



Wrist blood pressure monitor User guide



Introduction

Read this user guide carefully prior to use. This ensures that you are using the device correctly and interpreting the values measured by the device correctly. The device is designed for normal home use only. Keep this user guide for future reference. Contact your doctor if you need more information about your blood pressure.

Features

- Smart, automatic compression and decompression of the wrist cuff
- High value (systolic), low value (diastolic) and pulse are shown simultaneously
- Easy to use – Measure with one touch of a button
- 99 memory slots
- The device saves the measurement results automatically
- The device turns off automatically after one minute of inactivity
- Automatic device error correction, automatic battery charge level monitoring

- Suitable for wrist circumferences of 135–195 mm
- Large LCD display
- Accurate measurement results
- Uses two AAA batteries

Safe use

The measurement results provided by the device are indicative. Using the measurement results for self-diagnosis or self-medication is dangerous. Follow your doctor's instructions when using this product. If you have any questions regarding the measurement results provided by the device, talk to your doctor as soon possible.

Various conditions, such as diabetes, high cholesterol or high blood pressure, and other illnesses, such as arteriosclerosis, can cause blood pressure measurement from the wrist or hand to yield very varied results. If you have been diagnosed with severe blood flow problems or complications, ask your doctor first about using the device. Even healthy people may exhibit 20 mmHg

differences in blood pressure measurement results due to incorrect measurement conditions or methods. The measurement results should not be used to derive diagnoses or start treatment by yourself. It is dangerous. Talk to your doctor about the issue and follow the advice given.

It is good to remember that various situations, such as tension, affect the measurement results, which is why the measurement results may vary. For example, measuring blood pressure in a soothing environment, such as at home, may yield results that are 20–30 mmHg lower than a measurement performed by a doctor in a hospital environment. Due to the variation in measurement conditions, it is important to perform the measurement at home at regular intervals. Different emotional states and environments may cause changes of up to 30–50 mmHg in blood pressure.

Safety instructions

- Keep the device out of the reach of children.

- Only use the device to measure blood pressure.
- If you have been diagnosed with severe blood flow problems or complications, ask your doctor first about using the device.
- Do not use the device for small infants or persons who are unable to express their will.
- Do not use a mobile phone or other devices that generate an electromagnetic field in the proximity of the blood measure monitor when performing measurements. They may cause errors in the operation of the device.
- Do not disassemble the device or wrist cuff. It can lead to damage to the device or unreliability of the measurement results.
- Do not turn on the device (using the On/Off button) when it is not around a wrist.
- Do not drop, bang, subject to vibration or heat the device.
- Do not twist or stretch the device. Place the wrist cuff around your wrist without using unnecessary force.
- Do not subject the device to hot temperatures, high humidity, dust or direct sunlight.
- Do not use benzene, petrol or alco-

hol-based cleaning agents or solvents to clean the device.

Batteries

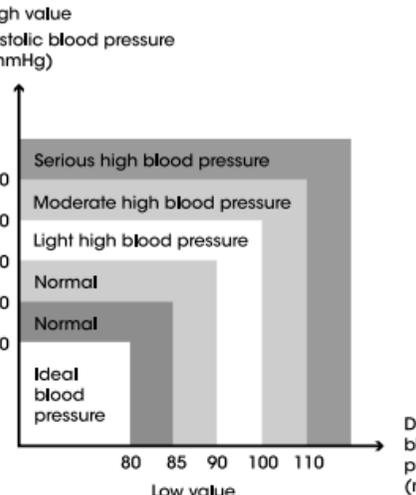
- Use two batteries labelled "AAA" in the device (LR03 1.5V). No other types of batteries.
- Do not place the battery terminals the wrong way round. The correct way to install the batteries is indicated with symbols inside the battery slot.
- Remove the batteries from the device if you do not use the device for more than 3 months.
- Replace empty batteries with new ones immediately. Replace both batteries at the same time.
- Do not use new and old batteries simultaneously.

