



EN 1. Arm Cuff

2. LCD Display

3. AirTube and Connector

4. Inflating Bulb

5. Memory Key

6. ON/OFF Key

7. Battery Cover

DE 1. Oberarmmanschette

2. LCD-Anzeige

3. Luftschlucht und Anschluss

4. Gummiball zum Aufpumpen

5. „Speicher“-Taste

6. Taste ON/OFF

7. Batteriefachdeckel

ing cold or hot, wait a while before taking a measurement.

If the monitor is stored at very low temperature (near freezing), have it placed at a warm location for at least one hour before using it.

Wait 5 minutes before taking the next measurement.

1. Press the ON/OFF key. All displays will appear for approximately two seconds before returning to "0". The unit is ready for measurement at this point.

2. Press the bulb to increase pressure in the arm cuff. The display will show the pressure reading within the cuff. Continue pumping until the pressure reaches approximately 50–60 mmHg above your normal systolic pressure. If your blood pressure is higher than 180 mmHg and the pressure in the cuff is not enough, an upward arrow (\uparrow) will display to remind you that you should continue pumping the pressure to more than 200 mmHg.

3. Sit still and wait for the monitor to deflate and measure your blood pressure. It is important to remain still and quiet during measurement. Any significant movement may affect measurement results.

4. Upon completion of the measurement cycle, the monitor will display systolic pressure, diastolic pressure and pulse rate readings at once. Measurement is now completed, and the reading is automatically stored in the monitor.

5. Press the ON/OFF key to rapidly deflate and turn off the power. If no key is pressed, the unit will shut off automatically in 1 minute.

Note: This monitor automatically switches off approximately 1 minute after last key operation. To interrupt the measurement, simply press the Memory key or ON/OFF key; the cuff will deflate immediately. During the measurement, do not talk or move your arm or hand muscles.

Preliminary Remarks

The Blood Pressure Monitor complies with the European regulations and bears the CE mark "CE 0120". The quality of the device has been verified and conforms to the provisions of the EC council directive 93/42/EEC (Medical Device Directive), Annex I essential requirements and applied harmonized standards.

EN 1060-1: 1995/A2: 2009 Non-invasive sphygmomanometers - Part 1 - General requirements

EN 1060-3: 1992/A2: 2009 Non-invasive sphygmomanometers - Part 3 - Requirements for electro-mechanical blood pressure measuring systems

EN 1060-4: 2004 Non-invasive sphygmomanometers - Part 4: Test procedures to determine the overall system accuracy of automated non-invasive sphygmomanometers.

This blood pressure monitor was designed for long service time. To ensure accurate measurements, this monitor is recommended to be re-calibrated every two years.

Blood Pressure Standard

The National High Blood Pressure Education Program Coordinating Committee has developed a blood pressure standard, classifying blood pressure ranges into 4 stages. (Ref. The Seventh Report of the Joint National Committee on Prevention, Detection, Evaluation, and Treatment of High Blood Pressure-Complete Report JNC-7, 2003). This blood pressure classification is based on historical data, and may not be directly applicable to any particular patient. Si su médico le informa que su rango de presión arterial personal es más alto que el límite de la tabla, el cual representa un riesgo para usted. Para un monitoreo y una referencia fiables de la presión arterial, recomendamos que mantenga registros a largo plazo. Por favor, desarrolle el diario de presión arterial en nuestro sitio Web: www.rossmax.com.

Display Explanations

EE / Error de medición: Asegúrese de que el conector T esté conectado

a la air tube y medida de presión arterial. Wrap the cuff correctly

and firmly around your arm. If the error occurs, devuelva el dispositivo a su local distribuidor o servicio técnico.

E1 / Air Circuit Abnormality: Make sure the T-plug is securely connected to the air socket on the side of the unit and measure again quickly. If the error still occurs, return the device to your local distributor or service center.

