

Digital Upper Arm Blood Pressure Monitor Model vB100A User Manual (Ver2.0)



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Letter to Users

Thank you for choosing Vaunn[®] Medical Digital Upper Arm Blood Pressure Monitor vB100A. Designed for convenient and easy operation, this device provides fast and reliable measurement of systolic and diastolic blood pressure as well as heart rate using the oscillometric measurement method. It has also been proven in clinical studies to provide excellent accuracy when used in accordance with the operating instructions.

Your blood pressure is an important parameter that can be used to monitor your health. High blood pressure (hypertension) is a common and serious health problem. This device enables you to monitor your blood pressure regularly, and maintain a record of your blood pressure measurements.

Before using this product, please read the user manual carefully and follow the instructions stated herein. Please also check that all accessories are complete as listed in the packing list, and if any component got damaged during shipping. If there is any damage and/or if you have any concerns, please contact us at cs@beyondmedshop.com or phone: 1-832-939-8290 with the following information:

- 1. Product model
- 2. Serial number of the product
- 3. Your contact information and address

The manual is updated periodically and the latest manual can be downloaded at http://www.beyondmedshop.com/products/vB100A

Standard Packing List

1.	Blood Pressure Monitor	1 PC
2.	Arm Cuff	1 PC
3.	AA Battery	.4 PCS
4.	User Manual	1 PC

Chapter 1 About this product

1.1 Features of the Vaunn® Medical vB100A

- Fully automatic, digital upper arm blood pressure measuring device.
- Dual user mode with memory storage that records up to 99 sets of readings per user.
- Guest mode for one time measurement with no data recorded.
- Unique SmartCheck™ technology that enhances the accuracy and precision of blood pressure measurements even during arrhythmia.
- Latest GentleRead[™] technology that provides customized level of cuff inflation for comfortable and pain-free experience during measurement.
- Irregular Heartbeat Detection technology with audible signal that warns about the occurrence of abnormal rate and periodicity of systole during measurement.
- Movement Warning Indicator that detects movement during measurement and alerts user to retake measurement.
- Cuff Error Warning that alerts user of inadequate pressure in the cuff during measurement.
- Large LCD screen for easy reading.
- 3-color backlight display and traffic light indication that classify blood pressure readings in accordance with the latest American Heart Association (AHA) guidelines.
- Date and Time function.
- Alarm Clock function that allows user to set two alarms.
- Battery life indicator.

- Automatic switch off.
- Extended range arm cuff that fits a wide range of arm sizes from 8.7-16.5" (22-42cm).

1.2 Important information about self-measurement

- The blood pressure monitor is intended to measure and monitor your blood pressure levels. It is not intended to diagnose and/or treat any medical condition or disease. Please consult with your healthcare provider if you experience unusual readings. Under no circumstances should you alter the dosage of any medication prescribed by your doctor.
- The pulse display is not suitable for checking the frequency of heart pacemakers.
- For cardiac irregularity (irregular heartbeat), measurements obtained with this device should only be evaluated in consultation with your doctor.

Electromagnetic interference:

The device contains sensitive electronic components (microcomputer). Therefore, avoid strong electrical or electromagnetic fields in the direct vicinity of the device (For example: mobile phones, microwaves). These can lead to the temporary impairment of measurement accuracy.

Chapter 2 Important information about blood pressure and its measurement

2.1 How does high blood pressure arise?

Blood pressure and heart rate are controlled by the lower portion of the brainstem called medulla oblongata. Blood pressure is dynamic and responds to respective situation by way of feedback mechanism via the nervous system. To adjust for blood pressure, the strength and frequency of the heart (pulse), as well as the width of circulatory blood vessels respond by changing. The latter is affected by way of fine muscles in the blood vessel walls. The level of arterial blood pressure changes periodically during the heart activity: During blood ejection (Systole), the value is maximal (systolic blood pressure value); at the end of the heart's rest period (Diastole), the value is minimal (diastolic blood pressure value). For a healthy adult, the blood pressure values should lie within certain range (see below).

2.2 Blood pressure values classification

According to American Heart Association (AHA) guidelines in 2017, blood pressure values are classified into 4 levels, as shown in the table below.

Note: ESH/ESC guidelines may vary. Consult your healthcare provider for region-specific guidelines and information.

