

Wrist Electronic
Blood Pressure Meter

Owner's Manual

Model No. JN-163EW



Type B applied part



Read the instructions carefully before using this device.

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3.2. TAKING MEASUREMENTS

Always apply the pressure cuff before turning on the monitor.

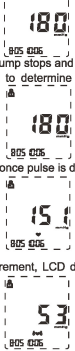
- a. Press ON/OFF button, pump begins to inflate the cuff. The rising pressure in the cuff is shown on the display.

- b. Pressure in cuff increases to working pressure. Then pump stops and pressure falls.

Note: In case the inflation pressure is not sufficient to determine measurement result, the monitor automatically re-inflates to a higher level.

- c. The heart symbol "♥" starts to flash every heart beat once pulse is detected.

- d. If irregular heartbeat was detected during the measurement, LCD displays the "♥" icon to remind users of heartbeat irregularity.



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 "M".



4.2. MEMORY RECALL

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

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IMPORTANT SAFETY PRECAUTIONS

READ THIS BEFORE USE

- Use this device **ONLY** for the intended use described in this manual.
- Do **NOT** use accessories which are not specified by the manufacturer.
- Do **NOT** use the device if it is not working properly or damaged.
- Do **NOT** use the equipment where aerosol sprays are being used, or where oxygen is being administered.
- Do **NOT** use under any circumstances on newborns.
- 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.
- Keep the equipment and its flexible cord away from hot surfaces.
- Do **NOT** apply the cuff to areas other than the place directed.
- 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 service for help.

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KEEP THESE INSTRUCTIONS

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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.

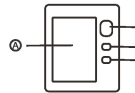
If you have been diagnosed with a severe arrhythmia or irregular heartbeat, measurements made with this instrument should only be evaluated after consultation with the doctor or your healthcare professionals.

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



A.LCD display
B.ON/OFF button
C. SET button
D. Memory button



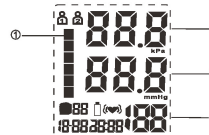
E. Cuff

b. Cuff:

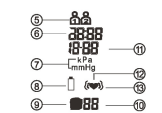
WRIST System offers a U type wrist cuff covering size: 13.5-19.5cm

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1.4. DISPLAY SCREEN



- WHO bar
- Systolic Pressure
- Diastolic Pressure
- Pulse rate
- User icon
- Time icon
- Unit icon
- Low battery icon



- Memory icon
- Memory times
- Month/Day icon
- Heartbeat icon
- Irregular heartbeat detector

2. SETTING THE MONITOR

Before using your monitor for the first time, check and update these settings. Make sure you complete the steps below and save the desired settings.

2.1. SETTING THE DATE AND TIME

- a. Hold SET button until the "20XX" flashes on the upper right corner.
Note: when install the battery, the device enter into setting automatically.



- b. When the year flashes, press MEM button until the correct year appears.
Press SET button to confirm and change to Month setting.



- c. When the month flashes, press MEM button until the correct month appears.
Press SET button to confirm and change to date setting.



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



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NOTE

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 measurement.
- ✗ 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.
- ✗ Keep the records for your doctor as reference.
- ✗ Blood pressure naturally varies between each arm. Always measure your blood pressure on the same wrist.

3.1.1. FITTING THE CUFF PROPERLY

- Remove all eventual objects (e.g. wristwatch) from the wrist. Wrap the cuff over the wrist.
- The distance between the cuff and the hand should be as close as possible.
- 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.
- 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

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



WARNING:

- ⚠ 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.

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9. SPECIFICATIONS

9.1. System performance

| | |
|-----------------------------|--|
| Power source: | 2*AAAsize 1.5VBatteries |
| Size of monitor: | 40mm x48mm |
| Weight: | 106g(No battery) |
| Cuff Size: | 13.5-19.5 cm |
| Memory: | Maximum 99 memory records for each user |
| Power saving: | Automatic power off if system idle 180sec. |
| System operating condition: | 10°C to 40°C (50°F to 104°F), 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: | 0 - 260mmHg |
| Heart rate range: | 40 - 180 beat per minute |
| 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: | 260mmHg |
| Accuracy of Pressure: | ±3 mmHg (±0.4 kPa) within |
| Accuracy of Pulse rate: | ±5% of the reading |
| Measurement unit: | mmHg/kPa |

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

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

ÜRETİCİ:

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No. 3 Kiyuan Road, High-Tech Industrial Development Zone,
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AVRUPA YETKİLİ TEMSİLCİSİ:

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İTHALATÇI:

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

URL: www.ecomedical.net
e-posta: denisk@ecomedical.com.tr

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7.1. Error Messages

| MESSAGE | CAUSE | WHAT TO DO |
|---------|--|---|
| E-1 | Signal too small or pressure Changed | Refit cuff tightly and correctly. 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. |
| E-3 | Inflation pressure error | Refit cuff tightly and correctly. If error still remains, contact customer service for help. |
| E-5 | Blood pressure measurement error | Refit cuff tightly and correctly. Relax and repeat the measurement. If error still remains, contact customer service for help. |
| | Low battery | Please replace the batteries. If error still remains, contact customer service for help. |

7.2. Troubleshooting

| | |
|--|------------------------|
| 1. If no display appears after pressing ON/OFF button: | |
| POSSIBLE CAUSE | WHAT TO DO |
| Batteries exhausted. | Replace the batteries. |

| | |
|---|-------------------------------------|
| 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 |

| | |
|---|--|
| 3. If the result is higher/lower than user's average measurement: | |
| POSSIBLE CAUSE | WHAT TO DO |
| May not be in correct position while measuring. | Adjust to the correct position to measure. |
| Blood pressure naturally varies from time to time. | Keep in mind for next measurement. |

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4. If the cuff inflates again while measuring:

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

8. SYMBOL INFORMATION

| Symbol | Referent |
|--------|---|
| | Consult instructions for use |
| | Manufacturer |
| | Serial number |
| | Caution, consult accompanying documents |
| | Do not use if package is damaged |
| | Type B Equipment |
| | Authorized representative in the European Community |
| | Dispose of in accordance with the requirements of your country. |

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