartment on the underside of the unit, insert the black-tipped Adapter plug into the port on the right side of the Monitor, and plug the other end into the wall socket.

Recalling Saved Records

Your Blood Pressure Monitor is capable of storing up to two-hundred fifty (250) records at a time (one-hundred twenty-five (125) for each user). To access these records, follow the steps below.

1. Toggle the User Switch the desired person (A or B).
2. With the Monitor off, press the M/▲ button to show the average of the last three (3) records for the selected user.

Note: If there are less than three (3) records saved for the selected user, the Monitor will display the most recent record first.

3. Press M/▲ button or S/▼ button to scroll through the saved records to find the one that you want. The most recent record (1) is shown first. Press and hold the same buttons to scroll through the saved records in groups of ten (10) to quickly find the record you want.

**NOTE:** The display screen will alternate between showing the date and the time for each record.

**Delete the Records**

Sometimes you may want to start with a fresh memory, clearing out old data for a given user. Follow the steps below to clear all records saved for a single user:

Want to watch us do this? Check out vhealth.link/d7Oaa for an easy instructional video.

1. Toggle the User Switch the desired person (A or B).
2. With the Monitor off, press the M/▲ button bring up the memory recall for the selected user.
3. Press and hold the S/▼ button for three (3) seconds. The display will show “dEL ALL” as a way of asking for confirmation.

4. Press the S/▼ button once more to confirm the memory dump, clearing all recorded data for the selected user. The display will show “dEL dOnE”, and then turn off. If you want to go back without deleting anything, press the START/STOP button to return to the list of saved records.

TIPS FOR GETTING A GOOD MEASUREMENT

Your Blood Pressure Monitor uses an oscillating measuring method to calculate your blood pressure. That sounds complicated, but it just means that it detects small changes in the air pressure Arm Cuff while it’s inflated.
Since the Monitor works detecting such small changes between your body and your environment, there are steps that you can take to make sure that you get the most accurate reading every time.

- While you can take a measurement from either arm, the left arm (closest to the heart) is best. However, whichever method you choose, try to be consistent and do it the same way each time.
- Try not to measure for one (1) hour after eating or drinking.
- Don’t measure for twenty (20) minutes after taking a shower/bath.
- The monitor isn’t designed for use in cold environments, so always use indoors with the unit at room temperature.
- Don’t try to take a measurement after drinking coffee, tea, or alcohol or smoking.
- Try not to talk or move your fingers while measuring.
- Try to urinate before you take a measurement.
- Wait at least three (3) minutes between measurements for arm circulation to normalize.
- Don’t take measurements while you are feeling anxious or stressed. Try to calm yourself with a few deep breaths, followed by four (4) to five (5) minutes of relaxation.

Why does my blood pressure seem to fluctuate so much?

Individual blood pressure can change on a daily, sometimes moment-to-moment basis, as determined by a number of different factors. It can change based on weather, emotions, exercise/activity level, stress, current medications, etc.

However, it can also be affected by the way you apply the Arm Cuff. So you always make sure that the Cuff is positioned properly, not too tight or too loose, with the Air Hose located on the inner side of the arm.
MAINTENANCE

The only maintenance required for your Blood Pressure Monitor is to clean the unit occasionally with a soft cloth. Do not use any abrasive or volatile cleaners.

If you have any problems with the Monitor, including setup, use, or maintenance, please contact service@vivehealth.com. Don’t attempt to open or repair the device by yourself. Please report to vivehealth.com if any unexpected operations or events occur.

TROUBLESHOOTING

This section includes a list of error messages and common problems you may encounter with your Blood Pressure Monitor. If it isn’t operating like you think it should, check here before contacting service@vivehealth.com.

