



Model No. JN-163EW

# Wrist Electronic **Blood Pressure Meter**



# Owner's Manual

Read the instructions carefully before using this device

# IMPORTANT SAFETY PRECAUTIONS

### **READ THIS BEFORE USE**

- Use this device ONLY for the intended use described in this manual
- 2. Do NOT use accessories which are not specified by the manufacturer.
- 3. Do NOT use the device if it is not working properly or damaged.
- 4. Do NOT use the equipment where aerosol sprays are being used, or where oxygen is being
- 5. Do NOT use under any circumstances on newborns.
- 6. This device does NOT serve as a cure for any symptoms or diseases. The data measured are for reference only. Always consult your doctor to have the results interpreted.
- 7. Keep the equipment and its flexible cord away from hot surfaces.
- 8. Do NOT apply the cuff to areas other than the place directed.
- 9. Proper maintenance and periodically calibration are essential to the longevity of your device. If you are concerned about your accuracy of measurement, please contact local customer

# KEEP THESE INSTRUCTIONS TABLE OF CONTENTS

# 1. BEFORE YOU BEGIN 1.1. INTENDED USE

The Series Blood Pressure Monitor is a system designed to measure people's systolic and diastolic blood pressure and pulse rate at home and in clinical settings by using a non-invasive technique in which an inflatable cuff is wrapped on the WRIST.

This system is intended for individuals age 18 or above.

Do not use it for diagnosis of hypertension or testing on newborns, babies, young children or persons who cannot express their consent. 1.2 TEST PRINCIPLE

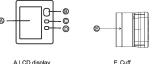
Blood pressure is measured non-invasively on the wrist based on oscillometric method.

If you have been diagnosed with a severe arrhythmia or irregular heartbeat, measurements made with this instrument should only be evaluated after consultation with the doctor or your healthcare

# Electromagnetic interference

The device contains sensitive electronic components. Avoid strong electromagnetic fields in the direct vicinity of the device (e.g. mobile phones, microwave ovens, Electrical interference can lead to temporary impairment of the measuring accuracy).

#### 1.3. MONITOR OVERVIEW a. Device



B ON/OFF button C. SET button D. Memory button

h Cuff

### WRIST System offers a U type wrist cuff covering size: 13.5~19.5cm

## 4. If the cuff inflates again while measuring

1.4. DISPLAY SCREEN

1. WHO bar

4. Pulse rate

5. User icon

6. Time icon

7. Unit icon

2. SETTING THE MONITOR

2 Systolic Pressure

3. Diastolic Pressure

8, Low battery icon

2. 1. SETTING THE DATE AND TIME

complete the steps below and save the desired settings

Hold SET button until the "20XX" flashes on the upper right corner.

Note: when install the battery, the device enter into setting automaticall

o. When the year flashes, press MEM button until the correct year appears

When the month flashes, press MEM button until the correct month appears

Press SET button to confirm and change to Month setting.

Press SET button to confirm and change to date setting.

d. Set the day, hour and minute in the same way as described above.

POSSIBLE CAUSE	WHAT TO DO			
Cuff is not fastened. Fasten the cuff again.				
f user's blood pressure is higher than the pre	essure the device has inflated, the device will			
automatically increase the pressure and start to inflate again. Stay relaxed and wait for the				
neasurement.				

9 Memory icon

10 Memory times

11 Month/Day icon

12 Heartheat icon

Before using your monitor for the first time, check and update these settings. Make sure you

13 Irregular heartbeat detector

Symbol	Referent
Πi	Consult instructions for use
***	Manufacturer
SN	Serial number
$\triangle$	Caution, consult accompanying documents
<b>®</b>	Do not use if package is damaged
<b>*</b>	Type B Equipment
EC REP	Authorized representative in the European Community
V	Dispose of in accordance with the requirements of your country.

### 1. If the meter is idle for 1.5 minutes during the setting mode, it will switch off automatically.

### 2.2. USER NUMBER SELECTION

This Wrist Series system supports measurement for two users. Before measurement, make sure you set the unit for the intended user: press SET button under power off condition, till user icon switches to another one

#### 3 TESTING YOUR BLOOD PRESSURE

#### 3.1. BEFORE MEASUREMENT # Avoid caffeine, tea, alcohol and tobacco for at least 30 minutes before mean

- # Wait 30 minutes after exercising or bathing before measurement.
- # Sit or lie down for at least 10 minutes before measurement.
- # Do not measure when feeling anxious or tense.
- # Take a 5-10 minutes break between measurements. This break can be longer if necessary,
- depending on your physical condition
- # Blood pressure naturally varies between each arm. Always measure your blood pressure

