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Introduction

- ▲ Thank you for purchasing SHIKIN Fully Automatic Upper Arm Digital Blood Pressure Monitor
- ▲ The device uses the oscillometric method of blood pressure measurement. It means the device detects the movement of your blood through your brachial artery and converts your blood pressure into a digital reading. An oscillometric monitor does not need a stethoscope, hence the device is simple to use.
- ▲ The device could measure the systolic pressure, diastolic pressure and pulse. The components included in the box are the body arm cuff and printed instruction manual. However, batteries are optional. The device is intended to be used by adults only.
- ▲ Intelligent inflation reduces the uncomfortable feeling by incorrect inflation, and shorten the measurement time, prolong the cuff's usage lifetime.
- ▲ The device stores automatically 2x99 sets of measurement value and each measurement result will be displayed on the screen. The stored data can be read conveniently by pressing the memory button. This device has blood classification index which helps to easily check your blood pressure.

Please read the instruction manual carefully before using the device, and keep the manual well after using it.

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Product Structure



Memory button Display Average symbol Irregular heart bear

Cuff size and connection

The accessories cuff is M size, for upper-arm circumference 22- 36cm use. The cuff is treated as the applied part. Insert the connector with cuff tube into the hole which is on the left side of the device as picture. (Only provided cuff can be used, can not change to any other branded cuff.)

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Safety Information

- To assure the correct use of the device, some basic safety measures should be followed including the precautions listed in the manual:
- ⚠ Those suffering from arrhythmia, diabetes, blood circulation or apoplexy problem, please use under the physician's advice
- ▲ Self-diagnosis of measured result and treatment is dangerous. Contact your physician for specific information about your blood pressure. Follow the instructions of your doctor.
- ▲ The device is intended to be used in measuring blood pressure and pulse rate for adults only and is it not recommended for neonatal baby.
- ⚠ Operate the device only as intended. Do not modify, use for any other purpose without authorization of the manufacture
- ▲ Do not disassemble or attempt to repair the device or any components as it will cause the device to function erroneous
- ▲ The swallowing of small parts like packaging bag, battery, battery cover, wrapping of cuff hose around the neck may cause suffocation.
- ▲ Please don't use a dilution agent, alcohol or petrol to clean the device. Please don't hit heavily or drop the device from

a high place.

How to use

kinking of connecting tube.

on the side of a mastectom

to temporary interference to blood flow

Only use clinically approved arm cuffs.

▲ Do not use the device where flammable gases (such as anesthetic gas, oxygen or hydrogen) or flammable liquid (such as alcohol) are present.

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In case it is not possible to fit the cuff to your left arm,

measurements should be made using the same arm.

The following effects may be caused while using the arm cuff:

1) There may be blood flow interference and resultant harmful

injury to the patient caused by continuous cuff pressure due to

2) The application of arm cuff over a wound can cause further

3) The application of arm cuff and its pressurization on any limb

where intravascular access or therapy or an arterio-venous

(A-V) stent is present could result in injury to the patient due

4) The application of arm cuff and its pressurization on the arm

5) The pressurization of the arm cuff can temporarily cause loss

of function of simultaneously used monitoring ME EQUIPMENT on the same limb. In this situation use the right cuff, otherwise it

it can also be placed on the right arm. However, all

Safety Information

- Do not use a cellular phone near the device. It may result in operational failure.
- ▲ Please avoid using in high radiant area in order to make your



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

Classification

How to use

the blood pressure

a false reading will be obtained

- 1. Internally powered equipment;
- 2. Type BF applied part; 3. Protection against ingress of water: IPX0;

To measure blood pressure accurately

4. Not category AP / APG equipment; 5. Mode of operation: Continous operation;

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Please remain silent for 5-10 minutes. Avoid eating, drinking

alcohol, smoking, exercising and bathing before taking the

• Take measurement regularly at the same time of the day, as

• Please maintain the posture of: legs uncrossed, feet flat on the

Common factors responsible for error in measurement

Any efforts made by the patient to support their arm can raise

• Ensure that you are in a comfortable, relax position. Do not make

any arm movement during measurement. Use a cushion for

• If the position of the arm artery is below or above the heart level,

floor, back and arm supported while normally using the product.

• Remove any garment that fits closely to your upper arm.

