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ARM BLOOD PRESSURE MONITOR



Instruction Manual

MODEL: GM-800A

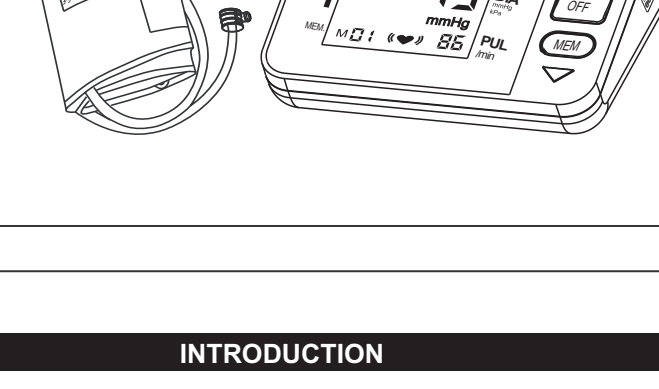


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INTRODUCTION

The Monitor uses the oscillometric method of blood pressure measurement. The Automatic Electronic Blood Pressure Monitor is intended for use by medical professionals and individuals at home to monitor and display diastolic/systolic blood pressure and pulse rate on adults. Monitoring is done with an arm cuff around the left upper arm, according to the instructions in the "ATTACHING THE ARM CUFF" section of this manual. The expected lifetime of the product is 5 years.

The product complies with the electromagnetic compatibility requirement of EN60601-1-2, safety standards of EN60601-1, and performance standards of IEC 80601-2-30 as specified in EEC directive 93/42/EEC.

NOTES ON SAFETY

*The warning signs and sample icons shown here are listed for your safety and to enable you to use the unit correctly, as well as to prevent injury or damage to the device.

*The icons and meanings are as follows.

- The icon indicates prohibitions (what you should not do). Matters involving actual prohibitions are indicated by text or pictures in or near the icon. The left icon refers to "general prohibition".
- The icon indicates something that is compulsory (what must always be observed). Matters involving actual compulsory actions are indicated by text or pictures in or near the icon. The left icon refers to "general compulsion".
- The icon indicates something cannot be disassembled. Matters involving actual compulsory actions are indicated by text or pictures in or near the icon. The left icon refers to "general prohibition".

Type BF Applied part
Marking of electrical and electronic equipment in accordance with Article 11(2) of Directive 2002/96/EC (WEEE)
Follow operating instructions

- Patient must follow doctor's instructions and should not perform self-judgment and self-treatment by the measuring result. Self-diagnosis of measured results and treatment are dangerous. The device should not be used to judge illness, first aid, and continuously monitor measuring.
- This device should not be used by a child below 12 years old or people who can't express one's intention. If used on kids aged 12-18 years old, it should be in the presence of an adult.
- Do not use the unit for purposes other than measuring blood pressure to avoid accidents.
- Please do not use mobile phones around the device nor use the device around a magnetic field.
- Do not disassemble, repair, or remodel the main unit or the arm cuff of the blood pressure monitor. It will cause the unit to function erroneously.

Instructions from the Manufacturer

Make sure to straighten the connection tubing before starting to measure to avoid any injury to the patient.

Do not measure more than 3 times consecutively. Always allow at least 5 minutes' interval between measurements, otherwise will cause extravasated blood.

Do not measure your blood pressure more than 6 times in a day..

Do not apply the cuff over a wound as this can cause further injury.

Do not measure on the arm which is on the side of a mastectomy, otherwise it could cause injury.

Observe the air pressure value from the LCD display.

When measuring, the display should not exceed 299 mmHg. In the event that it exceeds this mark, press "on/off" button to stop the unit.

Do not use force to bend the arm cuff or the air tube.

Do not knock or drop the main unit.

Always use the specified accessories in the manual, the use of other parts not approved by the manufacturer may cause faults or injuries.

For service information, parts list etc., please contact the dealer.

ABOUT BLOOD PRESSURE

1. What is blood pressure?
Blood pressure is the force exerted by blood against the walls of the arteries. Systolic pressure occurs when the heart contracts. Diastolic pressure occurs when the heart expands.

Blood pressure is measured in millimeters of mercury (mmHg). One's natural blood pressure is represented by the fundamental pressure, which is measured first thing in the morning while one is still at rest and before eating.