<table>
<thead>
<tr>
<th>Symptom</th>
<th>Problem</th>
<th>Cause</th>
<th>Remedy</th>
</tr>
</thead>
<tbody>
<tr>
<td>Display will not light up.</td>
<td>No power</td>
<td>Batteries are exhausted</td>
<td>Replace batteries</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Batteries are installed incorrectly</td>
<td>Open Battery Compartment and Install Batteries correctly</td>
</tr>
<tr>
<td></td>
<td></td>
<td>AC adaptor is installed incorrectly</td>
<td>Securely insert the AC Adapter into the Adapter port and wall socket</td>
</tr>
<tr>
<td><img src="Lo" alt="" /> indicator is on.</td>
<td>Low Batteries</td>
<td>Batteries will soon be exhausted.</td>
<td>Replace batteries</td>
</tr>
<tr>
<td>Symptom</td>
<td>Problem</td>
<td>Cause</td>
<td>Remedy</td>
</tr>
<tr>
<td>----------------------</td>
<td>------------------------</td>
<td>----------------------------------------------------------------------</td>
<td>------------------------------------------------------------------------</td>
</tr>
<tr>
<td>Error Code: EO1</td>
<td>Cuff is too tight or too loose</td>
<td>Arm cuff is fitted incorrectly</td>
<td>Refasten the cuff and measure again</td>
</tr>
<tr>
<td>Error Code: EO2</td>
<td>Movement Error</td>
<td>Monitor detected excessive motion or talking during measurement.</td>
<td>Relax for a moment and try again.</td>
</tr>
<tr>
<td>Error Code: EO3</td>
<td>No Pulse Error</td>
<td>Pulse is either too weak or undetectable.</td>
<td>Loosen clothing on the measured arm and try again.</td>
</tr>
<tr>
<td>Error Code: Exx</td>
<td>Calibration Error</td>
<td>Internal measurement failed</td>
<td>Relax for a moment and try again. If problem persists, contact <a href="mailto:service@vivehealth.com">service@vivehealth.com</a>. Refer the warranty information for contact and return instructions.</td>
</tr>
<tr>
<td>&quot;Out&quot; Shows</td>
<td>Warning Message</td>
<td>Out of measurement range</td>
<td>Relax for a moment. Refasten the cuff and then measure again. If the problem persists, contact your physician.</td>
</tr>
</tbody>
</table>
SAFETY INFORMATION AND WARNINGS

The symbols below may be use in this manual, labels, or other components associated with this equipment and follow required standards.

<table>
<thead>
<tr>
<th>Symbol</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>🚨</td>
<td>Symbol for “THE OPERATION GUIDE MUST BE READ”</td>
</tr>
<tr>
<td>SN</td>
<td>Symbol for “SERIAL NUMBER”</td>
</tr>
<tr>
<td>⚡</td>
<td>Symbol for “DIRECT CURRENT”</td>
</tr>
<tr>
<td>🕒</td>
<td>Symbol for “MANUFACTURE DATE”</td>
</tr>
<tr>
<td>⚠️</td>
<td>Symbol for “TYPE BF APPLIED PARTS”</td>
</tr>
</tbody>
</table>

- Symbol for “ENIRONMENT PROTECTION”-Waste electrical products should not be disposed of with household waste. Please recycle where facilities exist. Check with your local authority or retailer for recycling advice.

- Symbol for “CAUTION”-These notes must be observed to prevent any damage to the device.

- To avoid measurement errors or personal injury, carefully read this manual entirely before using the product.

- This device is intended for adult indoor use only.

- This device is intended for non-invasive measuring and monitoring of arterial blood pressure. It is not intended for use on extremities other than the arm or for functions other than obtaining a blood pressure measurement.

- Do not confuse self-monitoring with self-diagnosis. This unit allows you to monitor your blood pressure. Do not begin or end medical treatment.
• Consult your physician for treatment or advice.

• If you are taking medication, consult your physician to determine the most appropriate time to measure your blood pressure. Never change a prescribed medication without consulting your physician.

• If the Arm Cuff pressure reaches 40 kPa (300 mmHg), the unit will automatically deflate. Should the Cuff not deflate when pressure exceeds 40 kPa (300 mmHg), detach the Cuff from your arm and press the START/STOP button to stop inflation.

• The equipment is not AP/AGP equipment, so it is not spark-resistant. Do not use within 25 cm of a flammable anaesthetic gas or breathing system.

• Do not touch the batteries while the Monitor is powered on.

• To avoid measurement errors, please avoid any strong electromagnetic field radiated interference signal or electrical fast transient/burst signal when using the AC Adapter.

• The user must check that the equipment functions safely and see that it is in proper working condition before operating.

• Please only use accessories and detachable parts specified/authorized by the manufacturer. Failure to do so may cause damage to the unit or personal injury.

• Manufacturer will make circuit diagrams, component parts list, etc. available on request.

• This unit is not suitable for continuous monitoring during medical emergencies or operations. Otherwise, the patient’s arm and fingers will become anesthetic, swollen and even purple due to a lack of blood.

• Please only use the device in the environment described in this manual. Otherwise, the performance and lifetime of the device will be impacted and reduced.
During use, the patient will make skin contact with the Arm Cuff. The materials of the Cuff have been tested and found to comply with requirements of ISO 10993-5:2009 and ISO 10993-10:2010. It will not cause any potential allergic reaction or contact injury.

Please dispose of accessories, detachable parts, and the Medical Electrical (ME) Equipment according to the local guidelines.

Patients with common arrhythmias such as atrial or ventricular beats or arterial fibrillation can lead to some strange readings using the Monitor. Talk to your doctor if you see these strange readings. If you know you have one of these conditions, talk to your doctor about the effect it will have on your blood pressure readings. When the device was used to measure patients who have common arrhythmias such as atrial or ventricular premature beats or arterial fibrillation, the best result may occur deviation. Please consult your physician about the result.