Always measure on the same arm (normally left)

blood pressure changes even during the day.

measurement as all these factors will influence the measurement

How to use

Safety Information

★ Type BF applied part

SN Specifies serial number

Follow instructions for use

Manufacturer

Keep dry

Symbol descriptions

serious personal injury or death.

special treatment is necessary.

/ CAUTION: Consult accompanying documents

MARNING: This alert identifies hazards that may cause

DISPOSAL: Do not dispose this device as an unsorted

municial waste. Collection of such waste separately for

How to measure blood pressure

1) Set the arm cuff in proper position as directed in the previous section "How to use the arm cuff". Press the START/STOP button. All display symbols appear on the screen for 2 secs

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2) The cuff starts inflating automatically displaying the rising pressure on the screen. In case the desired pressure is not detected, the device will automatically

3) When the device detects the pulse, the heart symbol

" on the display screen will flash 4) When the measurement is completed, the systolic diastolic and pulse rate will appear on the display screen.

and then "0" will display.

5) The measurement readings remain on the display until you switch off the device. If no button is pressed for a period of 2 mins, the device switches off itself in order o save the power

The symbol " IHE will be displayed along with the reading if irregular heartbeat is detected during the measurement.

To discontinue the ongoing measurement

When it is necessary to interrupt the blood pressure measuremen for any reason (eg. the patient feels unwell) press the START/STOP button. The device will automatically decrease the arm cuff pressure

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About blood pressure

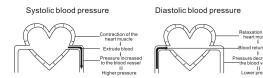
1. What is blood pressure?

Blood circulation is responsible for supplying the body with oxygen. Blood pressure is the pressure exerted on the arteries.

Instruction manual

The **systolic blood pressure** value (higher pressure or top value) represents the blood pressure produced by contraction of the

The diastolic blood pressure value (lower pressure or lower value) represents the blood pressure produced by relaxation of the heart muscle



2. WHO blood pressure classification

Standards for assessment of high blood pressure, without regard to age, have been established by the World Health Organization

According to the blood pressure classification by the WHO/ISH, SYS lower than 100mmHg (13.3kPa) is considered as hypotension.

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Grade 2 - Moderate Hype Grade1 - Mild hype target value 3. Classification of blood pressure After each measurement is completed, the LCD display will show your position automatically on the six segments of the bar indicator which corresponds to WHO Blood Pressure indicator. 126 78

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165 106

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103 102 75

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About blood pressure

Specifications

Description	Automatic upper arm blood pressure monitor			
Display	LCD digital display			
Measuring principle	Oscillometric method			
Measuring localization	Upper arm			
Measurement	Pressure	0~299 mmHg (0~39.9kPa)		
range	Pulse	40~180 pulses/min		
Accuracy	Pressure	±3mmHg (±0.4kPa)		
	Pulse	±5% of reading		
	Pressure	3 digits display of mmHg		
LCD indication	Pulse	3 digits display		
	Symbol	Memory/Average/IHB/Heartbeat/Low Battery,etc.		
Cuff pressure	0-299 mmHg			
Memory function	2x99 sets memory of measurement values			
Power source	4pcs AA alkaline battery DC. 6V or USB 5V power supply			
Automatic power off	In 2 minutes			
Main unit weight	Approx. 230g (batteries not included)			
Main unit size	L121mm x W 90 mm x H 58mm			
Main unit lifetime	10,000 times under normal use			
Battery life	Could be used for 300 times for normal condition			
Accessories	Cuff, instruction manual			
	Temperature	10~40°C		
Operating environment	Humidity	15%~90%RH		
CHANOLINICH	Air pressure	80kPa~105kPa		
Storage environment	Temperature -20°C~55°C, Humidity :10% ~95% avoid crash, sun burn or rain during transportation.			
Blood Pressure	SYS: 60~260mmHg			
Indication Range	DIA: 30~200mmHg			

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	DIA: 30~200mmHg		

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How to use

How to use the arm cuff

1) Make sure the air plug is inserted properly in the main device.

2) Remove all clothes from your upper arm allowing the cuff to fit directly on the skin.

3) Pass the end of the cuff through the metal and keep the hose outwards (ignore this step if the cuff has already been prepared). 4) Push the cuff over the left upper arm so that

the tube points in the direction of the lower arm. 5) Wrap the cuff on the arm as illustrated. Make certain that the lower edge of the cuff lies approx 1 to 2 cm above the elbow and the rubber tube leaves the cuff on the inner side of the arm.

