PO#2B1124 TMB-1112-M 说明书(A0)

印色：单黑

材质：80G书写纸

尺寸：110*160mm

GoWISE USA®

Blood Pressure Monitor

Upper Arm Type

Instruction Manual

GW22051

- Thank you for purchasing this ***GoWISE USA®*** Blood Pressure Monitor.
- To assure correct use of this monitor, read these instructions carefully and thoroughly.
- Please keep the manual for future reference.

GoWISE USA®
www.gowiseusa.com
sales@gowiseusa.com
1-855-233-9199

CONTENTS

Thank you for selecting this ***GoWISE USA®*** Blood Pressure Monitor. It features blood pressure measurement, pulse rate measurement, auto-save results, and a long life of reliable service.

This manual contains important safety and care information as well as step-by-step instructions for using the product. Read the manual carefully and thoroughly before using the product.

Indications for Use

The Blood Pressure Monitor is digital monitors intended for us in measuring blood pressure and heartbeat rate with arm circumference ranging from 22 cm to 42 cm(8 3/4" - 16 1/2").

It is intended for adult indoor use only.

Features:

- Wide Cuff range of 8¾"-16½" (22-42 cm)
- Blood Pressure Classification
- 60 Memory Recall
- Irregular Heartbeat Detection and Hypertension Risk Indicator
- AC Adaptor
- Touch sensitive buttons
- Large digital LCD V.A. display 2.4"×3.7" (61×93mm)
- Measurement appears during inflation

⚠ CAUTION

This device is intended for adult use only.

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

Do not confuse self-monitoring with self-diagnosis—this unit allows you to monitor your blood pressure. Always consult a physician before beginning or ending a medical treatment.

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.

This unit is not suitable for continuous monitoring during medical emergencies or operations.

The unit will automatically deflate, when the cuffpressure exceeds 40 kPa (300 mmHg). Should the cuff not deflate when pressure exceeds 40 KPa (300 mmHg), detach the cuff from arm and press the START/STOP button to stop inflation.

To avoid measurement errors, carefully read this manual before using the product.

The equipment is not AP/APG equipment and is not suitable for use in the presence of a flammable anesthetic mixture with air or with oxygen or nitrous oxide.

The operator shall not touch output of AC adaptor and the patient simultaneously.

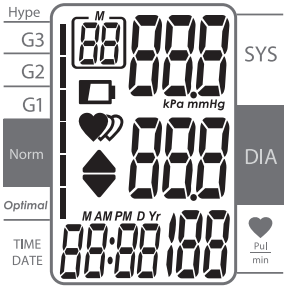
To avoid measurement errors, avoid the condition of strong electromagnetic field radiated interference signal or electrical fast transient/burst signal when using the AC adaptor.

Inspect the monitor and accessories for proper working condition before each use. Store them carefully to avoid damage. The AC adaptor cord, air hose, and arm cuff should not be kinked or folded tightly. While in storage, the AC adaptor should be placed underneath the main unit so it does not damage the display. (See more information in the Maintenance section of this manual.)

Please note that Luer lock connectors are not used on this product, and DO NOT change any provided connectors.

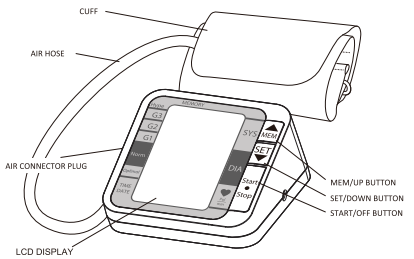
Do not wind the air hose around your neck.

♥ LCD display signal

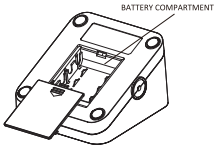


SYMBOL	DESCRIPTION	EXPLANATION
SYS	Systolic blood pressure	High pressure result
DIA	Diastolic blood pressure	Low pressure result
Pul/min	Pulse	Pulse/minute
▼	Deflating	CUFF air is exhausting of deflating
5:38	Time (hour:minute)	Currently time
18	Memory	The displayed measurement values is from the memory.For instructions,refer to Page 9
kPa	kPa	Measurement Unit of the blood pressure
mmHg	mmHg	Measurement Unit of the blood pressure
Lo+	Low battery	Batteries are low and need to be replaced
♥	Arrhythmia	Irregular heartbeat
▌	Grade	The grade of the blood pressure For instructions,refer to Page 12

