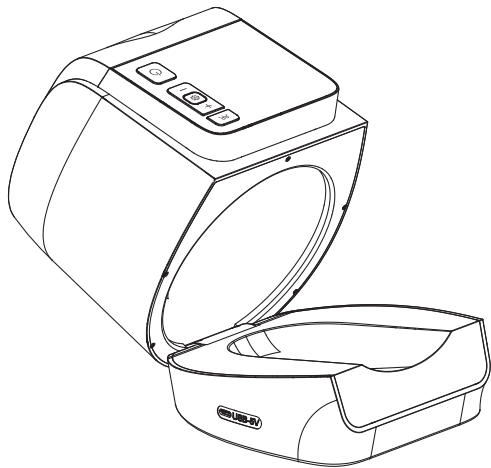


Upper Arm Electronic Blood Pressure Monitor

Model: U90B



Instruction Manual

- Thank you for purchasing and using our company's Upper Arm Electronic Blood Pressure Monitor
- Before using this product, Please read the instruction manual carefully and use it correctly
- After reading, please keep the instruction manual in a safe place, for reference at any time
- This product is suitable for people over 12 years old
- The warranty card is attached to the page of this manual, please keep it properly and do not lose it

Intended purposes: This automatic blood pressure is intended to measure systolic pressure, diastolic pressure and pulse rate through upper arm. Are expected to use in the home or in the hospital,intended for people over 12 years old.

Structural composition: mainly composed of the main unit and the built-in cuff.

Intended users:

- Adult
- Have 8 years intensive reading experience
- Can be read and understand the user manual
- staff and lay persons

Intended patient population:

The device is intended used for people over 12 years old. People who need pulse measurement, blood pressure measurement. Including normal people or patients with hypertension, hypotension, abnormal pulse.

Contraindications:

- 1.This product can't be used in patients who is with severe heart insufficiency to avoid suffocation and death.
- 2.It is not necessary to use this product if you have coronary atherosclerotic heart disease to avoid narrowing or blockage of the blood vessel lumen, which may cause is chemia and lack of oxygen to the heart.
- 3.Do not use this product if you have diabetes, as it may cause damage to the heart and also be placed on the right. However, all measurements blood vessels
- 4.Pregnant women, patients with implanted, electronical devices, patients with pre-eclampsia, premature ventricular beats, atrial fibrillation, peripheral, arterial disease and patients undergoing intravascular therapy or arterio-venous shunt or people who received a mastectomy. Please consult your doctor prior to using the unit if you suffer from illnesses.
- 5.Those who have arrhythmia, blood circulation or apoplexy problem, please use under the physician's instruction, lest cause disease exacerbation.

Safety Information

⚠ Notice

To assure the correct use of the product, basic safety measures should always be followed including the warning and the caution listed in the instruction manual:

Symbol descriptions

The following symbols may appear in this manual, on the label, on the device, or on it's accessories. Some of the symbols represent standards and compliances associated with the device and its use.

⚠ **WARNING:** This alert identifies hazards that may cause serious personal injury or death.

⚠ **CAUTION:** This alert identifies hazards that may cause minor personal injury, product damage, or property damage.

	Type BF applied part		Specifies serial number
	Manufacturer		Date of manufactures
	Batch code		Medical Device
	Authorized Representative in the European Union.		
	CE Mark: conforms to essential requirements of EU MDR 2017/745.		
	DISPOSAL: Do not dispose this product as unsorted municipal waste.Collection of such waste separately for special treatment is necessary.		
	Direct current		
	Follow instructions for use		
	CAUTION: Consult accompanying documents		

⚠ WARNING:

General Usage

1. If this equipment is modified, appropriate inspection and testing must be conducted to ensure the safety of continuously using equipment.
2. Please place this device out of the reach of any children. There are small parts like packaging bag, battery and battery cover which may cause asphyxia. Please keep it in a safe place.
3. Do not modify this equipment without authorization of the manufacturer.
4. In case of skin allergy and other symptoms, please stop using and see a doctor, otherwise the symptoms will worsen.
5. Do not use it together with other medical electrical devices, otherwise it may have a mis-operation.
6. Do not wrap the cuff around the injured or inflamed arm, otherwise the symptoms may worsen.

