Marque de confiance des Canadiens depuis 3 générations

Chez BIOS Diagnostics, nous sommes fiers de notre rôle dans la surveillance de la tension artérielle à travers le Canada. Au début des années 1930 jusqu’en 1987, nous fabriquions des dispositifs de tension artérielle professionnels Tycos pour les médecins et les hôpitaux du Canada.

Dans les années 1970, nous étions à l’avant-garde des premiers dispositifs pour la prise de tension artérielle à domicile, puis dans les années 1980, nous avons lancé la technologie numérique au Canada. Nous n’avons pas fait le décompte, mais nous savons que des millions de nos tensiomètres domestiques ont été utilisés par les Canadiens depuis 25 années anées.

Tous les dispositifs BIOS Diagnostics sont développés en collaboration avec des physiciens et des essais cliniques afin de prouver leur précision de mesure. Pour plus de renseignements sur les essais cliniques et autres produits médicaux BIOS, visitez notre site Web www.biosdiagnostics.com.

Si vous avez des questions concernant cet instrument ou en ce qui concerne la surveillance de la tension artérielle à domicile, envoyez-nous un courriel à thermonor@thermonor-ins.com ou appelez la ligne d’assistance BIOS Diagnostics au 1.866.536.2289.
# Premium Blood Pressure Monitor
## Instruction Manual

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1. Introduction
Thank you for purchasing the BIOS Diagnostics™ Premium Blood Pressure Monitor. Designed for convenient and easy operation, this device provides a simple, yet accurate method to measure your blood pressure.

Your blood pressure is an important parameter that can be used to monitor your health. This device enables you to monitor your blood pressure regularly, and maintain a record of your blood pressure measurements. You can then use this record to assist your physician in diagnosing and maintaining a healthy blood pressure level.

1.1 Features
The BD215 uses oscillometric technology to measure the arterial blood pressure and pulse rate. The cuff is wrapped around the arm and automatically inflated by the air pump. The sensor in the device senses weak fluctuation of the pressure in the cuff produced by extension and contraction of the artery of the arm in response to each heartbeat. The amplitude of the pressure waves is measured, converted in millimeters of the mercury column, and is shown on the display.

- **Memory Features** 2 users, 90 blood pressure readings each with time and date.
- **BP Assessment Indicator** displays the range between which your blood pressure values lie, according to the WHO (World Health Organization).
- **Detects irregular heartbeat**
- **BIOS Averaging:** averages last 3 readings
- **AM Averaging:** averages morning readings to identify morning hypertension
- **Time and date**

This device is easy to use and has been proven in clinical studies to provide excellent accuracy. Before using the BD215, read this instruction manual carefully and keep it in a safe place.

The blood pressure monitor meets the accuracy requirements of Hypertension Canada and has been tested for clinical accuracy.

1.2 Important Information
Refer to the following sections to learn about important safety instructions and how to take care of the BIOS Diagnostics™ Premium Blood Pressure Monitor.

