

Advanced Blood Pressure Monitor Upper Arm

Instruction Manual



Introduction

The Boots Pharmaceuticals Advanced Blood Pressure Monitor Upper Arm is a compact, fully automated blood pressure monitor, operating on the oscillometric principle. It measures your blood pressure and pulse rate simply and quickly and also detects irregular heartbeats during measurement. The device uses simple "intellisense" technology for comfortable and controlled inflation.

The Boots Pharmaceuticals Advanced Blood Pressure Monitor Upper Arm is intended for use by an adult population with an arm circumference within that printed on the arm cuff. Please follow this instruction manual thoroughly for your safety and keep it for future reference. For specific information about your own blood pressure, CONSULT YOUR HEALTHCARE PROFESSIONAL.

What is Blood Pressure?

Your heart acts like a pump to circulate blood around your body and help supply it with oxygen. Blood pressure is measured in millimetres of mercury (mmHg) and it represents the force needed for the heart to push blood through the arteries. The highest pressure in the cycle is when the heart contracts, this is called the SYSTOLIC BLOOD PRESSURE. Between contractions, the heart relaxes and blood flows into it since it is at its lowest pressure, which is called DIASTOLIC BLOOD PRESSURE.

What is Normal Blood Pressure?

Many factors such as physical activity, anxiety, or simply time of day, can influence your blood pressure. Some people find that when their blood pressure is measured by their doctor or nurse (also called Clinic blood pressure) the readings are often higher than those measured at home. This is because clinical surroundings and examination conditions can cause a degree of stress, and lead to temporary raises in blood pressure. For a healthy adult under resting conditions the recommended clinic values should be

between 90-139 mmHg for the systolic blood pressure and between 60-89 mmHg for the diastolic blood pressure What is High Blood Pressure?

Everyone has a different blood pressure, but when this is consistently above the recommended levels it is considered to be high and is medically known as hypertension

The National Institute for Health and Care Excellence (NICE) defines hypertension as

- Stage 1 hypertension: Clinic blood pressure is 140/90 mmHg or higher or home blood
- ressure is 135/85 mmHg or higher. Stage 2 hypertension: Clinic blood pressure is 160/100 mmHg or higher or home

ood pressure is 150/95 mmHg or higher. Severe hypertension: Clinic blood pressure is 180/110 mmHg or higher.
The definitions reflect the evidence that measurements made in a clinic setting are typically



(3)			olugo i	olugo 1	
Systolic (upper value)	Below 85	85-134	135-149	150 and Over	
Diastolic (upper value)	Below 55	55-84	85-94	95 and Over	
There is often no clear cau	so of high h	lood pross	sure but it car	be affected by y	

There is often no clear cause of high blood pressure but it can be affected by your lifestyle and important contributing factors include:

- Being overweight
- Having high cholesterol Drinking too much alcohol
- Eating too much salt
- · Not eating enough fruit and vegetables
- Not exercising enough
- Drinking too much coffee (or other caffeine-based drinks)

Smoking High blood pressure has no symptoms, but if It's not treated it can damage the kidneys, heart and brain. The Boots Pharmaceuticals Advanced Blood Pressure Monitor Upper Arm is designed to be

used at home and to show on the display if your blood pressure is too high (equal or over 135/185 mmHg). To monitor your blood pressure more accurately you should measure it twice a day, ideally once in the morning and once in the evening. Each time you should take two readings at least one minute apart and with the person seated, to monitor blood pressure, recording should continue for at least 4 days, ideally for 7 days.

f your blood pressure is too high please consult your healthcare professiona How can you Reduce High Blood Pressure?

Depending on your blood pressure your doctor may encourage you to make some lifestyle changes or may prescribe medication for you to take

- Changes you can make to your lifestyle include: • Lose any excess weight and try to lower your cholesterol by reducing the fat content in
- Don't add salt to food. Eating a heathy diet.
- Do not drink more than 14 units of alcohol per week
- Do more exercise (please ask medical advice first).
- Don't smoke. Smoking causes your arteries to narrow and is the biggest risk factor for having a heart attack. • Reduce the intake of caffeine.

Important Safety Information

Warning: Indicates a potentially hazardous situation which, if not avoided, could result in death or serious injury.

- General Usage • DO NOT adjust medication based on measurement results from this blood pressure monitor. Take medication as prescribed by your healthcare professional. Only a healthcare professional is qualified to diagnose and treat High Blood Pressure.
- Consult your healthcare professional before using the device for any of the following nditions: common arrhythmias such as atrial or ventricular premature beats or atrial fibrillation, arterial sclerosis, poor perfusion, diabetes, age, pregnancy, pre-eclampsia, renal diseases. Note that PATIENT motion, trembling, shivering may affect the neasurement reading.
- Do not use the device on an injured arm or an arm under medical treatment. • Stop using the device and consult your physician if you experience skin irritation or other undesirable effects.
- Do not apply the arm cuff while having an intravenous drip or a blood transfusion. Consult your healthcare professional before using the device on an arm with an
- arterio-venous (A-V) shunt.