Information about blood pressure

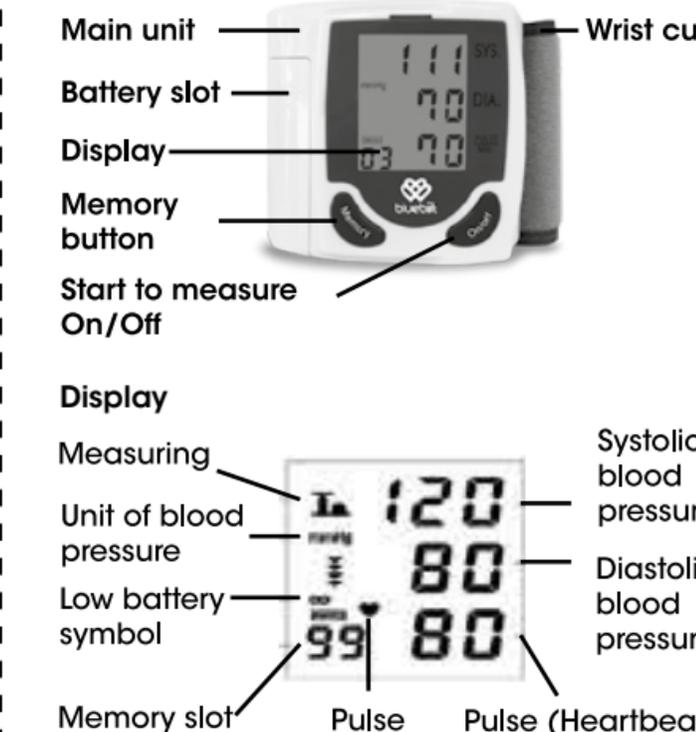
Blood flow in the arteries causes pressure in them. Systolic blood pressure (highest pressure) Diastolic blood pressure (lowest pressure)

In general, blood pressure is at its lowest in the morning and slightly higher in the afternoon and in the evening. The pressure is lower in summer than in winter. Physical fitness and exercise affect blood pressure and pulse.

Blood pressure classification chart defined by the World Health Organization (WHO) and the International Society of Hypertension



Parts



Preparations

Battery installation

1. Remove the cover of the battery slot by pressing the cover in the direction indicated by the embossment on the cover.
2. Place 2 AAA batteries in the battery slot as indicated by the embossment on the bottom of the battery slot. The negative battery terminals (-) go against the springs in the battery slot.
3. Close the cover of the battery slot.

Battery replacement

- The device detects the charge level of batteries automatically and indicates a charge that is too low with a symbol. (battery symbol) The device retains the measurement memory for 30 seconds without batteries, so remove the new batteries from their packaging and place them next to the device before removing the old ones.
1. Remove the cover of the battery slot by pressing the cover in the direction indicated by the embossment on the cover.
 2. Remove the old batteries and replace

them with new ones. Replace both batteries at the same time.

3. Close the cover of the battery slot.

Note!

- The charge level of batteries decreases in cool air.
- Old batteries may damage the device, so when the device indicates a low charge level, remove the old batteries from the device and replace them with new ones.
- Do not leave batteries in the device for more than three months if you do not intend to use the device.
- Do not mix old and new batteries.
- If you accidentally place the batteries in the device the wrong way round, remove the batteries, wait for 1 minute and then place the batteries in the battery slot again the right way round.
- Recycle old batteries. They must not be burned as they may explode.

Recommendations for use

- Always measure blood pressure from the same wrist and in the same position.

- Measure blood pressure in room temperature.

- Measure at the same time in the morning, afternoon and evening. Three times a day.

- During measurement, hold the blood pressure monitor at heart level so that you are sitting up straight and supporting your elbow on a table, for example.

- You should be relaxed during measurement. 30 minutes before measurement, you should refrain from going to sauna, bathing, exercising, smoking, eating, alcohol and products containing caffeine, such as coffee.
- The feeling of needing to urinate raises blood pressure. Go to the toilet before measurement if you feel the need.