E2 / Pressure exceeding 300 mmHg: Switch the unit off and measure again quietly. If the error keeps occurring, return the device to your local distributor or service center.

E3 / Error sobre presión 300 mmHg: Apague la unidad y vuelva a medir.

Si el error sigue ocurriendo, devuelva el dispositivo a su distribuidor o centro de servicio.

E1 / Anomalía del circuito de aire: Make sure the T-plug is securely connected to the air socket on the side of the unit and measure again quickly. If the error still occurs, return the device to your local distributor or service center.

Cautionary Notes

The unit contains high-precision assemblies. Therefore, avoid extreme temperatures, humidity, and direct sunlight. Avoid dropping or strongly shocking the main unit, and protect it from dust.

2. Clean the blood pressure monitor body and the cuff carefully with a slightly damp, soft cloth. Do not press. Do not wash the cuff or use chemical cleaner on it. Never use thinner, alcohol or petrol (gasoline) as cleaner.

3. Leaky batteries can damage the unit. Remove the batteries when the unit is not used for a long time.

4. The unit should not be operated by children so to avoid hazardous situations.

5. If the unit is stored near freezing, allow it to acclimate at room temperature before use.

6. This unit is not field serviceable. You should not use any tool to open the device nor should you attempt to adjust anything inside the device. If you have any problems, please contact the store or the doctor or service center where you purchased this unit or please contact Rossmax International Ltd.

E1 / Anomalía del circuito de aire: Make sure the T-plug is securely connected to the air socket on the side of the unit and measure again quickly. If the error still occurs, return the device to your local distributor or service center.

E2 / Presión sobre presión 300 mmHg: Apague la unidad y vuelva a medir.

Si el error sigue ocurriendo, devuelva el dispositivo a su distribuidor o centro de servicio.

E3 / Error de datos: Saque y vuelva a meter las pilas. Si el error sigue ocurriendo, devuelva el dispositivo a su distribuidor o centro de servicio.

Irregular Heartbeat (IHB) Detector

This unit is equipped with an irregular heartbeat (IHB) detector which allows those who have an irregular heartbeat to obtain accurate measurements alerting the user of the presence of an irregular heart beat during the measurement.

Note: It is strongly recommended that you consult your physician if the IHB icon appears often (\heartsuit).

Installing Batteries

1. Press down and fit the battery cover in the direction of the arrow to open the battery compartment.

2. Install or replace 4 "AA" sized batteries in the battery compartment according to the indications inside the compartment.

3. Replace the batteries by clicking in the bottom hooks first, then push them to the top end of the battery cover.

4. Replace the batteries in pairs. Replace batteries when unit is not in use for extended periods of time.

Note: To replace the batteries when:

Δ 1: low battery icon appears on display.

2: The ON/OFF key is pressed and nothing appears on display.

Caution: 1. Batteries are hazardous waste. Do not dispose them together with the household garbage.

2. There are no user serviceable parts inside. Batteries or damage from old batteries are not covered by warranty.

3. Use exclusively brand batteries. Always replace with new batteries together. Use batteries of the same brand and same type.

Applying the Cuff

1. Unwrap the arm cuff, leaving the end of the cuff through the D-ring of the brazelette.

2. Put your left arm through the cuff loop. The color strip indication should be positioned closer to you with the tube pointing in the direction of your arm (Fig. ①). Turn your left palm upward and place the edge of the arm cuff at approximately 1.5 to 2.5 cm above the inner side of the elbow joint (Fig. ②). Tighten the cuff by pulling the end of the tube over the middle of the arm. Press the hook and loop fastener together over the middle of the arm. Hook the tube onto the D-ring of the brazelette. Position the marca de arteria (\heartsuit) sobre la arteria principal (en el interior de la tubería) (Fig. ③). Note: Localice la arteria principal presionando con 2 dedos en el interior del brazo izquierdo a prox. 2 cm encima del codo doblado. Identifique el lugar en el que el pulso se puede percibir más intensamente. Esta es su arteria principal.