___ |

- Do not use the device simultaneously with other medical electrical (ME) equipment. This may result in incorrect operation of the device and/or cause an inaccurate reading • Do not use the device in areas where HF surgical equipment, MRI scanners or CT
- scanners are used, or in oxygen rich environments. This may result in incorrect operation of the device and/or cause an inaccurate reading.
- The air tube or the AC adapter cable may cause accidental strangulation in infants. • The device contains small parts that are a choking hazard if swallowed by infants. AC Adapter (optional) Usage
- Do not use the AC adapter if the device or the power cord is damaged. Turn off the power and unplug the power cord immediately. • Plug the AC adapter into the appropriate voltage outlet. Do not use in a multi-outlet plug.
- Never plug in or unplug the power cord from the electric outlet with wet hands. ⚠ Caution: Indicates a potentially hazardous situation which, if not avoided. may
- result in minor or moderate injury to the user or patient or damage to the equipment or other property. General Usage
- Always consult your healthcare professional. Self-diagnosis of measurement results and self-treatment are dangerous.
- People with severe blood flow problems, or blood disorders, should consult a healthcare professional before using the device, as the arm cuff inflation can cause bruising.

- Remove the arm cuff if it does not start deflating during the measurement Do not use this device on infants or persons who cannot express their intentions
- Do not use the device for any purpose other than measuring blood pressure. Use of other arm cuffs may result in incorrect measurement results.
- During measurement, make sure that no mobile phone or any other electrical devices that emit electromagnetic fields is within 30cm of this device. This may result in incorrect operation of the device and/or cause an inaccurate reading.
- Do not disassemble the monitor or arm cuff. This may cause an inaccurate reading. • Do not use in a location with moisture, or a location where water may splash on the
- device. This may damage the device.
- Do not use the device in a moving vehicle (car, airplane). • Do not take measurements more than necessary. It may cause bruising due to blood flow
- interference. • Consult your healthcare professional before using the device if you had a mastectomy.
- If your systolic blood pressure is more than 210 mmHg, read the "If your systolic pressure is higher than 210 mmHg" section. in this instruction manual. Inflating to a higher pressure than necessary may result in bruising where the cuff is applied. AC Adapter (optional) Usage
- Fully insert the power plug into the outlet.
- When disconnecting the power plug from the outlet, pull out using the power plug. Do not pull the power cord.
- When handling the power cord, take care no1 to do the following:
 - Do not damage. Do not break it. Do not tamper with it. Do not forcibly bend or pull.
 - Do no1 twist. Do not bundle during use. Do not pinch. Do not place under heavy objects.
- Wipe the dust off from the power plug.
- Unplug monitor when not in use. Disconnect the power plug before cleaning.
- Use only an AC adapter designed for this device. Use of unsupported adapters may damage and/or may be hazardous to the device.
- Battery Usage · Batteries must be inserted with the + and - signs correctly aligned.
- Use 4 "AA" alkaline or manganese batteries with this device. Do not use other types of
- batteries. Do not use new and used batteries together. • Remove the batteries if the device will not be used for three months or more.
- Use the battery within recommended period mentioned to it.
- General Precautions
- Do not forcibly crease the arm cuff or the air tube excessively
- Do not fold or kink the air tube while taking a measurement. This may cause harmful injury by interrupting blood flow
- To unplug the air plug, pull on the air plug at the connection with the monitor, not the tube
- Do not drop the monitor or subject device to strong shocks or vibrations.
- Do not inflate the arm cuff when it is not wrapped around your arm.
- Do not use the device outside the specified environment. It may cause an inaccurate
- Read and follow the "Important information regarding Electromagnetic Compatibilliy (EMC)" in section 7 of this instruction manual.
- Read and follow the instructions for "Correct Disposal of This Product" in section 6 of this
 instruction manual" when disposing of the device and any of its accessories.
- Please check (for example, by observation of the limb concerned) that the device is not causing a prolonged impairment of PATIENT blood circulation. If the device is stored at the maximum or minimum storage and transport temperature
- and is moved to an environment with a temperature of 20°C, we recommend waiting for approximately 2 hours before using the device.

