

# Product User Manual Upper Arm

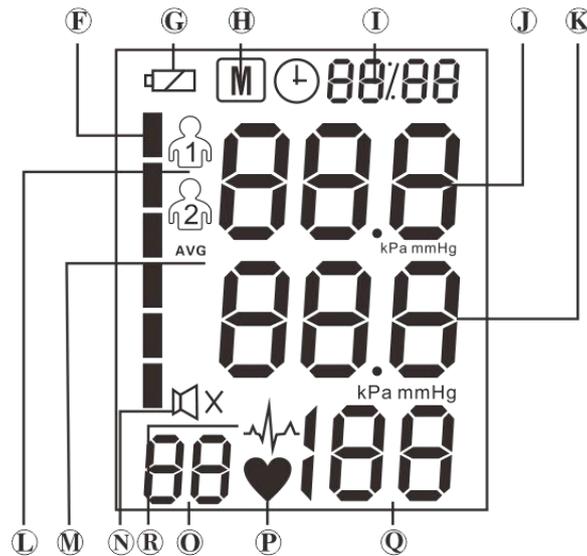
## Blood Pressure Monitor

- **Thank you for purchasing the PeakLife360 Blood Pressure Monitor.**
- **Please read this user manual carefully before use.**

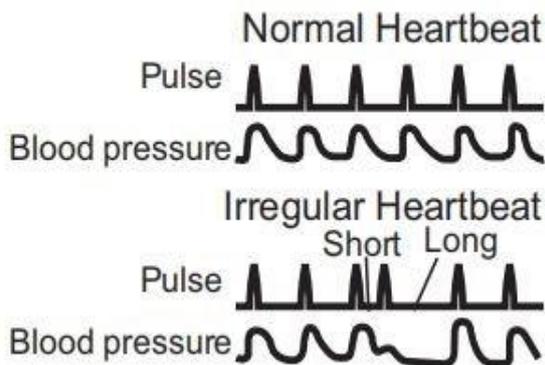
## Table of Contents

1. Screen Guide.....	3
2. Settings.....	4
3. Steps for Proper Use.....	5
4. Taking a Measurement.....	6
5. Measurement Results, Memory, and Retrieving Previous Measurements.....	7
6. General Warnings and Precautions.....	8
7. Error Messages and Solutions.....	8
8. Troubleshooting.....	9

## 1. Screen Guide



<b>F.</b>	<b>Blood pressure indicator strip</b>	<b>G.</b>	<b>Low battery symbol</b>
<b>H.</b>	<b>Memory symbol</b>	<b>I.</b>	<b>Date/Time symbol</b>
<b>J.</b>	<b>Systolic blood pressure</b>	<b>K.</b>	<b>Diastolic blood pressure</b>
<b>L.</b>	<b>USER ID symbol</b>	<b>M.</b>	<b>Average value symbol</b>
<b>N.</b>	<b>Voice symbol</b>	<b>O.</b>	<b>Memory number</b>
<b>P.</b>	<b>Heartbeat symbol</b>	<b>Q.</b>	<b>Pulse display</b>
<b>R.</b>	<b>Irregular heartbeat symbol</b>		



### Irregular heart beat symbol:

When the unit detects an irregular rhythm during the measurement, the Irregular heartbeat symbol will appear on the display with the measurement values.

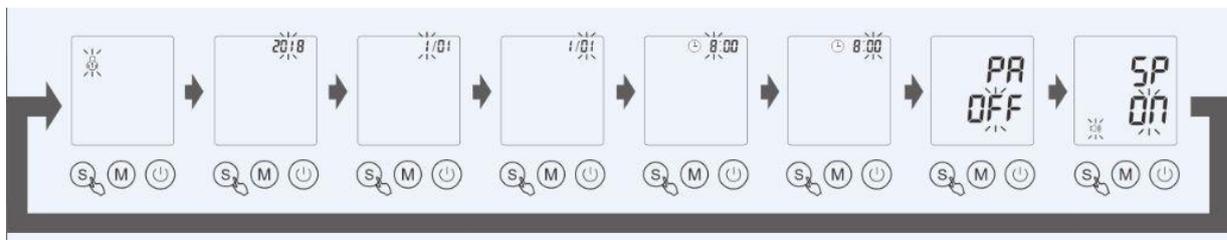
An irregular heartbeat rhythm is defined as a rhythm that is 25% less or 25% more than the average rhythm detected while the monitor is measuring the systolic and diastolic blood pressure.

If the irregular heartbeat symbol displays with your measurement results, we recommend you consult your physician. Follow the directions of your physician.

## 2. Settings

\* This product provides two display units, mmHg and kPa (Pascal). This manual is illustrated in the unit of mmHg. The factory default setting is mmHg.