6) Tighten the free end of the cuff and close the cuff by affixing the Velcro

7) The cuff should be snug on your upper arm so that you can fit 2 fingers between the cuff and your upper arm. Any piece of clothing restricts the arm which must be taken off. 8) Secure the cuff with the Velcro closer in such a

way that it lies comfortably and not too tight. Lay your arm on a table (palm upwards) so that the cuff is at the same height as the heart. Do not bend

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- A loose cuff or an exposed bladder causes false reading. • With repeated measurements, blood starts to accumulate in
- the arm which can lead to false reading.
- Blood pressure measurements should be repeated after gap of 1-2 mins or after the arm has been lifted up in order to allow

the accumulated blood to flow away.

How to use

How to use the memory function

The device stores the blood pressure and the pulse rate in the memory after completing each measurement. It can automatically store 99 sets of measurement values for two users. The oldest record is deleted to save the latest measurement value for each user reading reaches more than 99 sets.

To display the measurement values

When the device is power off, press the "MEM" button to view the last three measurement average value. Press the "MEM" button again to view the last measurement value. Press the "MEM" button repeatedly and each time it will show the equent measurement value one by one and the date and time will display alternately.





To delete all values stored in the memory

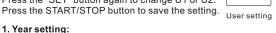
To permanently remove all stored memories, please enter into the memory reading mode. Press and hold the "SET" button until "CL NO" is displayed on the screen. Press the "SET" button again to choose "CL YES" to clear all the Press the START/STOP button to save the setting.

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System setup of User, Time and Date function

System setup of User, Time and Date function

Press the "SET" button to turn on the device. The screen will display U1 or U2 Press the "SET" button again to change U1 or U2.



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Press and hold the button SET when power off until the year show on display. The screen will display and flash 20XX. Each time you press "MEM" button, the year will increase by one. You can choose from 2017 Press "SET" button to confirm the year and save your setting. It will then enter the month and date setting Year setting

2. Month and Date setting: The screen will display month and date, and keep Each time you press "MEM" button, the month will increase by one. You can choose from 1 to 12. Press "SET" button to confirm the month. it will then enter the date setting mode. Each time you press "MEM" button, the date will increase by one. The date will keep changing from Press "SET" button when you confirm the date. It will then enter the time setting mode.

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System setup of User, Time and Date function

3. Time setting:

The screen will display hour and minute and will keep flashing on the digits of hour. Each time you press "MEM" button, the hour will increase by one. You could choose from 0 to 23.

Press "SET" button when you confirm the hour. The digits of minute will then start to flash. Each time you press the "MEM" button, the hour will increase by one. The minute will keep changing from 00 to 59.

Press "SET" button when you confirm the minute. It will then enter



into the 12/24 time system mode

4. 12/24 time system setting: The screen will display 12 or 24. Press the "MEM" button to change 12 or 24 as you Press "SET" button to exit setting mode and save

the settings.

18:10 When you press the "MEM" button for a long time, the value will quickly change during setting process. You can stop the setting

anytime when you press the START/STOP button to save the

a) Remove the battery cover from the battery

the proper direction.

c) Replace the battery cover.

device, immediately replace the old batteries with new batteries

otherwise the unit will stop working. Do not mix the old and new batteries.

1) Please use 4pcs AA identical 1.5V alkaline batteries. 2) Do not use the batteries beyond their expiry date.

3) Never leave any low battery in the battery compartment and please remove the batteries if you do not need to use the device for long time since it may leak and cause damage to the unit.

4) Do not touch the live end of the battery and patient simultaneously while changing the batteries.

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Battery Installation / Replacement

▲ 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.

USB POWER SUPPLY

This device can use USB as power supply when you don't use batteries. Please insert the USB cable as the picture showed.

Please remove all the batteries before using the AC adapter

Troubleshooting

■ If you have trouble using the unit please check the following

Error Symbol Display	Possible Cause	Solution
E- :	Weak signal. Sudden change in pressure or cuff pressure exceed 99 mmHg.	Wrap the cuff properly.
		Remeasure with the correct procedure.
E-2	External strong disturbance	When near cell phone or other high radiant device, the measurement would fail.
		Remain silent and measure again.
E-3	Error appearing during inflation of arm cuff.	Wrap the cuff properly.
		Make sure that the air plug is properly inserted in the device.
		Measure again.
E-5	Abnormal blood pressure	Repeat measurement after relaxing for 30mins, if you still get unusual readings for 3 times, please contact you doctor.
×	Low battery	Replace all the worn batteries with new ones and measure again.