1.2A Safety Information
- Self-measurement means control, not diagnosis or treatment. Your values must always be discussed with your doctor or a physician who is familiar with your family history.
- If you are undergoing medical treatment and receiving medication, consult your doctor to determine the most appropriate time to measure your blood pressure. Never alter the dosages of any medication without direction from your doctor.
- Your blood pressure depends on several factors, such as age, gender, weight, and physical condition. It also depends on the environment and your state of mind at the time of measurement. In general, your blood pressure is lower when you are asleep and higher when you are active. Your blood pressure may be higher when recorded at a hospital or a clinic and may be lower when measured in the relaxing comfort of your home. Due to these variations, we recommend that you record your blood pressure regularly at home as well as at your doctor's clinic.
• Try to record your blood pressure regularly at the same time of the day and under the same conditions. This will help your physician detect any extreme variations in your blood pressure and thus treat you accordingly.
• Morning Hypertension ( > 135 / 85 mmHg): Recently, several studies have identified elevated cardiovascular risks (heart failure, stroke, angina) associated with “morning hypertension”. There is a typical rise in blood pressure during the physiological changes from sleep to arising for the day. (see section 3.9)
• The ideal time to measure your blood pressure is in the morning just after you wake up, before breakfast and any physical activity, and in the absence of the urge to urinate. If this is not possible, try to take the measurements later in the morning, before you start any physical activity. Relax for a few minutes before you record your blood pressure.
• Your blood pressure increases or decreases under the following circumstances:
  Blood pressure is higher than normal:
  – when you are excited, nervous, or tense
  – while taking a bath
  – during and after exercise or strenuous physical activity
  – when it is cold
  – within one hour after meals
  – after drinking tea, coffee, or other caffeinated drinks
  – after smoking tobacco
  – when your bladder is full
  Blood pressure is lower than normal:
  – after consuming alcohol
  – after taking a bath
• The pulse display is not suitable for checking the frequency of heart pacemakers.
• If you have been diagnosed with a severe arrhythmia or irregular heartbeat, vascular constriction, liver disorders, or diabetes, have a cardiac pacemaker, or are pregnant, measurements made with this instrument should only be evaluated after consultation with your doctor.
• Take care while handling the batteries in the device. Incorrect usage may cause battery fluid leakage. To prevent such accidents, refer to the following instructions:
  – Insert batteries with the correct polarity.
  – Turn off power after use. Remove and store the batteries if you are not planning to use the device for an extended period of time.
  – Do not mix different types, brands, or size of batteries. This may cause damage to the product.
  – Do not mix old and new batteries.
  – Remove batteries and dispose of them according to the proper regulations in your area.
  – Do not disassemble batteries or expose them to heat or fire.
  – Do not short-circuit the batteries.
  – Do not use rechargeable batteries.

1.2B Care of the Device
For prolonged life of your blood pressure monitor, note the following instructions:
• Do not drop or bang the unit. Prevent sudden jerks, jars, or shocks to the device to prevent damage.
• Do not insert any foreign objects in any device openings or vents.
• Do not disassemble the unit.
• If the unit has been stored at very low or freezing temperatures, allow to reach room temperature before using it.
Do not store the unit in direct sunlight, high humidity, or in places with a lot of dust.
Clean the device with a soft dry cloth. Do not use gasoline, thinner or similar solvents. Carefully remove spots on the cuff with a damp cloth and soap. Do not wash the cuff.

1.3 About Blood Pressure
Your blood pressure level is determined in the circulatory center of your brain. Your nervous system allows your body to adapt or alter blood pressure in response to different situations. Your body alters your pulse or heart rate and the width of blood vessels through changes in muscles in the walls of blood vessels.

Your blood pressure reading is highest when your heart pumps or ejects blood. This stage is called your systolic blood pressure.

Your blood pressure is lowest when the heart rests (in-between beats). This is called your diastolic blood pressure.

It is critical to maintain blood pressure values within a “normal” range in order to prevent cardiovascular diseases. Increased blood pressure values (various forms of hypertension) have associated long and medium term health risks. These risks concern the arterial blood vessels of your body, which are endangered due to constriction caused by deposits in the vessel walls (arteriosclerosis). A deficient supply of blood to important organs (heart, brain, muscles) can be the result. Furthermore, with long-term increased blood pressure values, the heart will become structurally damaged.

There are many different causes of the appearance of high blood pressure. We differentiate between common primary (essential) hypertension, and secondary hypertension. The latter group can be ascribed to specific organic malfunctions. Please consult your doctor for information about the possible origins of your own increased blood pressure values.

1.4 Normal Blood Pressure Values
Blood pressure is too high when, at rest, the diastolic pressure is above 90 mmHg or the systolic blood pressure is over 140 mmHg.

If you obtain readings in this range, consult your doctor immediately. High blood pressure values over time can damage blood vessels, vital organs such as the kidney, and your heart.

Should the systolic blood pressure values lie between 140 mmHg and 160 mmHg or the diastolic blood pressure values lie between 90 mmHg and 95 mmHg, consult your doctor. Regular self-checks will be necessary.