In the shutdown state, press and hold Setting button (about 3 seconds). Press the Setting button to cycle through the following settings.



\*  indicates the flashing state.

### ■ User Switch Setting:

In the shutdown state, press and hold Setting button (about 3 seconds), the User ID symbol "" flashes, and then press Memory button to select the User 1 "" or User 2 "".

### ■ Date & Time Setting:

After the User Switch Setting, press Setting button to enter the Date & Time Setting. The Year/Month/Day/Hour/Minute symbol will flashing, press the Memory button to modify the value. Press the Setting button to save the settings successfully. If the Date & Time is not adjusted, the default is the machine factory time.

### ■ Display Unit Setting:

After the Date & Time Setting, press Setting button to enter the Display Unit Setting. The screen will display "PA", while the lower "OFF" will flash. Press the Memory button to switch between "OFF" and "ON". Selecting "OFF" means selecting mmHg as the unit, and selecting "ON" means selecting KPA as the unit. Press the Setting button to save the settings successfully.

### ■ Voice On/Off Setting:

After the Display Unit Setting, press Setting button to enter the Voice On/Off Setting. The screen will display "SP", while the lower "ON" will flash, press the Memory button to switch between "ON" and "OFF". Selecting "ON" means turning on the voice, and selecting "OFF" means turning off the voice. Press the Setting button to save the settings successfully. The factory default setting is Voice ON.

### Memory clear

In the shutdown state press and hold the Memory button (about 3 seconds) to turn on, the symbol  flashes, and then press the Setting button to delete all the measurement results.

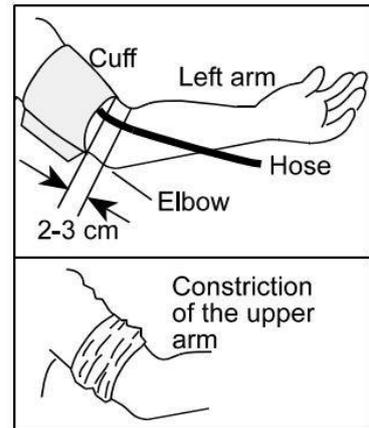
### 3. Steps for Proper Use

#### Get ready with the arm cuff tube connection:

Remove tight-fitting clothing; do not roll up sleeves. Do not place the arm cuff over thick clothes. Insert the air plug into the air jack firmly.

#### Attaching the arm cuff:

- Take off the coat, sweater and other thick clothing, place the cuff directly against the skin, as clothing may cause a faint pulse, and result in a measurement error.
- Wrap the arm cuff around your left upper arm, about 2~3cm above the elbow, as shown.
- Palms up, the tube straightened and the middle finger in the same extension line, attach the cuff firmly.

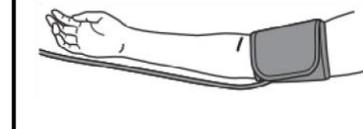


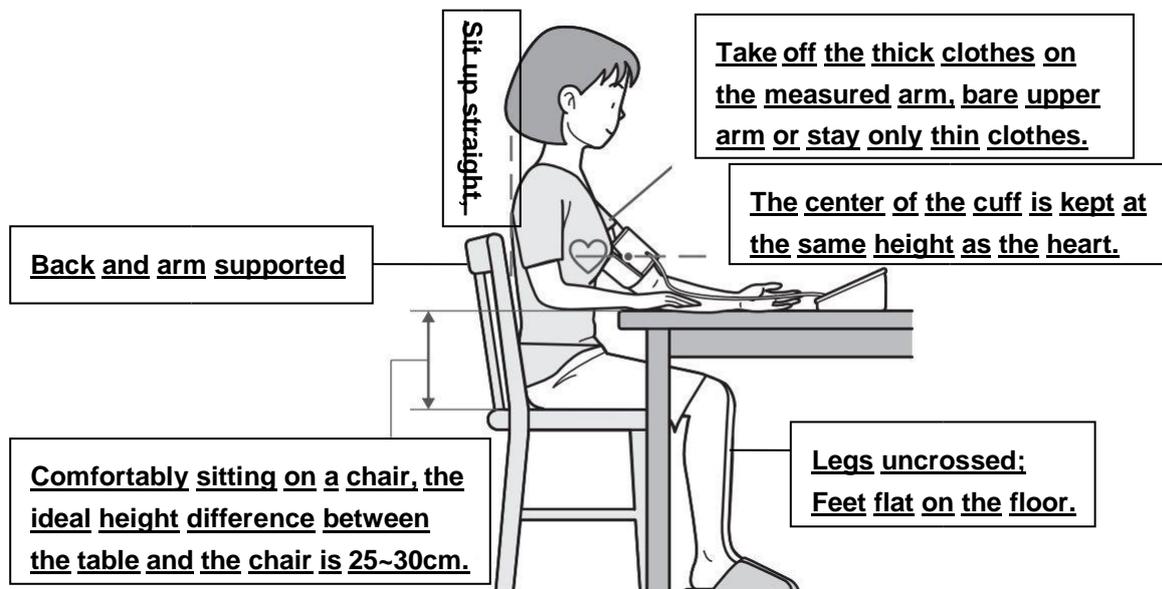
#### Note:

- Constriction of the upper arm, caused by rolling up a shirt sleeve, may prevent accurate readings. Do not roll up the sleeves to measure.
- Be careful not to rest your arm on the air tube.
- Left and right arm can be measured, left and right arm blood pressure may be different, so the recommended blood pressure values may also be different, it is recommended that you always use the same arm to measure.



**When the right arm is measured, the tube is on the side of the elbow.**

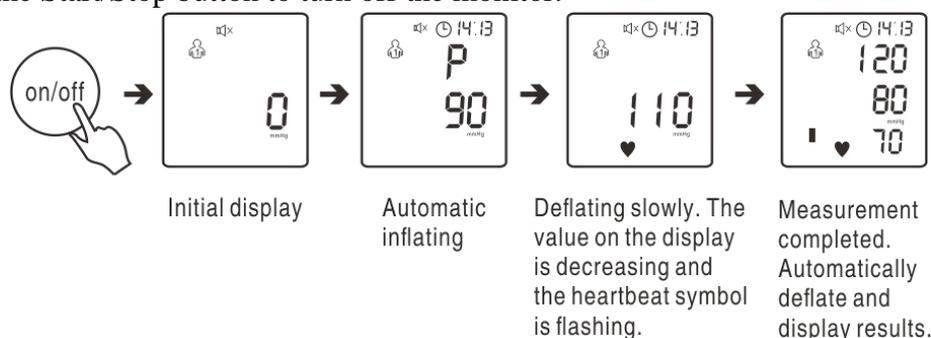




#### 4. Taking a Measurement

The monitor can store 2 sets of measurement results (User 1 and User 2), each set can store up to 99 measurement results. This manual to explain the measurements of User 1 as an example, User 2 with reference to the measurement of User 1 operation.

1. Press the Start/Stop button, the device starts, the cuff starts to automatically pressurize (inflating). Pressurize to predetermined value, automatic uniform exhaust, detect the blood pressure and pulse rate.
2. Remove the cuff
3. Press the Start/Stop button to turn off the monitor.



**Note:** Before performing another blood pressure measurement, please rest quiet for 3 minutes, and the rest time allows the artery to return to the state between blood pressure measurements.

#### 4.1 Voice broadcast list

The device has voice broadcast function, below is the description of voice broadcast:

No.	Triggers	Operation	Voice broadcast content
1	START/STOP button	Press the START/STOP button once in the state of shutdown (standby state).	Attention please. Please keep silent and relax. Keep the cuff at heart level.

		After the measurement is	Thank you.
		completed, the measurement result will be broadcast automatically.	Your Blood pressure is : systolic pressure “XXX” millimeter of mercury pillar (or kilopascal); diastolic pressure: “XXX” millimeter of mercury pillar (or kilopascal). Your pulse is “XXX” beats per minute. Thank you. Wish you a good health!
2	Memory button	Press the Memory button in the state of shutdown (standby state).	Average Blood Pressure: Systolic pressure: “XXX” millimeter of mercury pillar (or kilopascal); diastolic pressure: “XXX” millimeter of mercury pillar (or kilopascal). Your pulse is “XXX” beats per minute.
		After broadcasting the average blood pressure, press the “Memory” button or “SET” button again.	Last time, your blood pressure was: Systolic pressure: “XXX” millimeter of mercury pillar (or kilopascal); diastolic pressure: “XXX” millimeter of mercury pillar (or kilopascal). Your pulse is: “XXX” beats per minute.
3	Low battery	When the battery voltage is lower than 4.4V.	Low battery. Please replace the battery.
Note: “XXX” in the table indicates the measured blood pressure and pulse value.			

## 5. Measurement Results, Memory, and Retrieving Previous Measurements

### ■ Measurement results:

The measurement results will be displayed on the display screen and voiced. Measurement results automatically saved.