AC Adapter Usage

1. Never plug in or unplug the power cord from the electric outlet with wet hands.
2. The power adapter shall be connected to AC100V-240V socket separately, otherwise fire or electric shock may be caused.
3. Do not use a damaged power cord and power plug, otherwise there may be risk of electric shock, short circuit and fire.
4. The power adapter shall meet the requirements of IEC 60601-1:2005+AMD1:2012+AMD2:2020.

⚠ Important information about self measurement

- 1.Self measurement is a monitoring control, rather than a diagnosis or treatment, so always consult your doctor. Self-diagnosis of measurement results and self-treatment are dangerous. The abnormal value must be discussed with the doctor, and under no circumstances should the dose of the drug prescribed by the doctor be changed.
- 2.The pulse measurement made by this product is not suitable for checking the frequency of cardiac pacemaker.
- 3.The power adapter shall be connected to AC100V-240V socket separately. otherwise fire or electric shock may be caused.
- 4.People with severe blood flow problems, or blood disorders, should consult a doctor before using the unit, as cuff inflation can cause internal bleeding.
- 5.Contact your physician for specific information about your blood pressure. Self diagnosis and treatment which use measured results maybe dangerous.Follow the instructions of your physician or licensed healthcare provider.

⚠ CAUTION:

General Usage

1. Consecutive blood pressure measurements should be repeated after 1 minute pause or after the arm has been held up in order to allow the accumulated blood to flow away.
2. Do not use the unit for any purpose other than measuring blood pressure and pulse rate.
3. If the arm circumference size is beyond the measuring range of CUFF, it can't be measured and used, then it will cause the blood flowing unsmooth and wrong measurement data.
4. Do not disassemble and modify the blood pressure monitor, cuff, and power adapter by yourself, otherwise the measurement will not be correct.
5. Please don't use a thinner, alcohol or petrol to clean the unit.
6. Do not impact or drop the device.
7. Do not use cuffs that are not specially for this product, otherwise the measurement will not be correct.
8. Too frequent measurements can cause injury to the patient due to blood flow interference.
9. Don't apply cuff over a wound, it can cause further injury to the patient.
10. When using this device, please pay attention to the following situation which may interrupt blood flow and influence blood circulation of the patient, thus cause harmful njury to the patient: connection tubing kinking too frequent: the application of the cuff and its pressurization on any arm where intravascular access or therapy, or an arterio-venous (A-V) shunt, is present; inflating the cuff on the side of a mastectomy.
11. Do not inflate the cuff on the same limb which other monitoring ME equipment is applied around simultaneously, because this could cause temporary loss of function of those.
12. Please check that operation of the device does not result in prolonged impairment of patient blood circulation.
13. Do not use this product: around high-frequency enclosure surgical equipment, around MRI, around CT scanner and in places with high oxygen content. Also, please do not use mobile phones, televisions, microwave ovens or other devices transmitting battery fields nearby; otherwise the product may have a mis-operation.
14. Do not use the equipment where flammable gas (such as anesthetic gas, oxygen or hydrogen) or flammable liquid (such as alcohol) are present.
15. Our Automatic Electronic Blood Pressure Monitor cannot be used in an MRI environment.

AC Adapter Usage

1. Insert the power plug into the socket firmly, otherwise there may be dangers of electric shock, short circuit, fire, etc.
2. Hold the power plug and unplug it. Do not pull the power cord, otherwise the broken power cord or its short circuit may cause fire and electric shock.
3. When using the power cord:
 - Avoid damage, processing, bending and stretching.
 - Do not twist, bind, squeeze or place heavy objects on it.
 - Otherwise, fire or electric shock may be caused.
4. Wipe the dust off the power socket. Where moisture is mixed in the dust, fire, electric shock and short circuit may be caused.
- Use the special power adapter for this product, otherwise the measurement will not be correct.
5. If it is not used for a long time, unplug the power plug, otherwise the insulation will be degraded, and there may be risk of electric shock, electric leakage and fire.
6. Before maintenance, unplug the power plug, to prevent the risk of electric shock and injury.

Battery Usage

1. Do not use new and used batteries together.
2. Do not insert the batteries with their polarities incorrectly aligned.
3. Never leave any low battery in the battery compartment since they may leak and cause damage to the unit.
4. Please take off the battery if you don't use in 3 months.
5. Replace the new batteries if the unit displays a low battery symbol.
6. Do not reverse the positive and negative electrodes of the battery, otherwise it may cause the battery to heat, leak, break, etc., and the blood pressure monitor may be damaged.
7. In case that the electrolyte in the battery accidentally gets into your eyes, wash it with plenty of water immediately. It may cause blindness and other injuries, so you need to go to the nearest hospital for treatment immediately.