- Calm down and relax for a few minutes while sitting in place prior to measurement.
- If you take several measurements at a time, have 5 minute breaks between the measurements.

- The first measurement result is not reliable because several measurements over a longer period of time are required to detect the general level.

- Keep a record of measurement results in the long term to gain more accurate information and, if necessary, to present them to your doctor.

Wrist cuff placement

1. Open the wrist cuff and place it around the left, bare wrist so that the display of the device is on the palm side. The palm and the device are pointed at you.
2. Ensure that the edge of the device is approx. 1 cm from the bottom of the palm.
3. Wrap the wrist cuff around the wrist with your right hand and fasten it at the Velcro tape.

Measuring position

1. Sit in a chair with your back straight and your feet firmly on the floor.
2. Support your elbow against a table so that the blood pressure monitor is at heart level. You can place a pillow under the elbow but the pillow must not put pressure on the wrist cuff.
3. Ensure that the palm and the blood pres-

sure monitor are facing you.

4. Let the hand and wrist rest in a relaxed position.

Taking a measurement

Measurement is started using the On/Off button and it can be interrupted at any time using the same button.

1. Press the On/Off button. The display of the device wakes up and all symbols light up momentarily on the display.
2. The device flashes the reading "00" a few times, after which the wrist cuff inflates and tightens. The reading on the display increases and reaches its peak.
3. The reading starts to gradually decrease while the wrist cuff deflates. The device beeps in time with the pulse while the reading on the display decreases.
4. When the measurement result is ready, the device will no longer flash the reading, but display the systolic pressure, diastolic pressure and pulse.

5. You can open the wrist cuff and remove the device from the wrist.

The measurement result is automatically saved in the device's memory and the display/device turns itself off after a short while. You can also turn off the device using the On/Off button. It is a good idea to take a 5 minute break before the next measurement. The second measurement result is often more accurate.

Warning!

- If the device malfunctions and the wrist cuff continues to tighten, remove the wrist cuff and turn off the device immediately.
- Do not use the device if you have injured your hand. Talk to your doctor first about using the device.

Viewing saved measurement results

1. Press the Memory button. The device displays the most recent measurement data. The number in the bottom left corner of the display indicates the memory slot (01-99).
2. You can browse the data of previous measurements by pressing the Memory button again. The device saves 99 measurements,

and when new measurements are taken, the device deletes the data of the oldest measurements to make way for the new. The display stays on for 9 seconds and then turns itself off if the Memory button is not pressed again, browsing saved measurements. When the display is on, the device can also be turned off by pressing the Power (On/Off) button.

Device cleaning and storage

You can wipe the device with a damp cloth if it is dirty. Place the wrist blood pressure monitor and guide back into their packaging so that the wrist cuff is rolled up and the display of the monitor is facing upwards. Remove the batteries from the battery slot if you do not intend to use the device for more than 3 months.

Device calibration

We do not offer recalibration of devices.

Technical specifications

Bluebiit Wrist blood pressure monitor

BBBP99WT1

Wrist cuff inflation: Automatic pump inflation

Wrist cuff deflation: Automatic

Display: LCD digital display (width 28 mm, height 35 mm)

Measurement method: Oscillographic method

Pressure measurement range: 20-280 mmHg (0.4-37.3 kPa)

Pressure measurement accuracy: ±3 mmHg (±0.4 kPa)

Pulse measurement range: 40-199 beats/min.

Pulse measurement accuracy: ±5%

Operating temperature: 10-40°C, Maximum relative humidity 40-85%

Storage temperature: -20-50°C, Maximum relative humidity 15-90%

Power source: 2 AAA batteries (1.5V LR03)

Voltage: 3 V, Power: 1 W

Measurable wrist circumference: 135-195 mm

Measurements without wrist cuff: 73 mm x 70 mm x 32 mm, Weight: 100 g (without batteries)

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Package contents

Wrist blood pressure monitor, wrist cuff, protective cover and user guide

www.bluebiit.com