With blood pressure values that are too low (i.e., systolic values under 105 mmHg or diastolic values under 60 mmHg), consult with your doctor.

Even with normal blood pressure values, a regular self-check with your blood pressure monitor is recommended. This way you can detect possible changes in your values early and react appropriately.

Refer to the following table for classifying blood pressure values (units: mmHg) according to the World Health Organization (WHO):
<table>
<thead>
<tr>
<th>Category</th>
<th>Systolic Blood Pressure</th>
<th>Diastolic Blood Pressure</th>
</tr>
</thead>
<tbody>
<tr>
<td>Optimal</td>
<td>&lt; 120</td>
<td>&lt; 80</td>
</tr>
<tr>
<td>Normal</td>
<td>&lt; 130</td>
<td>&lt; 85</td>
</tr>
<tr>
<td>High Normal</td>
<td>130 - 139</td>
<td>85 - 89</td>
</tr>
<tr>
<td>Hypertension</td>
<td></td>
<td></td>
</tr>
<tr>
<td>• Stage 1: Mild</td>
<td>140 - 159</td>
<td>90 - 99</td>
</tr>
<tr>
<td>• Stage 2: Moderate</td>
<td>160 - 179</td>
<td>100 - 109</td>
</tr>
<tr>
<td>• Stage 3: Severe</td>
<td>&gt; 180</td>
<td>&gt; 110</td>
</tr>
<tr>
<td>Isolated Systolic Hypertension</td>
<td>&gt; 140</td>
<td>&lt; 90</td>
</tr>
</tbody>
</table>

**Important for Canadians:** The Canadian Hypertension Education Program (CHEP) recommends that patients with average measurements of ≥ 135mmHg (systolic) or ≥ 85mgHg (diastolic) at home be considered hypertensive. Should your average readings be in this range, consult your physician. For further information, see our website www.biosdiagnostics.com.

**Further information**
If your values are mostly “normal” under resting conditions but exceptionally high under conditions of physical or psychological stress, it is possible that you are suffering from so-called “labile hypertension”. In any case, please discuss the values with your doctor.

Correctly measured diastolic blood pressure values above 120mmHg require immediate medical treatment.

**1.5 Common Blood Pressure Questions and Answers**

a) **Why is my blood pressure reading always different?**
   Your blood pressure changes constantly. It is quite normal for blood pressure to fluctuate significantly (50 mmHg to 60 mmHg) throughout the day. Blood pressure is normally lowest at night, but increases during waking hours when the stress and activities of everyday life are highest.
Your blood pressure also increases and decreases under the following circumstances

**Blood pressure is higher than normal:**
- when you are excited, nervous, or tense
- while taking a bath
- during and after exercise or strenuous physical activity
- when it is cold
- within one hour after meals
- after drinking tea, coffee, or other caffeinated drinks
- after smoking tobacco
- when your bladder is full

**Blood pressure is lower than normal:**
- after consuming alcohol
- after taking a bath

b) **Why is the doctor’s reading different from the reading taken at home?**
Your blood pressure can vary due to the environment (temperature, nervous condition). When measuring blood pressure at the doctor’s office, it is possible for blood pressure to increase due to anxiety and tension.

c) **Why should I monitor blood pressure at home?**
One or two readings will not provide a true indication of your normal blood pressure. It is important to take regular, daily measurements and to keep records over a period of time. This information can be used to assist your physician in diagnosing and preventing potential health problems.
2. Getting Started
2.1 About the BD215

a) This section describes the various components of the Blood Pressure Monitor.

b) **Upper arm cuff:**
   Wide range cuff for arm circumference 24-43 cm or 9.4” - 16.9”.

**Cuff connection:**
Insert the cuff connector into the opening provided on the left side of the monitor as shown in the diagram.
2.2 About the LCD Screen
The LCD screen displays the systolic and diastolic blood pressure measurements along with your heart rate. It also displays previously recorded measurements and the date and time, when the appropriate button is pressed.