♥ Monitor components



Component list of pressure measuring system
1 Cuff
2 Micro Control Unit
3 Amplifier



♥ List

1.Blood Pressure Monitor

2.Cuff (Type B applied part)

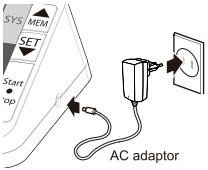
3. 4*AA batteries

4.User manual

BEFORE YOU START

Choice of power supply

- Battery powered mode: 6VDC 4 x AA batteries
- AC adaptor powered mode: 6V ⎓ 1A (NOT INCLUDED)



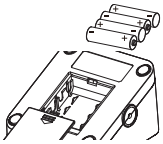
⚠ CAUTION

For the best effect and to protect your monitor, use the correct batteries and the special AC adaptor included with the monitor. Unplug the AC adaptor from power source when not in use.

The installment and replacement of battery

1. Slide off the battery cover.

2. Install the batteries by matching the correct polarity, as shown.
3. Replace the cover.



Replace batteries when any of the following occur:

- The lo+ shows on display
- The display dims
- The display does not light up

⚠ CAUTION

- Remove batteries from monitor if they will not be used for a long period of time.
- Do not dispose of batteries in fire. Batteries may explode or leak.
- Discard used batteries according to your local recycling guidelines.

Oscillographic Measuring method

This product uses the Oscillographic Measuring method to detect blood pressure. Before every measurement, the unit establishes a "zero pressure" equivalent to the air pressure. Then it starts inflating the arm cuff, meanwhile, the unit detects pressure oscillations generated by beat-to-beat pulsatile, which is used to determine the systolic and diastolic pressure, and also pulse rate.

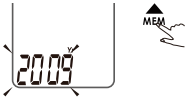
The device also compares the longest and the shortest time intervals of detected pulse waves to mean time interval, and then calculates standard deviation. The device displays a warning signal with the reading to indicate the detection of irregular heartbeat when the difference of the time intervals is over 25%.

Setting date, time and measurement unit

It is important to set the clock before using your blood pressure monitor, so that a time stamp can be assigned to each record that is stored in the memory. (year: 2000-2050, time: 24H)

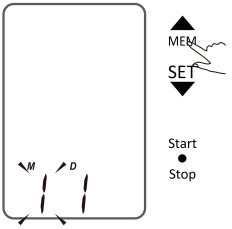
1. When the unit is off, press and hold "SET" for 3 seconds to enter the mode for YEAR setting.

2. Press the "MEM" to change the YEAR.

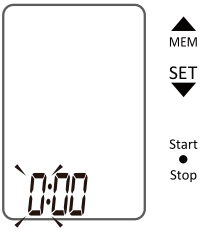


3. When you get the right year, press "SET" to set the year.

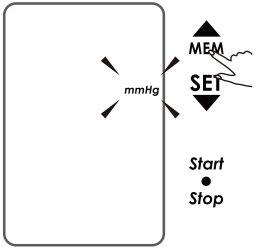
4. Repeat step 2 and 3 to set the [MONTH] and [DAY].

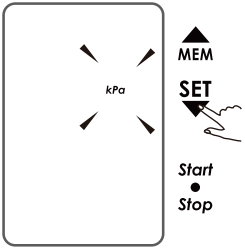


5. Repeat step 2 and 3 to set the [HOUR] and [MINUTE].



6.Repeat step 2 and 3 to set the [UNIT].





7. After the unit is set, the “done” will appear on the display, and then it will turn off automatically.

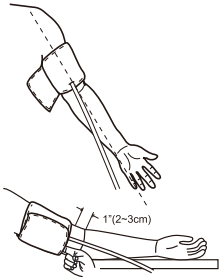
♥ Safety Information

The below signs might be in the user manual, labeling or other component. they are the requirement of standard and using.

	Symbol for “THE OPERATION GUIDE MUST BE READ”		Symbol for “TYPE B APPLIED PARTS”
	MANUFACTURE DATE		Symbol for “ENVIRONMENT PROTECTION - Wast 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 “MANUFACTURER”		
SN	Symbol for “SERIAL NUMBER”		
⎓	Symbol for “DIRECT CURRENT”		Caution: These notes must be observed to prevent any damage to the device.