	Classification Level	Number of Traffic Bar	Indicated Color of Traffic Bar	Systolic Range (mmHg)	Diastolic Range (mmHg)	Recommendation	Backlight Color	
1	Blood pressure normal	1	Green	Below 120	Below 80	Normal	Green (Normal)	
2	Blood pressure elevated	2	Yellow	120 – 129	Below 80	Consult your doctor	Yellow	
3	High blood pressure (Hypertension) Stage 1	3	Yellow	130 - 139	80 - 89	Consult your doctor	(Elevated/ Hypertension Stage 1)	
	High blood pressure	4	Orange	140 - 159	90 - 99	Seek medical		
	(Hypertension) Stage 2	5	Red	160 - 179	100 - 119	advice	Red	
4	Blood pressure dangerously high (Hypertensive crisis)	6	Red	Over 180	Over 120	Require medical attention	Red (Hypertension Stage 2)	

Further information:

 If your blood pressure values are mostly in the normal range under resting conditions but exceptionally high under conditions of physical or psychological stress, it is possible that you are suffering from a medical condition called labile hypertension. Please consult your healthcare provider if you suspect this to be the case.

 Correctly measured diastolic blood pressure values of above 110mmHg will require immediate medical treatment.

There are measures you can take to prevent and/or reduce medically established high blood pressure.

- A. Eating habits
- Strive for a normal weight for your age and height
- Avoid excessive consumption of table salt
- Avoid fatty food
- B. Existing illnesses
- Follow consistently any medical instructions for treating existing illnesses, such as diabetes (diabetes mellitus), fat metabolism disorder, gout, etc
- C. Habits
- Restrict caffeine consumption, such as coffee
- Drink only moderate amount of alcohol
- Avoid smoking
- D. Physical activities
- Exercise regularly
- Choose sports that require stamina over those that require strength
- Do not over exert and/or avoid reaching the limits of your performance
- If you have a pre-existing condition and/or you are over 40, please consult your healthcare provider before starting any physical activities

2.3 SmartCheck[™] technology

SmartCheck[™] technology is an innovative concept to achieve optimum reliability in self-measurement of blood pressure. Highly accurate measurement result is achieved by the automatic analysis of three successive measurements (see section 5.5 Measuring procedure). As human blood pressure is dynamic and can fluctuate, the SmartCheck[™] technology provides a convenient way to obtain an accurate measurement, even during arrhythmia. This results in greater accuracy when compared to the calculation of average result.

Measurement specification:

- The total measurement time for a full measurement cycle is less than 3 minutes, as opposed to a single measurement time of about 1.5 minutes.
- Single results are not displayed.
- Based on data analysis result, a 4th measurement may be applied.

2.4 Irregular heartbeat detection (IHD)

The appearance of the symbol \sqrt{h} indicates that certain pulse irregularity is detected during measurement. This may cause results to vary from your normal blood pressure levels. In general, this is not a cause for concern. However, if the symbol appears more frequently than usual, it is recommended that you consult with your healthcare provider.

If SmartCheck[™] measurement mode is used, irregular heartbeat detected during measurement will not affect results (see section 2.3 for more information).

Note: The device detects early stage pulse irregularities. It is not a replacement for cardiac examination.

2.5 Traffic light indication

The colored bars on the left edge of the display indicate the range within which the measured blood pressure values lie. Depending on the height (or number) of the bars, the measured values are either within the normal (green), elevated/hypertension stage 1 (yellow) or hypertension stage 2 (orange/red) range. The classification corresponds to the 4 levels as defined by the American Heart Association (AHA). Please refer to the table in section 2.2 to learn more.

In addition, the 3-color backlight display shows different color according to the measured blood pressure values. Readings in the classification range of 1 is shown in green backlight, classification ranges of 2, 3 in yellow backlight and classification ranges of 4, 5, 6 in red backlight.



Chapter 3 Elements of the blood pressure monitor

3.1 Measuring unit



ltem		Function
1	LCD screen	Display measurement readings, time and date.
2	Start/Stop button 🛈	Press to start or stop measurement.
3	Memory button	Press to view recorded data.
4	Time/User button	Press to set/view current date and time or to switch user.
5	Arm cuff connector	Connect the upper arm cuff here and place the cuff around your arm to measure your blood pressure.
6	Mode slide switch	Slide switch to select single or SmartCheck™ measurement mode.
7	Battery compartment	Insert four AA batteries here.