2. What is hypertension and how is it controlled?
Hypertension, an abnormally high arterial blood pressure, if left unattended, can cause many health problems including stroke and heart attack. Hypertension can be controlled by altering lifestyle, avoiding stress and with medication under a doctor's supervision.

To prevent hypertension or keep it under control:

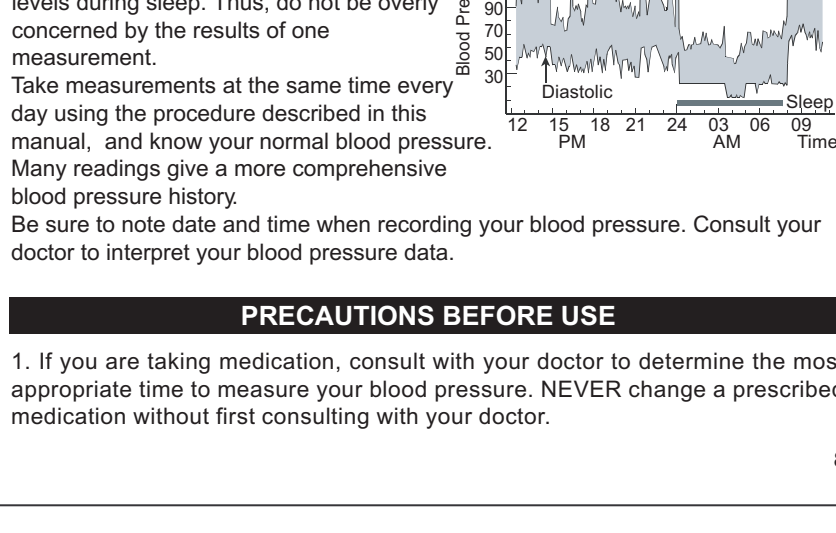
- Do not smoke
- Reduce salt and fat intake
- Maintain proper weight
- Exercise regularly
- Have regular physical checkups

3. Why measure blood pressure at home?
Blood pressure measured at a clinic or doctor's office may cause apprehension and produce an elevated reading, 25 to 30 mmHg higher than that measured at home. Home measurement reduces the effects of outside influences on blood pressure readings, supplements the doctor's readings and provides a more accurate, complete blood pressure history.

4. WHO blood pressure classification
Standards for assessment of high blood pressure, without regard to age, have been established by the World Health Organization (WHO), and are shown on the chart to the right:

160	160	160	160
150	150	150	150
140	140	140	140
130	130	130	130
120	120	120	120
120	130	140	150

5. Blood pressure variations
An individual's blood pressure varies greatly on a daily and seasonal basis. It may vary by 30 to 50 mmHg due to various conditions during the day. In