MEASUREMENT

Tie the cuff



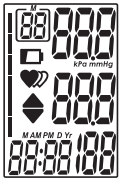
1. Tie the cuff on your upper arm, then position the air hose off-center toward the inner side of arm in line with the little finger.
2. The cuff should be snug but not too tight. You should be able to insert one finger between the cuff and your arm.
3. Sit comfortably with your left arm resting on a flat surface.

- Rest for 5 minutes before measuring blood pressure.
- Wait at least 3 minutes between measurements. This allows your blood circulation to recover.
- For a meaningful comparison, try to measure under similar conditions. For example, take daily measurements at approximately the same time and same position of upper arm, or as directed by a physician.

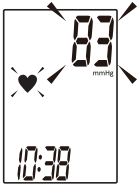
Start a measurement

1. Press the “START/STOP” to turn on the monitor, and it will finish the whole measurement automatically.

LCD display

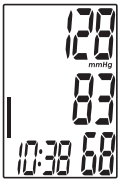


Inflating and measuring automatically.



Adjust the zero automatically.

Display and save the results automatically.



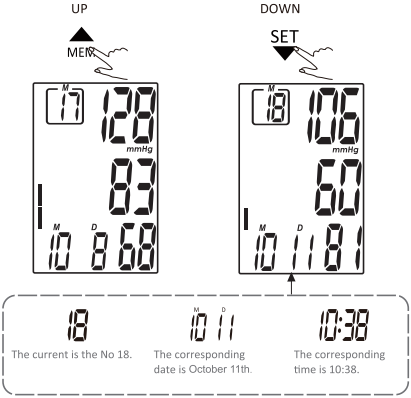
2. Press the “START/STOP” to power off, otherwise it will turn off automatically within 1 minutes.

OPERATION OF RECORDS

Recalling records

3. Press the “MEM” to show the most recent record.

4. Press the “MEM” or “SET” to get the record you want.



(The number of the record, date and time will be shown accordingly.)

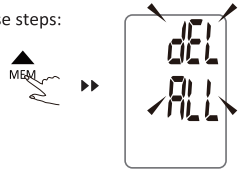
⚠ CAUTION

The most recent record (1) is shown first. Each new measurement becomes the (1) record. All other records are pushed back one digit (e.g., 2 becomes 3, and so on), and the lest record (60) is dropped from the list.

Deleting a record from memory

If you did not get the correct measurement, you can delete ALL results by following these steps:

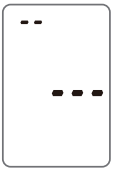
1. Press and hold “MEM” for 3 seconds when the monitor is off, the display will flash “dEL ALL”.



2. Press “SET” to confirm the deletion, and the monitor will turn off automatically.

3. If you don’t want to delete the records, press “START/STOP” to escape.

4. If there is no record, the right display will show hyphens.



INFORMATION FOR USER

Tips for measurement

The following circumstances can cause invalid results:

Immediate measurement after dinner or drinking

Immediate measurement after tea, coffee, smoking

Immediate measurement after taking a bath

When talking or moving your fingers

In a very cold environment

When you need to discharge urine

In an electromagnetic field

When you have an arrhythmia

Maintenance

In order to gett he best performance from your monitor, follow these instructions:

Put in a dry place and avoid the sunshine

Avoid touching water,
clean it with a dry cloth in case.

Avoid the intense shaking
and collision

Avoid the dusty and unstable-
temperature environment

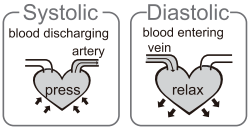
Using the wet clothing to remove the dirt

Do not attempt to clean the reusable cuff
with water and never immerse the cuff in
water.

Store the monitor and accessories carefully to avoid damage. The AC adaptor cord, air hose, and arm cuff should not be kinked or folded tightly. While in storage, the AC adaptor should be placed underneath the main unit so it does not damage the display.

ABOUT BLOOD PRESSURE

What are systolic pressure and diastolic pressure?



When ventricles contract and pump blood out of the heart, blood pressure reaches its maximum value, the highest pressure in the cycle is known as systolic pressure. When the heart relaxes between heartbeats, the lowest blood pressure is diastolic pressure.

What is the standard blood pressure classification?

The chart on the right is the standard blood pressure classification published by American Heart Association (AHA).