4. Conecte el tubo de conexión de brazelette en la unidad (Fig. ④).

5. Ponga su brazo sobre una mesa (con la palma de la mano hacia arriba) al tanto modo que el brazelette esté a la misma altura que su corazón. Fijese en la linea sólida de color del modo mostrado a la derecha (Fig. ⑤).

6. Este brazelette será apropiado para usted si la flecha se encuentra dentro de la linea sólida de color del modo mostrado a la derecha (Fig. ⑤).

7. Este cuff es suitable for your use if the arrow falls within the solid color line as shown on the right (Fig. ⑤). If the arrow falls outside the solid color line, you will need a cuff with other circumferences. Contact your local dealer for additional size cuffs.

Measurement Procedures

Here are a few helpful tips to help you obtain more accurate readings:

- Blood pressure changes with every heartbeat and is in constant fluctuation throughout the day.

- Blood pressure recording can be affected by the position of the user, his or her physiological condition and other factors. For greatest accuracy, wait one hour after exercise, bathing, eating, going to bed, etc. before measurement. It's suggested that you sit quietly for at least 5 minutes as measurement taken during a relaxed state will have greater accuracy. You should not be physically tired or exhausted while taking a measurement.

- Do not take measurements if you are under stress or tension.

- During measurement, do not talk or move your arm or hand muscles.

- Take your blood pressure at normal body temperature. If you are feel-

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3. AirTube and Connector

4. Inflating Bulb

5. Memory Key

6. ON/OFF Key

7. Battery Cover

DE 1. Oberarmmanschette

2. LCD-Anzeige

3. Luftschlucht und Anschluss

4. Gummiball zum Aufpumpen

5. „Speicher“-Taste

6. Taste ON/OFF

7. Batteriefachdeckel

ES 1. Brazalete

2. Pantalla LCD

3. Tubo de aire y conector

4. Pera de inflado

5. Botón de memoria

6. Botón de ENCIENDIDO/APAGADO

7. Tapa de pilas

FR 1. Erinnerung zum Aufpumpen

2. Ecran LCD

3. Tuya d'air et connecteur

4. Poire gonflable

5. Touche Mémoire

6. Touche ON/OFF/Entlasten

7. Couvercle du logement des piles

DE 1. Irregular Heartbeat (IHB) Detector

2. Pulse Mark

3. Memory Mark

4. Weak Battery Mark

5. Systolic Pressure

6. Diastolic Pressure

7. Pulse Rate

8. Pulse Mark

ES 1. Inflation/deflation Reminder

2. Irregular Heartbeat (IHB) Detector

3. Memory Mark

4. Marca de pila baja

5. Presión sistólica

6. Presión diástolica

7. Frecuencia del pulso cardíaca

8. Marca del pulso

DE 1. Speichersymbol

2. Symbol für erschöpfte Batterie

3. Sistolischer Druck

4. Diastolischer Druck

5. Pulse

6. Herzschlag

7. Pulsmarkierung

FR 1. Rappel de gonflement/dégonflement

2. Touche Mémoire

3. Touche ON/OFF/Entlasten

4. Icône "Faible état de charge"

5. Pression systolique

6. Pression diastolique

7. Pouls

8. Icône de la mémoire

DE 1. Erinnerung zum Aufpumpen

2. Erinnerung zum Entlasten

3. Speichermarkierung

4. Marca de memoria

5. Marca de la presión sistólica

6. Marca de la presión diástolica

7. Marca del pulso

FR 1. Rappel de gonflement/dégonflement

2. Touche Mémoire

3. Touche ON/OFF/Entlasten

4. Icône "Faible état de charge"

5. Pression systolique

6. Pression diastolique

7. Pouls

8. Icône de la mémoire

DE 1. Erinnerung zum Aufpumpen

2. Erinnerung zum Entlasten

3. Speichermarkierung

4. Marca de memoria