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Troubleshooting

Trouble removal

Problem	Possible Cause	Solution
No power	Check the battery power.	Replace it with new batteries.
	Check the polarity position of the batteries.	Insert and place the batteries in the correct polarity direction.
No inflation	Whether the plug is inserted.	Insert into the air socker tightly.
	Whether the plug is broken or leaking.	Replace with a new cuf
Err and stops working	Check whether arm or body has moved during inflation.	Do not move your arms and your body during measurement.
	Check whether you are chatting while measurement.	Keep quiet and measur again.
Cuff leak	Check whether the cuff is wrapped loosely.	Wrap the cuff tightly.
	Check whether the cuff is broken.	Change to a new cuff.

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Care and Maintenance

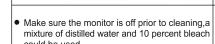
Care

in water.

Keep the device in the storage case when not in use. Clean the device with a coft day cleth.	
Clean the device with a soft dry cloth.	

Do not use any abrasive or volatile cleaners.

Never immerse the device or any component



towel with the bleach or detergent mix until it is fully saturated. Squeeze any excess moisture from the cloth to avoid any dripping or potential over saturation of the cuff. Wipe all surfaces of the cuff thoroughly. Make

sure to clean the inside and outside of the cuff.

Be cautious not to get any moisture in the main

When using a spray bottle, moisten a soft cloth

 Use a dry cloth and gently wipe away any excess moisture that may remain on the blood pressure cuff. Lay the cuff flat in an unrolled position and allow the cuff to dry.

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Care and Maintenance

Maintenance

cuff with naphtha, thinner or gasoline etc.

and dry location. Don't subject the device to extreme hot or months or longer. cold temperature, humidity





 Do not clean the body and
 Do not wet the cuff or attempt to clean the cuff with wate

 Store the device in a clean device will not be used for 3

★ We won't be responsible for any quality problem if you don't care and maintain the product as instructed.

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Warranty Information

Statement

■ The intended use: the unit is intended to be used by adults at home or medical center to measure blood pressure and pulse rate from the upper arm.

- equipment is in use. ■ The device satisfies the requirements of EN ISO 81060-1:2012
- stethoscope auscultatory method, within the limits prescribed by the American National Standard, manual, electronic, or automated sphygmomanometers.
- Specifications are subject to change without notice because of improvement in performance.

current setting and turn off.

■ Warning against servicing and maintenance while the medical

- and EN 1060-3:1997 +A2:2009 Non-invasive sphygmomanometers. ■ Blood pressure measurements determined with this device are equivalent to those obtained by trained observer using the cuff /
- The risk of patient and user can be lowered to acceptable level. ■ Substitution of a cuff different from that supplied might result in measurement error.

Warranty Information

■ This device carries a warranty for two years against any manufacturing defect as per Co's policy.

Battery Installation / Replacement

Battery Installation

b) Insert four AA powerful batteries into the compartment and ensure each battery is in

Low battery and Replacement When power on, if the low battery symbol " appears on the

■ For repair under this warranty our authorized service agent must be advised of the fault within the period of the warranty. This warranty covers parts and labor only under normal operations. A transportation or freight fee that may be incurred will be the owner's responsibility. Any defect resulting from natural causes, eg. flood, hurricane etc, is not within this warranty. This warranty does not cover damage incurred by use of the device not in accordance with the instructions,

Warranty Information

unauthorized service agents.

Monitor subjected to misuse, abuse, and neglect of these manual content, non - instructional purposes; unauthorized repairing or modifications will be excluded from this warranty. This warranty specifically excludes expendables and consumables, for example batteries. All warranty claims must be directed to the distributor responsible for the sale of the device. The content of this warranty is subject to change without further notice.

accidental damage, or being tampered with or serviced by

electrodes, that can degrade performance or cause other problems. Periodic check: Sensitive measuring devices must be checked from time to time for accuracy and leakage, we therefore recommend

that the performance should be checked every 2 years and after

The effects of degraded sensors and electrodes, or loosened

■ The device requires no calibration. It is not repairable and contains no user serviceable parts. For any assistance contact our Central Helpline: +91 9433046999

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the device by yourself.