This chart reflects blood pressure categories defined by American Heart Association.

Blood Pressure Category	Systolic mmHg (upper#)		Diastolic mmHg (lower#)
Normal	less than 120	and	less than 80
Prehypertension	120-139	or	80-89
High Blood Pressure (Hypertension) Stage 1	140-159	or	90-99
High Blood Pressure (Hypertension) Stage 2	160 or higher	or	100 or higher
Hypertensive Crisis (Emergency care needed)	Higher than 180	or	Higher than 110

AHA Home Guideline for Upper Limit of Normal BP

SYS	135 mmHg
DIA	85 mmHg

⚠ CAUTION

The standard blood pressure classification provided above is for GENERAL INFORMATION ONLY. You must consult a physician or a licensed healthcare provider to determine YOUR normal blood pressure range and the point at which you are at risk. **If the measurements taken with this product fall outside the optimal and standard ranges shown above, consult your physician or licensed healthcare provider as soon as possible.**

Why does my blood pressure fluctuate throughout the day?

- Individual blood pressure varies every day. It can also be affected by the way you tie the cuff and your position during the measurement. For the best results, measure your blood pressure under the same conditions every time.
- The variations can also be affected by the type of medication you are taking.
- Always wait at least 4-5 minutes before taking another measurement.

Why is the blood pressure reading I got at the hospital different from home?

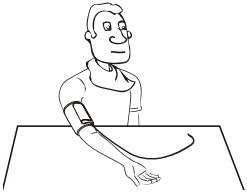
- Using different blood pressure monitors will result in different readings because the settings and properties are not all the same.
- In addition, blood pressure changes throughout the day due to circumstances, such as stress or weather.

When taking your blood pressure at home, pay attention to the following:

- Make sure the cuff is tied properly.
- Make sure the cuff is not too tight or too loose.
- Make sure the cuff is applied to the upper arm.
- Wait until you feel relaxed and emotionally ready.
- Movement can affect the measurement; relax and measure again if necessary.
- Suggestion: Take 2-3 deep breaths before beginning. If you can, wait 4-5 minutes noticing when you feel calm.

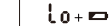
Does it matter which arm is used to take my blood pressure?

You can choose to measure either arm, but the results will be different. For monitoring purposes, you should measure the same arm every time.



TROUBLESHOOTING

This section has a list of error messages that provide answers to questions you may have about your blood pressure monitor. If the monitor is not working as you think it should, please check here before calling for service.

PROBLEM	SYMPTOM	CHECK THIS	REMEDY
No power	Display is dim or will not light up.	Batteries are exhausted.	Replace with new batteries
		Batteries are inserted incorrectly.	Insert the batteries correctly
Low batteries	 Show on the display	Batteries are low.	Replace with new batteries
Error message	E 1 shows	The cuff is not secure.	Refasten the cuff and then measure again.
	E 2 shows	The cuff is very tight	Refasten the cuff and then measure again.
	E 3 shows	The pressure of the cuff is excess.	Relax for a moment and then measure again.
	E 10 or E 11 shows	The monitor detected motion while measuring.	movement can affect the measurement.Relax for a moment and then measure again.
	E 20 or E 21 shows	Measure incorrectly.	Relax for a moment and then measure again.
	EE xx,shows on the display.	System error.	Retake the measurement.If the problem persists,contact the retailer or our customer service department for further assistance. Refer to the warranty for contact information and return instructions.

SPECIFICATIONS

Power supply	Battery powered mode: 6VDC, 4 x AA batteries AC Adaptor mode: 6V ⎓ 1A (Use only the AC Adaptor provided with this product.) (Not Include)
Display model	Digital LCD V.A. 2.4"×3.7" (61mm x 93mm)
Measurement mode	Oscillographic testing mode
Measurement range	Pressure: 0 - 40 kPa - (0-300mmHg) Pulse value: 40 -199 times/minute

Accuracy	Pressure: 41°F-104°F (5℃-40℃)within±0.4kpa(3mmHg) pulse value: ±5%
Normal working condition	Temperature: 41°F-104°F (5℃ to 40℃) Relative humidity ≤85% Atmospheric pressure: 86kPa to 106kPa
Storage & transportation condition	Temperature: -4°F-140°F (-20℃-60℃) Relative Humidity 10%-93% Atmospheric Pressure: 50-106 kPa
Measurement perimeter of the upper arm	Approx. $8^{3}/_{4}$"- $16^{1}/_{2}$" (22 - 42cm)
Weight	Approx. 0.8 lb (353g), excluding dry cells
External dimensions	Approx. 5.5" x 4.7" x 2.8" (140x120x70mm)
Attachment	4 x AA batteries, Instruction Manual
Mode of operation	Continuous operation
Degree of protection	Type B applied part
Protection against ingress of water	IPX -0

WARNING: No modification of this equipment is allowed.