⚠ WARNING:

Do not dispose of electrical appliances as unsorted municipal waste, use separate collection facilities. Contact you local government for information regarding the collection systems available. If electrical appliances are disposed of in landfills or dumps, hazardous substances can leak into the groundwater and get into the food chain, damaging your health and well-being.

Classification

1. Internally powered equipment;
2. Type BF applied part;
3. Not category AP/APG equipment;
4. Mode of operation: Intermittent operation.

⚠ The user must check that the equipment functions safely and see that it is in proper working condition before being used.

Product composition

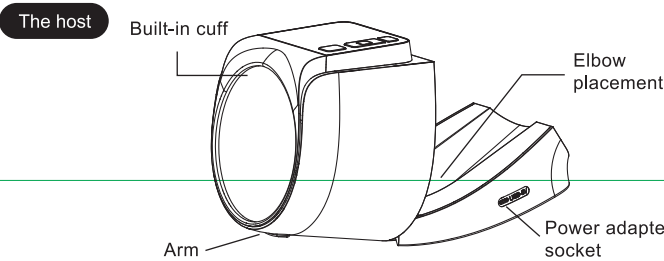
The monitor is packed in the packing box. Unpack to confirm whether the product is complete. For any missing, please call the customer service hotline.

Main Part Host	Accessory
	● User's Guide ● Bluetooth Quick Guide ● USB Type-C cable ● 4*AA dry batteries

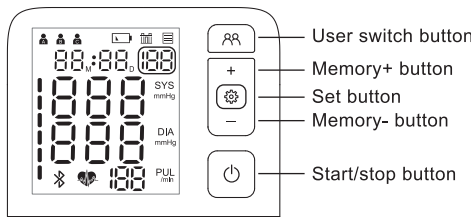
Product function introduction

Category	Functional content	Function Notes
The main function	1 High and low blood pressure measurement	Measuring upper arm arterial high and low blood pressure
	2 Pulse rate value measurement	Measures the rate of arterial beats per minute
	3 Measurement average display	Average of the last three measurements
	4 HD large screen display	Read more clearly
	5 199 memories in groups of 3	Provide memory storage for 3 groups of 199 measurement results per person
	6 Arrhythmia Tips	Detect whether the heart beats per minute is normal, and perform screen symbol flashing and voice reminders for the measurement results.
Accessib ility	1 Blood pressure level bar display	The measured high and low blood pressure values are displayed in a real-time bar.
	2 Full voice reading measurement (Applicable to voice only)	Voice reporting and analysis of measurement results during the measurement process
	3 Date time display	The screen displays year, month, day, hour and minute
	4 Battery level reminder	When the battery power is low, the low battery symbol on the screen is always on to remind you to replace the battery.
	5 Automatic delay shutdown	Manual shutdown/no operation, automatic shutdown after 3 minutes (±1 minute)

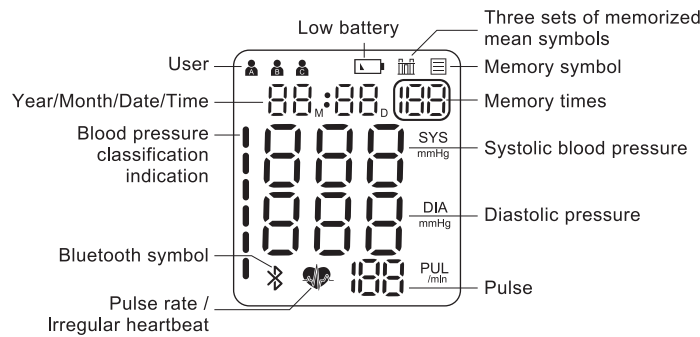
Product part introduction



Operation screen



Display screen



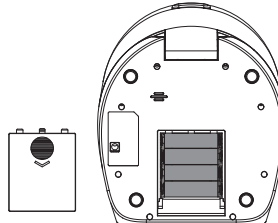
How to use the blood pressure monitor

Product unpacking: Please open the color box along the nail button of the box to avoid dismantling the box.

Product inspection after unpacking: Please note that in addition to the machine, there is an additional manual (including the warranty card) + a certificate of conformity in the packaging box of this product, please check it when purchasing.