## 3.1.1. FITTING THE CUFF PROPERLY

- a. Remove all eventual objects (e.g. wristwatch) from the wrist. Wrap the cuff over the wrist. b. The distance between the cuff and the hand should be as close as possible.
- c. Secure the cuff with the Velcro fastener, so that it lies comfortably and not too tight, no space
- should remain between the cuff and the wrist.
- d. Lay the wrist on a table, with the palm upwards. Support the wrist a little with a rest (cushion), so that the cuff rests at about the same height as the heart. Remain so for 2 minutes sitting quietly, before beginning with the measurement

## 3.1.2. PROPER MEASUREMENT POSITION

- a. Sit down for at least 10 minutes before measuring. b. Make sure the cuff is about the same height as the location of your heart.
- c. Measure always on the same wrist (normally left).
- d. Press the O/I button to switch on the monitor.
- e. Remain still and do not talk or move during the measurement



① If the wrist cuff is relatively lower (higher) than the heart, the obtained blood pressure value could be higher (lower) than the actual value. A 15 cm difference in height may result in an error around 10 mmHg

2\*AAAsize 1.5Vbatteries

10°C to 40°C (50°F to 104°F).

±3 mmHg (±0.4kPa)within

0 - 260mmHg

±5% of the reading

mmHg/kPa

Automatic nower off if system idle 180sec

# 3.2. TAKING MEASUREMENTS

#### Always apply the pressure cuff before turning on the monitor. a. Press ON/OFF button, pump begins to inflate the cuff. The rising pressure in the cuff is shown

- on the display.
- ens ens Pressure in cuff increases to working pressure. Then pump stops and pressure falls. Note: In case the inflation pressure is not sufficient to determine me
- monitor automatically re-inflates to a higher level. 180
- 805 006 The heart symbol " . " starts to flash every heart beat once pulse is detected 15 1
- 805 006 d. If irregular heartbeat was detected during the measurement, LCD displays the "(📦)" icon to remind users of heartbeat irregularity.

# 53

# 4. MONITOR MEMORY

### 4.1 AVERAGE OF ALL STORED MEMORIES

Press MEM button, LCD shows a set of values averaged from last three stored memories of the selected user, accompanied by an icon "Ru"



The device stores 99 most recent blood pressure test results along with respective dates and times in the monitor memory for each user

Reviewing Test Results

------

- a. Press MEM button again after you see the average of last three memories, the single memory b. Per the MEM, the first reading you see is the last blood pressure result. Press MEM button
- again, the next measurement eg. M99, as well as the previous 98 measurements (M98, M97... M1) can be displayed one after the other



# Hold down SET button for 3 second into setting, and press SET for 8 times until "CL" flashes on

LCD, press ON/OFF button again, all the stored memories inside is removed



Before you delete all the readings stored in the memory, pls make sure you will not need to use them any more at a later time.

# 5. MAINTENANCE

#### 5.1. USE A MAINS ADAPTOR TO CHARGE THE BATTERY The Series Blood Pressure Monitor powered by two pcs size AAA1.5V alkline battery

• After the warning iocn appears, device is blocked till the battery has been replaced. Avoid letting the battery run down completely

### To avoid the monitor attracting dirt, dust or other contaminants, wash and dry your hands

5.2. CARING FOR YOUR MONITOR

thoroughly before use.

### P. To clean the monitor exterior, wine it with a cloth moistened with tan water or a mild cleaning.

- agent, then dry the device with a soft dry cloth. Do NOT flush with water. Do NOT use organic solvents to clean the monitor Do NOT wash the pressure cuff.
- Do NOT iron the pressure cuff.

Always store or transport the monitor in its original storage case. Avoid dropping or heavy impact.

# Monitor Storage

# 6. DETAILED INFORMATION

coronary infarction

1. BEFORE YOU BEGIN

2. SETTING THE MONITOR

2.1. Setting the date and time

2.3. User number selection...

3.1. Before measurement...

4. MONITOR MEMORY

4.2. Memory recall...

5 MAINTENANCE

6.1. Reference Values.

7.1. Error Messages...

7.2. Troubleshooting.

9. SPECIFICATIONS

9.1. System performance...

3.2. Taking measurements.....

3. TESTING YOUR BLOOD PRESSURE

3.1.2. Proper measurement position.

3.2.1. Taking a single measurement...

5.1.Use a mains adaptor to charge the battery.

9.2. Blood pressure measurement performance.

Avoid direct sunlight and high humidity.

3.2.2. CAM (Clinically Accurate Measurement) Mode.

3.1.1. Fitting the cuff properly..

4.1. Average of all stored memories.

4.3. Delete all stored memories...

5.1. Caring for your monitor.

6. DETAILED INFORMATION

8. SYMBOL INFORMATION

7. SYSTEM TROUBLESHOOTING

2.2. Setting the alarm...

1.1. Intended Use.

1.2. Test Principle...

1.3. Monitor Overview

1.4. Display Screen.

Clinical studies show that adult diabetes is often accompanied by elevated blood pressure. People with diabetes can reduce their heart risk by managing their blood pressure along with diabetes Monitoring your routine blood pressure trend helps you to know your body condition. Human blood

pressure naturally increases after reaching middle age. This symptom is a result of continuous ageing of the blood vessels. Further causes include obesity, lack of exercise and cholesterol (LDL) adhering to the blood vessels. Rising blood pressure accelerates hardening of the arteries, and the body becomes more susceptible to apoplexy and

Storage condition: -20°C to 55°C (-4°F to 131°F), below 93% relative humidity.