AUTHORIZED COMPONENT

AC Adaptor

Input: 100-240V, 50-60Hz, 400mA

Output: 6V⎓1A (NOT INCLUDED)

♥ EMC Guidance

Table 1 Guidance and MANUFACTURER's declaration – ELECTROMAGNETIC EMISSIONS- for all ME EQUIPMENT and ME SYSTEMS

Guidance and manufacturer's declaration – electromagnetic emissions		
The device is intended for use in the electromagnetic environment specified below. The customer or the user of the device should assure that it is used in such an environment.		
Emissions test	Compliance	Electromagnetic environment - guidance
RF emissions CISPR 11	Group 1	The 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	
Harmonic emissions IEC 61000-3-2	Not applicable	
Voltage fluctuations/ flicker emissions IEC 61000-3-3	Not applicable	

Table 2 Guidance and MANUFACTURER's declaration – electromagnetic IMMUNITY – for all ME EQUIPMENT and ME SYSTEMS

Guidance and manufacturer's declaration – electromagnetic immunity			
The device is intended for use in the electromagnetic environment specified below. The customer or the user of the device should assure that it is used in such an environment			
IMMUNITY test	IEC 60601 test level	Compliance level	Electromagnetic environment - guidance
Electrostatic discharge (ESD) IEC 61000-4-2	±6 kV contact ±8 kV air	±6 kV contact ±8 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%.
Electrical fast transient/burst IEC 61000-4-4	±2 kV for power supply lines ±1 kV for input/output lines	±2 kV for power supply lines	Mains power quality should be that of a typical commercial or hospital environment.
Surge IEC 61000-4-5	±1 kV line(s) to line(s) ±2 kV line(s) to earth	±1 kV line(s) to line(s)	Mains power quality should be that of a typical commercial or hospital environment.
Voltage dips, short interruptions and voltage variations on power supply input lines IEC 61000-4-11	<5% U_T (>95% dip in U_T) for 0.5 cycle 40% U_T (60% dip in U_T) for 5 cycles 70% U_T (30% dip in U_T) for 25 cycles <5% U_T (>95% dip in U_T) for 5 s	<5% U_T (>95% dip in U_T) for 0.5 cycle 40% U_T (60% dip in U_T) for 5 cycles 70% U_T (30% dip in U_T) for 25 cycles <5% U_T (>95% dip in U_T) for 5 s	Mains power quality should be that of a typical commercial or hospital environment. If the user of the device requires continued operation during power mains interruptions, it is recommended that the device be powered from an uninterruptible power supply or a battery.
Power frequency (50/60Hz) magnetic field IEC 61000-4-8	3A/m	3A/m	Power frequency magnetic fields should be at levels characteristic of a typical location in a typical commercial or hospital environment.
NOTE U_T is the a.c. mains voltage prior to application of the test level.			

Table 4 Guidance and MANUFACTURER's declaration – electromagnetic IMMUNITY – for ME EQUIPMENT and ME SYSTEMS that are not LIFE-SUPPORTING

Guidance and manufacturer's declaration – electromagnetic immunity			
The device is intended for use in the electromagnetic environment specified below. The customer or the user of the device should assure that it is used in such an environment.			
IMMUNITY test	IEC 60601 TEST LEVEL	Compliance level	Electromagnetic environment - guidance
Conducted RF IEC 61000-4-6	3 Vrms 150 kHz to 80 MHz	3 Vrms	Portable and mobile RF communications equipment should be used no closer to any part of the device, including cables, than the recommended separation distance calculated from the equation applicable to the frequency of the transmitter. **Recommended separation distance** $d = 1.167\sqrt{P}$
Radiated RF IEC 61000-4-3	3 V/m 80 MHz to 2.5 GHz	3 V/m	$d = 1.167\sqrt{P}$ 80 MHz to 800 MHz $d = 2.333\sqrt{P}$ 800 MHz to 2,5 GHz where P is the maximum output power rating of the transmitter in watts (W) according to the transmitter manufacturer and d is the recommended separation distance in metres (m). Field strengths from fixed RF transmitters, as determined by an electromagnetic site survey, a should be less than the compliance level in each frequency range.[b] Interference may occur in the vicinity of equipment marked with the following symbol: 
NOTE 1 At 80 MHz and 800 MHz, the higher frequency range applies. NOTE 2 These guidelines may not apply in all situations. Electromagnetic propagation is affected by absorption and reflection from structures, objects and people.			