Symbol Guide
- User
- AM averaging
- Irregular Heartbeat Icon
- Heartbeat detection during measurement
- Low battery
- Memory

2.3 Inserting the Batteries
Follow these steps to insert four “AAA” batteries in the device.

1. Open the battery compartment cover in the direction shown.

2. Insert four “AAA” batteries with the correct polarity as indicated.

3. Replace the battery compartment cover.

Attention!
- After the battery warning appears, the device is blocked until the batteries have been replaced.
- Please use “AAA” Long-Life or Alkaline 1.5V batteries.
- If the blood pressure monitor is left unused for long periods, please remove the batteries from the device.
- Do not mix old and new batteries. Do not mix alkaline, standard (carbon-zinc) or rechargeable batteries.
2.4 Using a USB Power Adapter
You may also operate this monitor using a USB adapter. Please contact the manufacturer for detail.

1. Ensure that the USB adapter and cable are not damaged.
2. Plug the adapter cable into the USB / Adapter port on the blood pressure monitor.
3. Plug the adapter into your electrical outlet. When the USB adapter is connected, no battery current is consumed.

3. Using the Device
This section describes how to get the maximum benefit from your BD215 blood pressure monitor. Follow the instructions carefully to get an accurate measurement of your blood pressure and pulse rate.

3.1 Setting the Time and Date
When you insert the batteries or USB adapter for the first time the LCD screen will show all the display elements for 2 seconds. Afterwards it will prompt you to set the current date and time. You can also adjust the date and time at any time by pressing and holding the \( \text{START} \) button for over 3 seconds. Follow these steps to set the date and time settings:

1. When you press the \( \text{START} \) button for over 3 seconds, the year will start flashing. Press the \( \text{M} \) button to adjust the year and press the \( \text{START} \) button to confirm setting.

2. Next, the screen starts flashing the month setting. Press the \( \text{M} \) button repeatedly to set the month and then press the \( \text{START} \) button to confirm the settings. Follow the same steps to set the date setting.

3. Lastly, the screen starts flashing the hour format values, 12/24 hr. Press the \( \text{M} \) button to set the format and then press the \( \text{START} \) button to confirm the settings. Follow the same steps to set the hour and minute values.

**NOTE:** When no button is pressed for 1 minute the monitor will return to regular mode and after 3 seconds turn off.
3.2 Select the User
This blood pressure monitor is designed to store 90 measurements for each of two users. Before taking a measurement, be certain that the correct user has been selected.

1. Press the START button to toggle between User 1 and User 2.

3.3 Obtaining Accurate Measurements
Your blood pressure can vary based on numerous factors, physiological conditions, and your surroundings. Follow these guidelines to obtain accurate and error-free measurements of your blood pressure and pulse rate.

3.3A Before Measuring
- Avoid eating, smoking as well as all forms of exertion directly before the measurement. All these factors influence the measurement result. Relax by sitting in an armchair in a quiet atmosphere for about 5 minutes before the measurement.
- Always take measurements on the same arm (normally left) and in the same posture. Do not switch between right and left arms while recording your blood pressure as there may be a difference of up to 10mmHg pressure between the two arms.
- Attempt to carry out the measurements regularly at the same time of day, since blood pressure changes during the course of the day. The ideal time to measure your blood pressure is in the morning after you wake up, before breakfast and physical activity, and in the absence of the urge to urinate.
- Rest for 5 minutes sitting quietly and release all the tension in your body – especially the arm muscles – before beginning with the measurement. Remain calm and quiet when the measurement is in process. Do not speak or move your arm (as well as other body) muscles during the process.

3.3B Common Sources of Error
All efforts by the patient to support the arm can increase the blood pressure. Make sure you are in a comfortable, relaxed position and do not activate any of the muscles in the measurement arm during the measurement. Use a cushion for support if necessary.

**ATTENTION!**
Comparable blood pressure measurements always require the same conditions with a peaceful and calm environment. Ensure that you take measurements under the same conditions to obtain an accurate estimate of blood pressure variation patterns.