6

User 1.2 Time/ Date Indicator Blood Pressure Values Alarm Clock X Systolic Blood Pulse Rate Pressure SMARTCheck Time Interval Diastolic Blood IHD Detection Pressure SMARTCheck **Recorded Data** Mode Pulse (min.) Movement SMARTC IM Warning Indicator Battery Life Chee Cuff Error Warning d٦ Indicator

3.2 LCD screen display and symbol designation

3.3 Cuff

Extended range upper arm cuff made of soft nylon material with Velcro closure. For arm circumference 8.7-16.5 inches (22-42 cm).



Chapter 4 Setting up the blood pressure monitor

4.1 Battery installation

- Open the battery compartment cover in the direction shown.
- Insert four AA batteries according to the indicated polarity.
- Mount the battery cover horizontally until it snaps back in place.

▲ Attention!

- When the battery life indicator appears as
 in the display, the batteries are flat and need to be replaced with new ones.
- When the battery life indicator appears as
 Image: a start of the device cannot operate until the batteries are replaced.
- If the blood pressure monitor is not used for an extended period of time, please remove the batteries from the device.

Functional check:

Press and hold the Memory button ${f M}$. All display segments should appear when functioning properly.

4.2 Arm cuff connection

Insert the distal end of the cuff tube into the opening of the arm cuff connector on the measuring unit, as shown in the diagram.





4.3 Setting date and time

The blood pressure monitor includes date and time function. For each measurement taken, results are recorded with the date and time of the measurement.

After battery installation, set the date and time.

- The year YYYY should be blinking. Set year by pressing the Memory button
 M. To confirm, press the Time/User button ⊕/m.
- 2. The month, day and time can be set by following the same steps above.

ŵ	רו ס2	å	MONTH-GAY 10-08	ŵ	™ 8:10
-					
	(-, -, -, -, -, -, -, -, -, -, -, -, -, -				

Note:

- You can change values more rapidly by holding down the Memory button M.
- After initial set up, date and time can be reset. Refer to section 4.4 below.
- The date and time must be re-entered each time the batteries are replaced.

4.4 Switching sound on/off

The device beeper is on by default and can be turned off if desired. With the device off, press the Time/User button $\textcircled{O}/\mathring{\mathbf{n}}$ and hold until the display shows "bEP On". Press the Memory button to switch between "bEP OFF" and "bEP On". Press the Time/User button $\textcircled{O}/\mathring{\mathbf{n}}$ to make your selection.

Note:

- Date (year, month, day) and time will need to be re-confirmed by pressing the Time/User button ⊕/m.
- You can reset the date and time by pressing the Memory button M, then press the Time/User button ②/m to confirm.

4.5 Reading date and time

The display shows the time by default. To show the date, press the Time/User button 2/a.

4.6 Specifying user

The blood pressure monitor has 2 user settings and can store up to 99 sets of readings per user. In addition, guest mode is available for measurement without data recording.

- Before taking a measurement, make sure that the correct user (User 1, User 2, or Guest) has been selected.
- With the device off, press the Time/User button
 → in to cycle through User 1, User 2 or Guest mode (see illustration of screen display below).
- Press the Start/Stop button 🕛 to make your selection.



Chapter 5 Operating the blood pressure monitor

5.1 Before taking measurement

- Avoid eating, smoking and any strenuous activity such as exercise before measurement. These factors can influence the measurement result. It is recommended that you relax for about ten minutes before measurement. Example: sitting in an armchair in a quiet environment.
- Remove any tight or constricting garment around upper arm.
- Always measure from the same arm typically left arm.
- Attempt/plan to carry out measurement regularly around the same time of day as blood pressure changes during the course of the day.

5.2 Common sources of error

Δ Note: Comparable blood pressure measurements require and/or are

dependent on the same conditions.

- Any effort by the user to support his/her arm during measurement can increase the blood pressure values. Therefore, make sure that the user is in a comfortable, relaxed position and does not activate any muscles of the arm during measurement. Use a cushion for support if necessary.
- If the arm artery lies considerably lower (higher) than the heart, an erroneously higher (lower) blood pressure will be registered. Each 15 cm (5.9 inches) difference in height results in a measurement error of about 10mmHg.
- Arm cuff that is too narrow or too short will result in false measurement values. Using the correct size cuff is crucial in getting accurate measurement values. The cuff size is dependent on the circumference of the arm, measured at the center.