1.Install/replace battery

- 1)Remove the battery cover
The battery compartment is located at the bottom of the blood pressure monitor.
- 2)Insert 4*AA batteries as shown in the picture, and then reinstall the battery cover.



⚠ Notice:

- Please pay attention to the polarity indication of the battery.
- If the low-battery symbol appears on the screen after power on, the measurement can no longer be performed and the battery must be replaced.
- Please use 4 AA 1.5V alkaline dry batteries.
- Do not use expired batteries.
- If the product is not used for a long time, please take out the battery.

⚠ WARNING:

Dispose of the battery in accordance with all federal, state and local laws. To avoid fire and explosion hazard, do not burn or incinerate the battery.

2.Adapter usage (option)

1. Optional AC adapter should comply with the requirement of IEC 60601-1: 2005+AMD1:2012+AMD2:2020. In addition, all configurations shall comply with the requirements for medical electrical systems (see IEC 60601-1-1 or clause 16 of the 3Ed. of IEC 60601-1, respectively). Anybody connecting additional equipment to medical electrical equipment configures a medical system and is therefore responsible that the system complies with the requirements for medical electrical systems. Please attention that local laws take priority over the above mentioned requirements. If in doubt, consult your local representative or the technical service department.

2. This device is double insulated and protected against short circuit and overload by a primary thermal fuse. Make sure to take the batteries out of the compartment before using the mains part. Equipment class 2.

3. When using AC power, to avoid possible damage to the monitor, use only the exclusive AC adapter that can be purchased from authorized dealers. Other adapters may vary in output voltage and polarities.

4. Insert the adapter plug into the hole on the backside of the unit as picture.

5. Insert the other side of the adapter into the outlet with 100-240V.

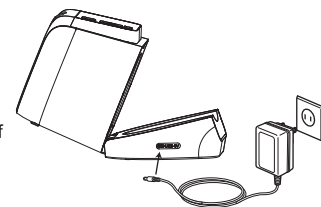
6. To remove the AC adapter, disconnect the adapter plug from the outlet first and then disconnect the cord from the unit's socket.

Adapter technical features:

Output voltage: Type-C 5V
Output current: At least 600 mA

⚠ Notice:

- When use AC adapter, the power of battery won't be consumed.
- When suddenly stop during measurement (like the plug off from the outlet by carelessness), it must be reinserted the plug into the unit, and restart the measurement.



3.User Settings / Date & Time Settings

1) User setting

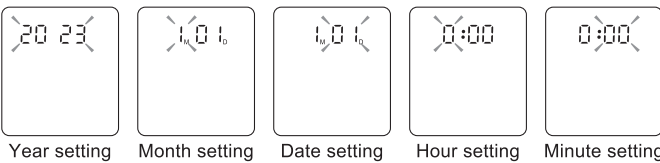
Shutdown state, press the "AR" button, the screen shows the user A/B/C, and then press "AR" button to switch users, and press " " button to confirm after selecting the user.



2) Year/date/time setting

Set the unit to the correct date and time before the first measurement.

- In standby mode, press the " " button to enter the settings menu.
- When "20XX" appears on the screen, you enter the year setting mode. Press the "+ /—" button to adjust the year, then confirm by pressing the " " button to proceed to the date setting screen.
- The date setting screen displays "xxMxxD", Press the " + /—" button to adjust the date, then confirm by pressing the " " button to proceed to the time setting screen.
- When the time setting screen displays "XX:XX", press the " + /—" button to adjust the time. Once set, press the " " button to confirm and complete all settings.
- All the above Settings can be changed by pressing the " + /—" button.
- After the setting is completed, press " " to save the setting and exit.

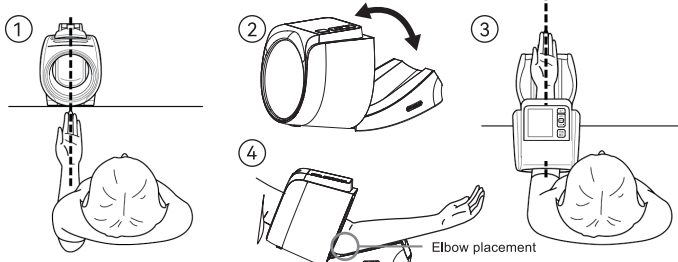


⚠Notice:

If the battery has been removed for 30 seconds or more, the date and time need to be reset.