- If the arm artery lies considerably lower or higher than the heart, an erroneous value of blood pressure is measured. Each 15 cm difference in height results in a measurement error of 10 mmHg.
- A loose cuff causes false measurement values.
- With repeated measurements, blood accumulates in the arm, which can lead to false results. Consecutive blood pressure measurements should be repeated after at least a 15 second pause or after the arm has been held up in order to allow the accumulated blood to flow away.
3.3C Fitting the Wide Range Cuff

a) Put the end of the cuff (with fastener) through the metal ring, making the cuff a cylinder. (Ignore this step if your cuff is already set up.) Proper assembly allows the Velcro® to match up properly.

b) Place the cuff around your arm. Make sure the bottom edge of the cuff is about 1" above the elbow joint. Adjust the cuff so that the rubber tubing under the cuff lies over the brachial artery, which runs on the inside of the arm (see Fig. B).

c) Pull the cuff and tighten it by attaching the Velcro® fastener. Normally, the left arm is used, unless there is a physical reason for using the right arm.

d) The cuff should fit snugly around the arm, but not too tight. You should be able to fit two fingers under the cuff.

e) Place the arm on the table (palm facing upwards) so that the cuff is at the same level as the heart. Make sure there is no kink in the hose.

f) You can adjust the level of your arm by putting a cushion under your arm.
g) Remain seated in a comfortable room temperature for at least 5 minutes, then start the measurement.

h) For those who cannot put the cuff on the left arm, put it on the right arm as shown.

i) Consecutive measurements will cause blood accumulation in the lower arm which will affect the measuring results. To improve reading accuracy, raise the arm being measured, squeeze and relax your hand several times, then take another measurement. Another option is to take the cuff off and wait at least 10 minutes before repeating measurement.

j) If this device was stored in low temperature, it is necessary to leave it in room temperature for at least 1 hour, otherwise the measurement can be inaccurate.

Comment:
If it is not possible to fit the cuff to your left arm, it can also be placed on the right arm. However all measurements should be made using the same arm.

Comparable blood pressure measurements always require the same conditions (Relax for several minutes before taking a measurement).

ATTENTION: Do not use cuff other than the original cuff contained in this kit!

3.4 Measuring Your Blood Pressure
1. Press the button to turn on the device and start measurement. The LCD screen is turned on. The cuff begins to inflate while the increasing cuff pressure is displayed on the screen. After the suitable inflation pressure is reached, the cuff stops inflating and the pressure gradually falls. The screen will show the icon once a pulse is detected. When the pulse signal becomes strong, the icon will begin to flash. Three short beeps sound when the measurement is completed. The systolic and diastolic blood pressure values along with the pulse rate are displayed on the screen. The measurement is displayed for approximately 1.5 minutes.
2. The device will switch off after 1.5 minutes when no button is pressed.

**NOTE:** When the measurement is taken between 4am and 12pm the "Solar" icon will be displayed

### 3.5 Discontinuing a Measurement

If it is necessary to interrupt a blood pressure measurement for any reason (e.g. the patient feels unwell) the button can be pressed at any time. The device then immediately lowers the cuff pressure automatically.

### 3.6 Irregular Heartbeat Detection

When the device detects an irregular heartbeat, or any excessive body movement during the measurement, the symbol will appear and flash when the blood pressure measurement is displayed. It is important that you be relaxed, remain still and do not talk during the measurement. If the symbol appears frequently (e.g. several times a week), it may be an indication of a more serious heart problem, and you should consult your doctor.

### 3.7 Blood Pressure Assessment Indicator

The bars on the left hand side of the display show you the range within which the indicated blood pressure values lies. Depending on the height of the bar, the readout value is either within the normal (green), borderline (yellow/orange) or danger (red) range.

The classification is based on standards adopted from WHO (World Health Organization); which is recognized by Hypertension Canada.

The indicator bar rises according to your measurement.

- If your measurement has only one or two bars, your measurement is in the green zone, or “Normal” according to the WHO classification.
- If your measurement has three bars, it is in the yellow zone, or high normal according to the WHO classification.
- If your measurement has four bars, it is in the orange “Stage 1 Hypertension” zone.
- If your measurement has five bars, it is in the red “Stage 2 Hypertension” zone.
- If your measurement has six bars, it is in the red “Stage 3 Hypertension” zone.