Note: only use Vaunn® Medical arm cuff.

- A loose cuff or sideway protruding air pocket causes false measurement values.
- Repeated measurements cause blood to accumulate in the arm. This can lead to false results. Therefore, it is recommended to pause for at least 1 minute between measurements.

5.3 Fitting the arm cuff

 a. Pass the end of the cuff (with sewn-in rubber stopper) through the metal D-ring to form a loop. The Velcro closure should be facing outward. If assembled correctly, the metal D-ring should not touch the skin when the cuff is looped around the arm. Note: Skip this step if the cuff has already been prepared. 	
b. Insert left arm through the cuff loop and position the cuff on the upper arm. The tube should point in the direction of the lower arm.	A A
 c. Adjust the cuff position on the upper arm. The lower edge of the cuff should be approximately %-1" (2-3cm) above the elbow. The tube and "ARTERY MARK" should be aligned with the inner side of the arm. Important: The red line along the edge of the cuff must lie exactly over the artery which runs down the inner side of the arm. 	
d . Tighten the free end of the cuff and secure with the Velcro closure. The cuff should fit snugly on your upper arm such that you can fit 2 fingers between the cuff and your upper arm. Any clothing that restricts the arm should be removed prior to measurement.	
e. Lay the arm on the table or support cushion with the palm upward. The arm cuff should be at the same level as the heart. Check to make sure that the tube is not kinked.	
f. Remain seated comfortably for about two minutes before starting measurement.	

Note: If it is not possible to fit the cuff on the left arm, it can also be placed on the right arm. However, for consistency, measurements should only be taken from the same arm.

5.4 Measurement mode selection

You can choose between single or SmartCheck™ measurement mode. Single mode:

- Slide the mode switch (on the right-hand side of the measuring unit) towards "1".
- In single mode, 1 measurement will be taken.

SmartCheck[™] mode:

- Slide the mode switch towards "3"
- In SmartCheck[™] mode, 3 measurements will be taken in succession and final results will be calculated automatically.
- The symbol MMMMees on the screen display indicates that the device is set to measure in SmartCheck™ mode.

5.5 Measuring procedure

Before taking measurement, make sure that the arm cuff has been applied and positioned correctly.

- Press the Start/Stop button (). The pump will begin to inflate the cuff. The display shows the increasing cuff pressure during inflation.
- The pump will stop once inflation pressure has been reached. Cuff pressure will start to decrease slowly. Similarly, the display shows





the decreasing cuff pressure during deflation.

- When the device detects the pulse, the heart symbol begins to blink on the display and a beep tone will register with every pulse beat.
- 4. When measurement is complete, a long beep tone will register. The measured systolic and diastolic blood pressure values as well as the pulse rate are displayed. Traffic light indicator bars and colored backlight will be displayed according to the classification ranges in which the measurement results lie.
- 5. If the symbol ↓ appears on the display, it indicates that an irregular heartbeat has been detected during measurement. This may cause results to vary from your normal blood pressure levels. It is recommended that you retake your measurement after a brief pause





of at least 1 minute. It is important that you remain relaxed, still and not talk during measurement.

Note: If the symbol appears more frequently than usual, it is recommended that you consult with your healthcare provider.

- The measurement results will remain on the display until the device is switched off by pressing the Start/Stop button (1). If the button is not pressed within 1 minute, the device will switch off automatically to save power.
- If the device is set to SmartCheck[™] measurement mode, it will take 3 separate measurements in succession and calculate the analyzed blood

pressure values. There will be 15 seconds resting time between measurements. During this resting period, the symbol \overline{a} will blink on the display and time will count down. You will hear a beeping sound during the last 5 seconds.

Note:

- If measured data from each cycle differs too much, a 4th measurement will be performed before final results are displayed.
- In rare cases where the blood pressure values are unstable even after the fourth measurement, <<Err6>> will be displayed.

5.6 Discontinuing a measurement

If it is necessary to interrupt and/or stop a blood pressure measurement for any reason (e.g. the user feels unwell), the Start/Stop button can be pressed at any time. The device will immediately decrease the cuff pressure.