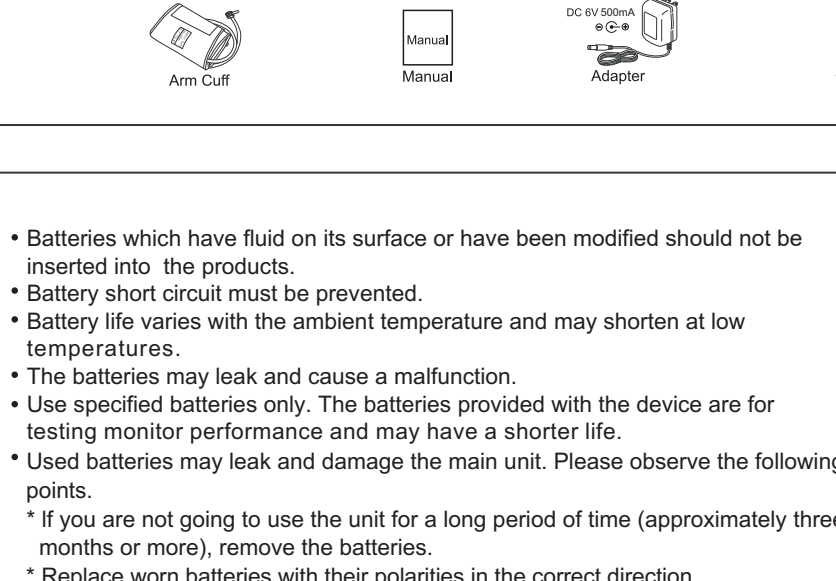


- For people with irregular or unstable peripheral circulation problems due to diabetes, liver disease, hardening of the arteries, etc., there may be fluctuation in blood pressure values measured at the upper arm versus at the wrist.
- Measurements may be impaired if this device is used near televisions, microwave ovens, X-ray, mobile phone equipment or other devices with strong electrical fields. To prevent such interference, use the monitor at a sufficient distance from such devices or turn them off.
- Wash your hands before using the device.
- Do not measure on the arm which simultaneously uses monitoring equipment, otherwise it could cause loss of function.
- Consult your doctor if unexpected readings are obtained. Please also refer to the "Troubleshooting" section of the manual.
- Readings done at home are generally a little lower than hospital measurements due to the steady mood at home.
- Cuff pressure range is 0-299mmHg

- WHO blood pressure classification display.
- Easy to use. Press a button to automatically measure, record the measurement values and measurement time.
- Automatically turns off within 1 minute to save power.

FEATURES OF THE PRODUCT

- Memory can store 90 measurements.
- Large and clear LCD display.



INSERT OR REPLACE BATTERIES

- Remove the battery cover.
- Insert new batteries into the battery compartment as shown, taking care that the polarities (+) and (-) are correct.
- Close the battery cover. Use only LR6, AA batteries.

Disposal of empty battery to the authorized collecting party subject to the regulation of each individual territory.

CAUTION

- Insert the batteries as shown in the battery compartment. If not, the device will not work.
- When LOW BATTERY mark blinks in the display, replace all batteries with new ones. Do not mix old and new batteries. It may shorten the battery life, or cause the device to malfunction.
- LOW BATTERY mark does not appear when the batteries run out.
- Please make sure to distinguish positive polar "+" and negative polar "-" ends of the batteries when replacing them.

- Press "SET" key to turn on.
- Press and hold "SET" key until the year number displays and flashes on LCD to enter setting mode.

UNIT CONVERSION mmHg/kPa DISPLAY

The device can display readings in both mm Hg and kPa. To choose a setting:

- Press the power button for about 10 seconds until 4 zeroes appear on the screen.
- Use the MEM button to toggle between mmHG and kPa.

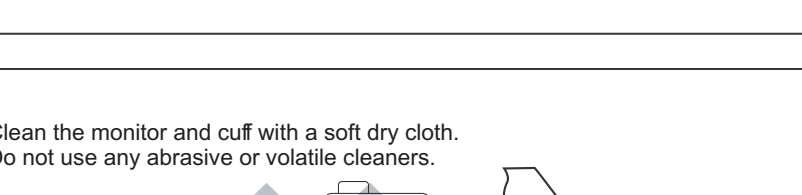
ATTACHING THE ARM CUFF

- Wrap the arm cuff around the upper arm, about (2-3) cm above the elbow, as shown. Place the cuff directly on the skin, as clothing may cause a faint pulse and result in measurement errors.
- Constriction of the upper arm, caused by rolling up of the shirtsleeve, may prevent accurate readings.
- Secure the arm cuff with the Velcro Strip in such a way that it lies comfortably and is not too tight. Lay the arm on the table (with palm upwards) so that the arm cuff is at the same height as the heart. Make sure that the tube is not tangled or pinched.
- Measure your arm circumference for cuff selection, refer to "Specifications"

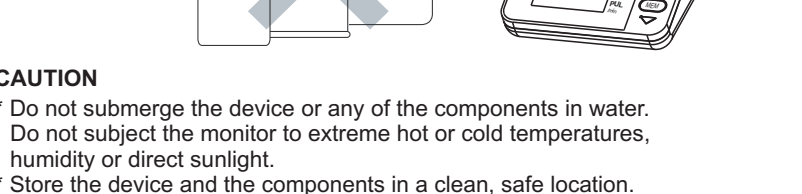


HOW TO MEASURE BLOOD PRESSURE

- Position the cuff on your upper arm as described in the previous section titled "ATTACHING THE ARM CUFF"
- Press the "ON/OFF" button, all icons will appear on the display. This is normal. It will switch to measurement and display "0" or last measurement record after 2 seconds.



3. Start measurement and the cuff will start to automatically inflate. The mark (♥) will flash on the LCD, and then the results will appear on the screen.