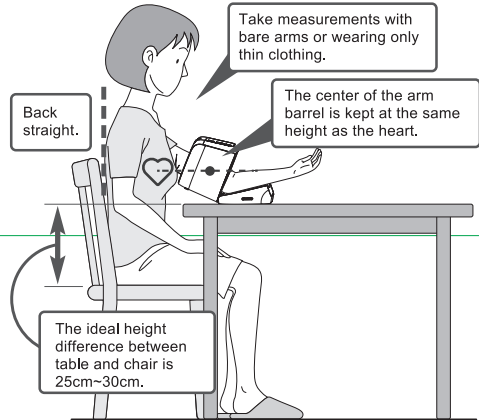
4.How to measure with the Upper Arm

- Please measure with bare arms or wearing only thin clothing.
 - If you are wearing thick clothes, please do not roll up the sleeves, you should take off your coat and take the measurement.
 - Please use the toilet in advance.
 - Please measure in a room with a suitable temperature.
- 1) Place the blood pressure monitor in front of the arm to be measured (both left and right arms can be measured).
 - 2) Open the arm barrel and the arm placement part.
 - 3) Extend the arm into the arm barrel.
 - 4) Place the elbow on the elbow placement site.



5.Correct measuring posture

- 1) Please rest for at least 15 minutes before measuring.
- 2) When measuring continuously, please make an interval of at least 2 minutes.



3) Measurement precautions

- Eating, smoking or any form of heavy physical labor should be avoided before measurement.
- Please sit in a chair and rest for about 15 minutes in a quiet environment as much as possible before measuring.
- Make sure you are in a comfortable, relaxed position when measuring and do not move the muscles of that arm during the measurement.
- If you cannot measure with your left arm, measure with your right arm. But in any case, take measurements on the same arm (usually the left arm) so that measurements can be compared.

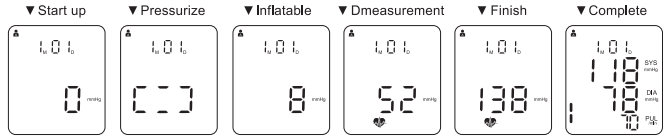
Notice: If the original parts are replaced with parts not provided by the manufacturer, measurement errors may occur.

6.Measurement of blood pressure

⚠ Notice:

- To cancel the measurement, press the " " button, the machine will automatically reduce the cuff air pressure and cancel the measurement.
- Keep quiet while measuring.

- 1) With the arm extended into the boom, press the " " button.
- The machine will automatically return to zero, the air pump will start to inflate the cuff, and the change of the air pressure in the cuff will be displayed on the screen. (Note: The date and time of the measurement process will be displayed alternately)



- The outer bag of the cuff starts to inflate, and the screen plays the inflation picture and rotates in circles.
- Wait for the outer bag to be inflated to the appropriate pressure and then automatically switch to the inner bag for pressurization.
- When the inflation reaches a stable pressure, the air pump stops inflating and the pressure in the cuff gradually decreases.
- When the inflation pressure is insufficient, the machine will automatically re-inflate to a higher pressure.
- When the measurement is completed, the systolic blood pressure, diastolic blood pressure and pulse will be displayed on the screen.

⚠ Notice:

- Take regular measurements every day, because blood pressure is changing even on the same day;
- Before taking another measurement, wait at least 2 minutes to allow the arteries to return to the state they were in before the blood pressure measurement.

Tips for measurement results:

- When a pulse is detected, the symbol will be displayed on the screen and start to flash;
- If the number of heartbeats deviates from the normal value, the arrhythmia prompt symbol will be displayed, reminding the user to pay attention to analyze the cause of arrhythmia.
- If you have any questions about the measurement results, please give the measurement results to professionals, who will explain the measured blood pressure values.

2) Pull the arm out of the arm barrel

3) Press the " " button to turn off the blood pressure monitor

- After the measurement is completed, the measurement results will continue to be displayed on the screen. Press the " " button to turn off the blood pressure monitor and automatically save the measurement results.
- Without any operation, the machine will automatically turn off the blood pressure monitor and save the measurement results after 3±1 minutes.

7.Use the memory function

This blood pressure monitor can record the blood pressure and pulse of 3 people respectively at the same time. The average value of the latest 3 measurements and the memory value of 199 times can be read separately.