5.7 Switching device off

To switch device off, press the Start/Stop button . If no activity is detected within 1 minute, the device will switch off automatically.

5.8 Memory recall of recorded data

The blood pressure monitor automatically records and stores up to 99 measurement results for each user. To recall recorded data, press the Memory button in to display the latest recorded results with date and time stamp of the measurement. Press the Memory button is again to scroll through all and earlier recorded results.

Note:

 If an irregular heartbeat is detected in any measurement, the symbol will be displayed with the blood pressure values. Similarly, if the measurement is taken in SmartCheck™ mode, the symbol SMARTCheck will be displayed with the blood pressure values.

- To see the recorded results for the second user, first switch to the second user (see section 4.6). Then press the Memory button M as described above.
- When the memory storage reaches 99 sets of recorded data, any new measurement will be recorded as [®] 99 and the oldest data will be overwritten/erased.



(M99 - Latest recorded results)



(M98 to M1 - Earlier recorded results)

5.9 Clearing recorded data

Memory full

When the memory stores 99 sets of data, it is full. Any new measurement results will be recorded and overwrite the oldest recorded data.

Clearing all recorded data

If you wish to delete all recorded data permanently, first switch off the device. Then press and hold the Memory button \bigcirc for about 8-10 seconds until [L] appears. Release the button ([L] starts to blink) and press the Memory button \bigcirc once more to confirm. To clear recorded data for the second user, first switch to the second user (see section 4.6). Then follow the steps above.

Note: recorded results cannot be deleted individually.

5.10 Setting alarm clock as reminder

The blood pressure monitor has an alarm clock function that allows you to set two alarm times. This can be a useful aid, for instance, as a reminder to take medication or perform blood pressure measurement at the same time each day.

- To set the alarm, first switch off the device. Press and hold the Time/User button ⊘/m, then press and hold the Memory button M (both buttons must be held down) until the Alarm Clock symbol X appears on the display. Release both buttons and you will see flashing "1" which indicates that the first alarm time can now be set.

- To set a second alarm time, follow step 1 above. When the flashing "1" appears, press the Memory button M and it will switch to flashing "2". The second alarm time can now be set by following steps 2-3 above.

Note:

- An active alarm is indicated by the symbol $\not\sqsubseteq$ on the display.
- The alarm will go off at the set time daily.
- To switch off the alarm, press the Start/Stop button ⋃.
- To inactivate the alarm setting, follow steps 1-3 above and select the inactive alarm symbol X at step 3. The symbol X will disappear on the display.
- The alarm time(s) must be re-entered each time the batteries are replaced.

Chapter 6 Error messages and troubleshooting

If an error occurs during a measurement, the measurement is discontinued and a corresponding error code is displayed (Example: Error No. 1).

Err 1

Error	Icon shown on display	Description	Possible cause and solution
Err 1	N/A	Signal too weak	The pulse signals detected on the cuff are too weak. Reposition/readjust the cuff and repeat the measurement.
Err 2		Movement detected	During measurement, movement or muscle tension is detected by the cuff. Repeat measurement and remain relaxed, still and do not talk during measurement.
Err 3	Check Cuff	Cuff pressure too low	An adequate pressure cannot be generated in the cuff. It can be due to a leak, loose cuff or cuff tubing incorrectly connected. Check cuff tubing connection and reposition/readjust the cuff. Repeat measurement.
Err 5	N/A	Abnormal result	The measuring signals are inaccurate or unstable, therefore no result can be displayed. Refer to chapter 5

			on operating the blood pressure monitor and repeat
			measurement accordingly.
Err 6	N/A	SmartCheck™ mode error	Multiple errors detected during measurement in SmartCheck™ mode, preventing a reliable final result. Refer to chapter 5 on operating the blood pressure monitor and repeat measurement accordingly.
ні	N/A	Pulse or cuff pressure too high	Cuff pressure is too high (over 300 mmHg) or pulse detected is too high (over 200 beats per minute). Pause and relax for at least 5 minutes and repeat measurement.
LO	N/A	Pulse too low	Pulse detected is too low (less than 40 beats per minute). Pause and relax for at least 5 minutes and repeat measurement