### 3.8 Viewing Previously Recorded Values

The blood pressure monitor automatically stores your measurements. It can store up to 90 measurements per user and it will automatically calculate the average value of the last 3 readings and the average value of the morning readings for both users.

When the memory is full (90 sets of readings are stored), the oldest reading will be replaced by a new one. Memory will not clear away even if power supply is removed.

1. To view the previously stored values, press the button. The blood pressure monitor will show the average value of the last 3 readings.
2. Press the \( \text{M} \) button again, the display will show the average value of the morning readings (see Section 3.9).

3. Press the \( \text{M} \) button again, the display will show the last measurement taken with the date and time. Press the \( \text{M} \) button repeatedly to view all the measurements that are recorded on the device.

### 3.9 AM Averaging (Morning)
This feature averages the morning readings between 4am and 12pm to identify morning hypertension. Several studies have shown elevated cardiovascular risks, heart attacks, and strokes occur in the morning as the body is waking up from sleep. See Section 3.8 on how to view the average value of the morning readings.

### 3.10 Clearing All Values
If you are sure that you want to permanently remove all stored values, hold down the \( \text{M} \) button when in standby (nothing is displayed on the screen) until the “CL” appears and then release the button. To permanently clear the memory, press the \( \text{M} \) button while “CL” is flashing.

### 4. Error Messages / Malfunctions
If an error occurs during a measurement the LCD displays the corresponding error code.

<table>
<thead>
<tr>
<th>Error</th>
<th>Possible Cause</th>
<th>Remedy</th>
</tr>
</thead>
<tbody>
<tr>
<td>EE 1</td>
<td>Cuff pressure is more than 300 mmHg or the inflation of the cuff takes too long.</td>
<td>Ensure that the cuff is worn correctly and measure again. Avoid movement or talking when the cuff is being inflated.</td>
</tr>
<tr>
<td>EE 2</td>
<td>The difference between systolic and diastolic pressure readings are out of reasonable range.</td>
<td>Ensure that the cuff is being worn correctly and that you have been inactive for a sufficient time before making the measurement.</td>
</tr>
<tr>
<td>EE 3</td>
<td>Unnatural pressure impulses influence the measurement result. Reason: the arm was moved during the measurement.</td>
<td>Avoid unnecessary movement or talking.</td>
</tr>
<tr>
<td>Err 5</td>
<td>No pulse has been detected.</td>
<td>Ensure the cuff is being worn correctly, and that you have your arm at the heart level.</td>
</tr>
<tr>
<td>EE E</td>
<td>Memory record.</td>
<td></td>
</tr>
<tr>
<td>( \text{PUL} )</td>
<td>Low battery</td>
<td>Replace batteries.</td>
</tr>
</tbody>
</table>

If problems occur when using the device the following points should be checked, and if necessary, the corresponding measures should be taken.
## Malfunction

<table>
<thead>
<tr>
<th>Malfunction</th>
<th>Remedy</th>
</tr>
</thead>
<tbody>
<tr>
<td>The display remains empty when the device is switched on. The batteries are inserted.</td>
<td>1. Check batteries for correct polarity. 2. If the display is unusual, re-insert the batteries or exchange them for new ones.</td>
</tr>
<tr>
<td>The pressure does not rise even though the pump is running.</td>
<td>Check the connection of the cuff tube and connect properly if necessary.</td>
</tr>
<tr>
<td>The device frequently fails to measure the blood pressure values, or the values measured are too low or too high.</td>
<td>1. Check the positioning of the cuff. 2. Measure the blood pressure again, ensuring that you have remained motionless for a sufficient amount of time to ensure an accurate reading.</td>
</tr>
<tr>
<td>Every measurement produces varying results although the instrument functions normally and the values displayed are normal.</td>
<td>Note that blood pressure fluctuates continuously; therefore measurements will show some variability.</td>
</tr>
<tr>
<td>Blood pressure values measured differ from those measured by the doctor.</td>
<td>Record the daily development of the values and consult your doctor. <strong>Note:</strong> Individuals visiting their doctor frequently experience anxiety which can result in a higher blood pressure reading than at home.</td>
</tr>
</tbody>
</table>