Definitions and Classification of blood pressure levels according to 2007 ESH-ESC Practice Guidelines for the Management of Arterial Hypertension:. Data in mmHg

Category	Systolic (mmHg)		Diastolic (mmHg)
Optimal	< 120	and	< 80
Normal*3	120-129	and/or	80-84
High normal	130-139	and/or	85-89
Grade 1 hypertension	140 - 159	and/or	90 – 99
Grade 2 hypertension	160-179	and/or	100-109
Grade 3 hypertension	≥ 180	and/or	≥ 110
Isolated systolic hypertension	≥ 140	and	< 90

Isolated systolic hypertension should be graded (1, 2, 3) according to systolic blood pressure values in the ranges indicated, provided that diastolic values are < 90mmHg. Source: The European Society of Hypertension and European Society of Cardiology Task Force

# Hypertens 2007; 25; 1751-1762. 7. SYSTEM TROUBLESHOOTING

If you follow the recommended action but the problem persists, or error messages other than the ones below appear, please call your local customer service. Do not attempt to repair by yourself and never try to disassemble the monitor under any circumstances.

Members. 2007 ESH-ESC Practice Guidelines for the Management of Arterial Hypertension. J

# 7.1. Error Message

MESSAGE	CAUSE	WHAT TO DO
Signal too small or		Refit cuff tightly and correctly.
E-1	pressure Changed	If error still remains, contact
'		customer service for help.
E-2	External disturbance signal is too big	Please make sure the monitor should be far away from the strong interference devices during measuring, such as mobile, motor. And please do not talk and walk during measuring.
		If error still remains, contact customer service for help.
	Inflation pressure error	Refit cuff tightly and correctly.
F-3		If error still remains, contact
		customer service for help.
	Blood pressure	Refit cuff tightly and correctly.
F-5	measurement error	Relax and repeat the measurement.
C-2		If error still remains, contact
		customer service for help.
	Low battery	Please replace the batteries.
		If error still remains, contact

\_\_\_\_\_\_

### 7.2. Troubleshooting 1. If no display appears after pressing ON/OFF button

time to time.

POSSIBLE CAUSE WHAT TO DO Batteries exhausted Replace the batteries

Blood pressure naturally varies from

2. If the heart rate is higher/lower than user's average POSSIBLE CAUSE WHAT TO DO Movement during measurement Repeat measurement Measurement taken just after exercise Rest at least 30 minutes beforehand

If the result is higher/lower than user's average measuremen POSSIBLE CAUSE WHAT TO DO May not be in correct position while Adjust to the correct position to measure measuring.

Keep in mind for next measureme

# 8. SYMBOL INFORMATION

[i	Consult instructions for use
***	Manufacturer
SN	Serial number
$\triangle$	Caution, consult accompanying documents
	Do not use if package is damaged
<b>*</b>	Type B Equipment
EC REP	Authorized representative in the European Community
X	Dispose of in accordance with the requirements of your country.

#### 9. SPECIFICATIONS 9.1. System performance Power source:

Size of monitor

40mm x48mm 106g(No battery) Weight: Cuff Size: 13.5-19.5 cm Memory: Maximum 90 memory records for each user

Power saving: System operating condition:

15-95% relative maximum humidity Meter storage condition -20°C to 55°C (-4°F to 131°F). 15-93% relative maximum humidity

#### 9.2. Blood pressure measurement performance Pressure range:

40 - 180 beat per minute Heart rate range: Systolic Measurement Range: 50 mmHg -250 mmHg Diastolic Measurement Range: 30 mmHg -180 mmHg Pulse Rate Measurement Range: 40 -180 beats / minute Maximum inflation pressure: 260 mmHg

This device has been tested to meet the electrical and safety requirements of:

Accuracy of Pressure: Accuracy of Pulse rate Measurement unit:

IEC/EN 60601-1 IEC/EN 60601-1-2 Reference to Standards:

• EN 1060-1 /-3, NIBP-requirements

• IEC60601-1 General requirement for safety • IEC60601-1-2 Requirements for EMC EN1060-4, NIBP clinical investigation

AAMI / ANSI / IEC 80601-2-30, ANSI/AAMI/ISO 81060-2, NIBP requirements



EC REP AVRUPA YETKİLİ TEMSİLCİSİ



ITHALATCI: Ece Tıbbi Cihazlar ve Medikal San. Tic. A.Ş.

Maltepe Mah. Hastane Sok. No: 6 Zeytinburnu, İstanbul, TÜRKİYE Tel: 444 78 96