Troubleshooting

Problems	Solutions
The display remains blank when the device is switched on.	 Make sure that the batteries have been installed correctly according to the indicated polarity. If batteries are drained, replace with new batteries.
The device fails to measure blood pressure values, or the measured values are too low or too high.	 Make sure that the cuff has been applied and positioned properly. Pause for at least 5 minutes. Repeat measurement and remain relaxed, still and do not talk during

	measurement.
Every measurement results differ	Blood pressure is dynamic and can
and you are sure the device	fluctuate. It is important to note that
functions properly.	comparable blood pressure
	measurements require and/or are
	dependent on the same conditions.
	These include relaxed and quiet
	conditions, and performing
	measurements at approximately the
	same time of the day. Please also
	refer to section 5.2 to avoid common
	sources of error.
The measurement results (blood	Blood pressure is dynamic and can
pressure values) are not consistent	fluctuate. It is recommended to
with those measured at a doctor's	record daily development of your
office.	blood pressure values and consult
	with your healthcare provider.

Chapter 7 Care and maintenance

- Do not expose the device to extreme temperatures, humidity, dust or direct sunlight.
- The cuff contains a sensitive airtight bubble. Therefore, handle with care and do not strain, twist or buckle.
- The device and cuff can be wiped clean with a soft, dry cloth.

WARNING: Do not machine wash the cuff!

- 4. Do not drop the device and avoid strong vibrations.
- 5. Do not attempt to open and/or repair the device. Doing











so may disrupt factory calibration and void manufacturer warranty.

Chapter 8 Reference to standards

Device standard:

This device is manufactured to meet the European and United States standards for non-invasive blood pressure monitors:

IEC 60601-1 • IEC 60601-1-2 (EMC) • IEC 60601-1-11 • AAMI/ANSI/ISO 81060-2:2013 • AAMI/ANSI/IEC 80601-2-30

Electromagnetic compatibility:

Device fulfills the stipulations of the International standard IEC 60601-1-2 **Clinical testing:**

BHS A/A Rated. Clinical performance tests were conducted in accordance with the U.K. "Association Protocol and British HTP Protocol."

Chapter 9 Technical specifications

Weight: 580g/1lb 4.4oz (with batteries + cuff) Size (L x W x H): 125mm x 91mm x 59mm / 4.9"x 3.5" x 2.3" Storage temperature: -20 to +55°C / -4 to +131°F Humidity: 15 to 90% relative humidity maximum Atmospheric pressure: 700 to 1060hPa Operation temperature: 10 to 40°C/ 50 to 104°F Display: LCD Display (Liquid Crystal Display) Measuring method: oscillometric Pressure sensor: capacitive Measuring range: 60 - 255 mmHg - blood pressure 40 - 200 beats per minute - pulse Cuff pressure display range: 0-299 mmHg Memory: Automatically stores the latest 99 measurement results per user Measuring resolution: 1 mmHg Number of independent users: 2 Static accuracy: pressure within ± 3 mmHg Pulse accuracy: ± 5 % of the readout value Power source: 4 dry cells (alkaline batteries), size AA, 1.5V Battery life: approximately 920 measurements

Accessories: Extended range arm cuff – for arm circumference 8.7-16.5 inches (22-42 cm), 4x AA batteries and instruction manual **IP20:** Protected against solid foreign particles with a diameter of more than 12.5 mm. no protection against water

Expected service life: 5 years

Cuff life: 2 years

8	Follow Instructions for Use. This document provides important product operation and safety information regarding this Blood Pressure Monitor. Please read this document thoroughly before using the device and keep for future reference.
Ŕ	Type BF Applied Part
Ť	Keep dry

Do not use the device if you think it is damaged or appears unusual.

Do not let children use the device unsupervised. Some parts are small enough to be swallowed. Be aware of the risk of strangulation if the device is supplied with cables or tubes.

Do not dispose electronic products and batteries in the household waste. Follow disposal instructions in accordance with local regulation.

Chapter 10 Guarantee

For inquiries, please email cs@beyondmedshop.com

The device is under warranty for one year from the date of purchase. Please register your purchase at www.beyondmedshop.com/pages/warranty

- Batteries, packaging and any damage caused by improper use are not covered under warranty.
- Opening and/or altering the device voids the warranty.