## 5. Care and Maintenance

a) Do not expose the device to either extreme temperatures, humidity, dust or direct sunlight.

b) The cuff contains a sensitive air-tight bubble. Handle this carefully and avoid all types of stress through twisting or buckling.

c) Clean the device with a soft, dry cloth. Do not use gas, thinners or similar solvents. Spots on the cuff can be removed carefully with a damp cloth and soapsuds. **The cuff with bladder must not be washed in a dishwasher, clothes washer, or submerged in water.**

d) Handle the tube carefully. Do not pull on it. Do not allow the tubing to kink and keep it away from sharp edges.

e) Do not drop the monitor or treat it roughly in any way. Avoid strong vibrations.
f) **Never open the monitor.** This invalidates the manufacturer’s warranty.

g) Batteries and electronic instruments must be disposed of in accordance with the locally applicable regulations, not with domestic waste.

6. **10 Year Warranty**

BIOS Diagnostics™ blood pressure monitor has a 10 year warranty to be free of manufacturing defects for the life of the original owner. This warranty does not include the inflation system including the cuff and inflation bladder. The cuff is warranted for two years. The warranty does not cover damage from misuse or tampering.

**100% Satisfaction Guarantee**

If at any time, you are not completely satisfied with the performance of this device, call our **BP Hotline** and speak with a customer service person, who will make arrangements to have the device tested and repaired or replaced to your full satisfaction.

If you have questions regarding the operation of your monitor call the **BIOS Diagnostics™ Blood Pressure Hotline:**

1-866-536-2289

Should repair be necessary, return the unit with all component pieces. Enclose proof of purchase and $5.00 for return shipping and insurance. Ship the unit **prepaid** and insured (at owners option) to:

Thermor Ltd.
Repair Department
16975 Leslie Street
Newmarket, ON L3Y 9A1
www.biosdiagnostics.com

Email: thermor@thermor-ins.com

Please include your name, return address, phone number, and email address. Thermor will repair or replace (at Thermor’s option) free of charge any parts necessary to correct the defect in material or workmanship.

Please allow 10 days for repair and return shipping.
### 7. Technical Specifications

<table>
<thead>
<tr>
<th>Specification</th>
<th>Details</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Operating temperature:</strong></td>
<td>10 to 40°C / 50 to 104°F</td>
</tr>
<tr>
<td><strong>Storage temperature:</strong></td>
<td>-20 to 55°C / -4 to 131°F</td>
</tr>
<tr>
<td><strong>Weight:</strong></td>
<td>425 g (including batteries)</td>
</tr>
<tr>
<td><strong>Dimensions:</strong></td>
<td>102 x 140 x 40 mm</td>
</tr>
<tr>
<td><strong>Measuring procedure:</strong></td>
<td>Oscillometric during deflation</td>
</tr>
<tr>
<td><strong>Measurement range:</strong></td>
<td>Systolic 50 – 250 mmHg</td>
</tr>
<tr>
<td></td>
<td>Diastolic 30 – 180 mmHg</td>
</tr>
<tr>
<td></td>
<td>Pulse 40 – 199 beats per minute</td>
</tr>
<tr>
<td><strong>Resolution:</strong></td>
<td>1 mmHg</td>
</tr>
<tr>
<td><strong>Static accuracy:</strong></td>
<td>pressure within ± 3 mmHg or ± 2% of reading</td>
</tr>
<tr>
<td><strong>Pulse accuracy:</strong></td>
<td>± 4 % of the reading</td>
</tr>
<tr>
<td><strong>Voltage source:</strong></td>
<td>4 x 1.5 V Batteries; size AAA</td>
</tr>
<tr>
<td></td>
<td>SPS type (5V micro USB) CUL adapter</td>
</tr>
</tbody>
</table>