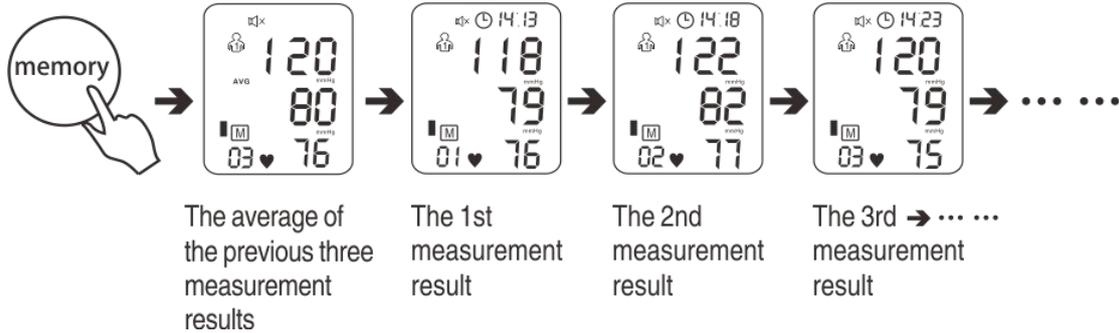
When a measurement error occurs (the blood pressure monitor shows the error E as shown in Picture 2), please wait for 3 minutes after quiet rest. Follow the measurement procedure to re-measure.

### ■ Memory:

- The unit can store 2 sets of measurement results; each set can store up to 99 group results. When saving the 100 result, the device will delete the oldest measurement result.

### ■ Inquire:

- After measurement or in the state of shutdown, press the Memory button to view the saved data.
- Press the Memory button or the Setting button to cycle through the read memory data.



## 6. General Warnings and Precautions

- 1) This product is only used for daily monitoring of blood pressure and is not suitable for the diagnosis of hypertension. DO NOT adjust medication based on measurement results from this blood pressure monitor. Take medication as prescribed by your physician. Only a physician is qualified to diagnose and treat High Blood Pressure.
- 2) Do not use this device on infants, children or persons who cannot express discomfort.
- 3) Consult your physician before using the device for any of the following conditions:
  - If you have had a mastectomy.
  - Common arrhythmias such as atrial or ventricular premature beats or atrial fibrillation, arterial sclerosis, poor perfusion, diabetes, age, pregnancy, pre-eclampsia, renal diseases.
  - People with severe blood flow problems or blood disorders as cuff inflation can cause bruising. Acute internal bleeding may be caused by compression of the arm during measurement.
- 4) Do not apply the arm cuff on the arm while on an intravenous drip or blood transfusion.
- 5) Do not use the device with other medical electrical (ME) equipment simultaneously.
- 6) The air tube or the Micro-USB cable may cause accidental strangulation in children.
- 7) Contains small parts that may cause a choking hazard if swallowed by children.
- 8) Remove the arm cuff if it does not start deflating during the measurement.

- 9) Please keep the pressure of the arm cuff under 295mmHg (39.9kPa). Inflating to a higher pressure than necessary may result in bruising and numbness where the arm cuff is applied

## 7. Error Messages and Solutions

The LCD will display an error message if the following conditions occur, as shown in the following table:

Symbol	Error message	Solution
	The batteries are low	You should replace new batteries. Refer to Installation the Battery.
Er 1	Abnormal sensor signal	1. Do not talk or shake your arms during measurement.
		2. Empty the air pressure inside the cuff before measurement.
Er 2	No blood pressure values can be measured.	Check the attaching position of the arm cuff and measure again according to the User Manual.
Er 3	The measurement result is abnormal.	Check the attaching position of the arm cuff and measure again according to the User Manual.
Er 4	No inflation	Check if the cuff is leaking.
		Check if the cuff is too loose.
Er 5	Inflating too fast	Check if the air tube is blocked
		Check if the cuff is attached too tightly.
Er 6	Excessive pressure interference	Measure according to the User Manual. Do not move during the measurement.
Er 7	Pressure exceeds limit	Measure according to the User Manual. Do not move during the measurement.

External interference is usually caused by a sudden large movement or electromagnetic interference during use, resulting in erroneous measurements.

## 8. Troubleshooting

Abnormal phenomena	Reasons and Solutions
The systolic pressure value is higher or the diastolic pressure value is lower.	<p>The position of the cuff was wrong. The cuff was not properly attached. Attach the arm cuff correctly to the correct position according to the User Manual.</p> <p>Move or speak while measuring. Do not move or speak during measurement.</p>

<p>The blood pressure value is abnormally high or low.</p>	<p>Whether or not the measurement posture changes each time. Sit correctly according to the User Manual.</p>
<p>Inconsistent with the blood pressure measured by the doctor;  The blood pressure values measured each time are inconsistent.</p>	<p>Some people will be involuntarily nervous when they see the doctor, which will raise their blood pressure.  Record the trend of changes in daily measurement results and request assistance from doctor.  Measure again after rest for 3 minutes.</p>
<p>Press the Start/Stop button, the screen does not display, or the screen suddenly turns off after the screen is displayed.</p>	<p>The batteries are low. You should replace new batteries. Refer to Installation the Battery.</p>
<p>Malfunctions</p>	<p>Do not repair it yourself. Return it to our company for inspection and repair.</p>