The device is not recommended for any woman who is pregnant or suspected of being pregnant. Besides providing inaccurate readings, the effects of this device on a developing fetus are unknown.

When using this device, the following situations may interrupt blood flow and influence blood circulation of the patient, thus resulting in harm and injury:

- Too frequent and consecutive multiple measurements
- The application of the Cuff and its pressurization on any arm where intra-vascular access or therapy, or an arteriovenous (A-V) shunt, is present
- Inflating the Cuff on the arm on the side of a mastectomy

- Do not apply the Arm Cuff over a wound, otherwise it can cause further injury.

- Do not inflate the Arm Cuff on the same limb which other monitoring ME Equipment is applied simultaneously, because this could cause
temporary loss of function of those simultaneously-used monitoring (ME) Equipment. Using it in this case could result in prolonged impairment of the circulation of the blood of the patient.

- Don’t kink the Air Hose, otherwise, the Arm Cuff pressure may continuously increase which can prevent blood flow and result in harmful injury to the patient.

- The device has been clinically evaluated, using manual cuff/stethoscope auscultations as the reference. 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 by the “American National Standard, Manual, Electronic or Automated Sphygmomanometers”.

- The patient is an intended operator. The patient can measure under normal circumstances and maintain the device and its accessories according to this manual.

- The Blood Pressure Monitor, and the Arm Cuff are suitable for use within the patient environment. If you are allergic to dacron or plastic, please don’t use this device.

- Please keep the unit out of reach of infants, children or pets, since inhalation or swallowing of small parts is dangerous or even fatal.

- The device is not intended for public use.

- The device is not intended for patient transport to/from a healthcare facility.

- This device cannot be used with high-frequency (HF) surgical equipment at the same time.

- Be careful with hoses of excessive length; they can present a risk of strangulation during use, resulting in personal injury.
• Be careful with hoses of excessive length: they can present a risk of strangulation during use, resulting in personal injury.

### COMPILLED STANDARDS LIST

<table>
<thead>
<tr>
<th>Risk management</th>
<th>ISO/EN 14971:2012 Medical devices — Application of risk management to medical devices</th>
</tr>
</thead>
<tbody>
<tr>
<td>Labeling</td>
<td>ISO/EN 15223-1:2012 Medical devices. Symbols to be used with medical device labels, labelling and information to be supplied. General requirements</td>
</tr>
<tr>
<td>User manual</td>
<td>EN 1041: 2008 Medical equipment manufacturers to provide information</td>
</tr>
</tbody>
</table>

### SPECIFICATIONS AND FCC STATEMENT

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.
• Power Supply: Battery Powered Mode: 6V DC 4 x AAA Batteries
  AC Adapter Powered Mode: 6V === 1A (Please only use recommended
  AC adapter, not included.)
• Display Mode: Digital LCD V.A. 60mm x 92mm
• Measurement Mode: Oscillographic testing mode
• Rated cuff pressure: OmmHg~299mmHg(0kPa ~ 39.9kPa)
  Measurement pressure: SYS: 60mmHg~230mmHg (8.0kPa~30.7kPa)
  DIA: 40mmHg~130mmHg (5.3kPa~17.3kPa)
  Pulse Value: (40~199) beat/minute
• Accuracy: Pressure: 5kPa ~ 40kPa within + 0.4kPa (3mmHg)
  Pulse Value: + 5%
• Normal Working Condition: A temperature range of:+5°C to +40°C
  A relative humidity range of 15% to 90%, non-condensing, but not
  requiring a water vapor partial pressure greater than 50 hPa
  An atmospheric pressure range of: 700 hPa to 1060 hPa
• Storage & transportation condition:
  Temperature: -20°C to +60°C
  A relative humidity range of ≤ 93%, non-condensing,
  at a water vapor pressure up to 50hPa
• Measurement Perimeter of the Upper Arm: About 22cm~42cm
• Weight: Approx: 250g (Excluding the dry cells)
• Exterior Dimensions: Approx: 140mm x 130mm x 49.7mm
• Mode of Operation: Continuous Operation
• Degree of Protection: Type BF applied part
• Protection against ingress of water: IP21
• Software Version: AO1
• IEC 60601-1-2:2014

Distributed by:
Vive Health
8955 Fontana Del Sol Way Naples, FL 34109

⚠️ WARNING: No modification of this equipment from its original
specifications is allowed.
2 YEAR GUARANTEE

You are protected by Vive Health’s industry leading guarantee and customer service.
QUESTIONS?

Our friendly customer service team is standing by to assist you. Feel free to connect on the phone, email or chat.

service@vivehealth.com

1-800-487-3808

vivehealth.com