HOW TO TAKE PROPER MEASUREMENTS

- For the most accurate blood pressure measurement:
- Patient position during NORMAL USE:
 - 1) Comfortably seated
 - 2) Legs uncrossed
 - 3) Feet flat on the floor.
 - 4) Back and arm supported
 - 5) Middle of the cuff at same level as the heart
 - Remain still and keep quiet during measurement.
 - Relax as much as possible and do not talk during the measurement.
 - Measure your blood pressure at about the same time every day.
 - Do not measure right after physical exercise or a bath. Rest for twenty to thirty minutes before taking the measurement.
 - Readings taken under the conditions listed below may affect results:
 - Within an hour after dinner, after having wine, coffee, red tea, sports, bathing; talking, being nervous, being in unsteady mood, bending forward, moving, room temperature dramatically changing during measuring; inside a moving vehicle, repeated and continuous measuring.

- READ MEMORY**
Press "MEM" button to display list of measurements done with the device. You may use the MEM button to scroll up and the SET button to scroll down.
- DELETE MEMORY**
Press the MEM button for five seconds to delete measurements stored on the device's memory. "No" will appear on the screen if successful.

CARE AND MAINTENANCE

To keep your digital blood pressure monitor in the best condition and protect the unit from damage, follow the directions listed below:
Keep the monitor in the storage case when not in use.
Do not fold the arm cuff too tightly. The fabric fastener could touch the inner surface of the arm cuff and damage it.

CAUTION

- Clean the monitor and cuff with a soft dry cloth. Do not use any abrasive or volatile cleaners.
- Do not subject the monitor to extreme hot or cold temperatures, humidity or direct sunlight.
- Store the device and the components in a clean, safe location.
- Do not subject the monitor to strong shocks, such as dropping the unit on the floor.
- Remove the batteries if the unit will not be used for three months or longer. Always replace all the batteries with new ones at the same time.
- This product is designed for use over an extended period of time; however, it is generally recommended that it is inspected and calibrated every two years to ensure proper function and performance.
- (*Pressure calibration is done by EU representatives)

SPECIFICATIONS

Measuring Method	Oscillometric Measurement
Indication	Digital LCD display
Measuring Range:	Pressure: (30~280)mmHg Pulse: (40~199)Beats/min
Accuracy:	Static Pressure: ±3mmHg Pulse: ±5%
Memory:	30 Memories
Power supply:	4x1.5V Batteries(LR6 or AA) use alkaline battery, measure above 200 times.
Operating condition:	+5°C~+40°C, 15%RH~93%RH Atmospheric pressure: 70kPa~106kPa
Storage condition:	-20°C~+55°C, 0%RH~93%RH Atmospheric pressure:50kPa~106kPa
Dimensions:	Approx: 140(W)X100(H)X50(D)mm
Weight:	Approx: 420g, excluding batteries.
Classification	Type BF
Upper arm circumference	Medium (22-32 cm or 8.7-12.6 inches)
AC adapter	INPUT: 100-240V~50/60Hz, 0.2A OUTPUT: 6V====500mA

* Specifications may be changed without notice in the event of improvement being made.

REGARDING EMC STATEMENT

a) A statement to the effect that the equipment needs to be installed and put into service in accordance with the information provided in the ACCOMPANYING DOCUMENTS; and

b) A statement to the effect that wireless communications equipment such as wireless home network devices, mobile phones, cordless telephones and their base stations, and walkietalkies can affect this equipment and should be kept at least a distance away from the equipment. The distance d is calculated by the MANUFACTURER from the 800 MHz to 2.5 GHz column of Table 5 or Table 6 of IEC 60601-1-2:2007, as appropriate.

E1: can't normally increase pressure	Check your arm cuff if any air leakage	Replace arm cuff with new one
E3: inflating pressure too high		Re-measure or send back to dealer for recalibration
E24: shaking during measurement	Hand or body is shaking during measurement	Keep steady. Use correct position and measure again.
☐ Battery icon on	Battery low power	Replace battery and measure again
The systolic pressure value or diastolic pressure value too high	1. The arm cuff was held lower than your heart 2. The arm cuff was not attached properly	Keep correct position and measure again
The systolic pressure value or diastolic pressure value too low	3. You moved your body or spoke during measurement 1. The arm cuff was held higher than your heart 2. You moved your body or spoke during measurement	