[a] Field strengths from fixed transmitters, such as base stations for radio (cellular / cordless) telephones and land mobile radios, amateur radio, AM and FM radio broadcast and TV broadcast cannot be predicted theoretically with accuracy. To assess the electromagnetic environment due to fixed RF transmitters, an electromagnetic site survey should be considered. If the measured field strength in the location in which the device is used exceeds the applicable RF compliance level above, the device should be observed to verify normal operation. If abnormal performance is observed, additional measures may be necessary, such as re-orienting or relocating the device.

[b] Over the frequency range 150 kHz to 80 MHz, field strengths should be less than 3V/m.

Table 6 Recommended separation distances between portable and mobile RF communications equipment and the ME EQUIPMENT or ME SYSTEM – for ME EQUIPMENT and ME SYSTEMS that are not LIFE-SUPPORTING

Recommended separation distances between portable and mobile RF communications equipment and the device.			
The device is intended for use in an electromagnetic environment in which radiated RF disturbances are controlled. The customer or the user of the device can help prevent electromagnetic interference by maintaining a minimum distance between portable and mobile RF communications equipment (transmittters) and the device as recommended below, according to the maximum output power of the communications equipment.			
Rated maximum output power of transmitter (W)	Separation distance according to frequency of transmitter (m)		
	150 kHz to 80 MHz $d = 1.167\sqrt{P}$	80 MHz to 800 MHz $d = 1.167\sqrt{P}$	800 MHz to 2.5 GHz $d = 2.333\sqrt{P}$
0.01	0.117	0.117	0.233
0.1	0.369	0.369	0.738
1	1.167	1.167	2.333
10	3.690	3.690	7.378
100	11.67	11.67	23.33
For transmitters rated at a maximum output power not listed above, the recommended separation distance **d** in metres (m) can be estimated using the equation applicable to the frequency of the transmitter, where ***P*** is the maximum output power rating of the transmitter in watts (W) according to the transmitter manufacturer. NOTE 1 At 80MHz and 800MHz, the separation distance for the higher frequency range applies. NOTE 2 These guidelines may not apply in all situations. Electromagnetic propagation is affected by absorption and reflection from structures, objects and people.			

FCC STATEMENT

Note:

POTENTIAL FOR RADIO/TELELVISION INTERFERENCE (for U.S.A. only)

This product 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. The product generates, uses, and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation. If the product does cause harmful interference to radio or television reception, which can be determined by turning the product on and off, the user is encouraged to try to correct the interferene by one or more of the following measures:

- Reorient or relocate the receiving antenna.
- Increase the separation between the product and the receiver.
- Connect the product into 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.

Complied Standards list

Risk management	EN/ISO 14971:2007
General requirements for safety	IEC 60601-1:2005
Non-invasive sphygmomanometers General requirements	EN 1060-1:2001/A1:2002 EN 1060-3:1997/A1:2005 EN 1060-4: 2004
Electromagnetic compatibility	IEC60601-1-2:2007

WARRANTY & CONTACT INFORMATION

This product is warrantied against defects in materials and workmanship for one year from the date purchase, when used in accordance with the instructions provided. This warranty does not cover damages or wear resulting from accident, misuse, abuse, commercial use, or unauthorized adjustment and/or repair.

GoWISE USA® shall not be liable for loss of use or any other incidental, consequential or indirect costs, expenses or damages. There are no express warranties except as listed above. This warranty gives you specific legal rights, and you may have other rights which vary from state to state.

Should this product require service (or replacement at our option) while under warranty, CALL 1-855-233-9199 for RETURN INSTRUCTIONS. Be sure to keep your receipt showing the date of purchase.

Distributed by:

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