1. Know Your Device

Contents: Monitor, arm cuff, instruction manual with record diary, storage case, battery set. Monitor



A. Display

Arm cuff:

Display:

F. Up/ Down buttons B. Memory button C. START/STOP button D. Date/ Time setting butto E. USER ID selection switch

Battery compartment H. AC adapter lack (for optional AC adapter) Ì. Air Íack

Arm cuff (Arm circumference 22 - 42cm) K. Air plug L. Air tube



M. USER ID symbol N. Systolic blood pressure O. Diastolic blood pressure V. Movement error symbol P. Battery symbol (low/depleted) Q. Cuff wrap guide symbol R. Heartbeat symbol/ Hypertension indicator

1.1 Display symbols

Irregular Heartbeat Symbol (🖾) When the monitor detects an irregular rhythm two or more times during the

measurement, the irregular heartbeat symbol will appear on the display with he measurement values.

Pulse Blood pressure Irregular Heartbeat

Normal Heartbeat

X. Blood pressure level indicator(bar)

Z. Pulse display / Memory number

Pulse

Average value symbol

W.Irregular heartbeat symbol

U. Date/Time display

Y. Deflation symbol

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 healthcare professional. Follow the directions of your healthcare professional.

neasurement. Please remove the arm cuff, and wait 2 - 3 minutes.

The average value symbol is displayed when you press and hold the

memory button for more than 3 seconds. The most recent average value

If the cuff is wrapped too loosely, the cuff guide symbol \bigcirc is displayed. Otherwise \bigcirc is displayed. This function is used as an aid in determining if the cuff is wrapped snugly enough. If the cuff is wrapped too loosely, it may cause unreliable require

Take another measurement, remain still during measurement.

Movement Error Symbol (🕾) The movement error symbol"is displayed if you move your body during the

Average Value Symbol (🛗)

cause unreliable results.

appears on the display screen

Cuff Wrap Guide Symbol ()

fastener

air tube.

vour measurements.

your feet flat on the floor.

level as your heart.

Sit on a chair with your legs uncrossed and

Sit with your back and arm supported

The Heartbeat Symbol flashes on the display during the measurement. When the measurement is complete, the Heartbeat Symbol flashes on the display with your blood pressure and pulse rate if the reading is above 134 for the Systolic Blood Pressure value and/or above 84 for the Diastolic Blood

Heartbeat Symbol/Hypertension Indicator (@)

The Heartbeat Symbol flashes at every heartbeat.

above 84 for the Diastolic Blood Pressure value.

Taking a Measurement

Pressure value.

2. Preparation

compartment.

are replaced.

the first time.

Year

20, 15

Forward

3. Using the Device

3.1 Applying the Arm Cuff

1. Insert the air plug into the air jack

2. Wrap the arm cuff firmly in

place around your left upper

The bottom edge of the arm cuff should

The air tube should be on the inside of

your arm and aligned with your middle

be 1 to 2 cm above the elbow.

Do not place the arm cuff over thick clothes.

I Back

securely.

arm.

3.

2.

2.1 Battery Installation

Remove the battery cover.

Insert 4 "AA" batteries as

indicated in the battery

Replace the battery cover.

alkaline batteries are recommended

national/local regulations.

2.2 Setting the Date and Time

The supplied batteries may have a shorter life.

again to set the day, hour and minute.

Month

Change Confirm

• The measurement values continue to be stored in memory even after the batteries

Dav

• If the date erid time are not set, "-:--" appears during or after measurement.

Using the Memory Function

1.2 Before Taking a Measurement

ninutes before taking a measuremer

4. Measurements should be taken in a guiet place.

5. Remove tight-fitting clothing from your arm.

The Heartbeat Symbol flashes when the blood pressure reading stored in the memory is above 134 for the Systolic Blood Pressure value and/or

To help ensure an accurate reading, follow these directions: 1. Avoid bathing, drinking alcohol or caffeine, smoking, exercising and eating for 30 2. Rest for at least 5 minutes before taking the measurement. 3. Stress raises blood pressure. Avoid taking measurements during stressful times.



• When the depleted battery symbol (and remove all the batteries. Replace with 4 batteries at the same time. Long life

 \triangle Disposal of used batteries should be carried out in accordance with

Set the monitor to the correct date and time before taking a measurement for

Press the () button. The year will appear in the display.

Press \blacktriangleleft or \blacktriangleright to change the year and then press \bigcirc to confirm. The month will now be displayed. Repeat the same steps to set the month and then

Minute Change Confirm Change Confirm Change Confirm Change Confirm

Press the START/STOP button to turn the monitor off. • If the batteries have been replaced, the date and time setting will need to be resat.

Remove tight-fitting clothing or tight rolled up sleeve from your left upper arm.









3.4 Using the Memory Function

The monitor automatically stores up to 90 sets of results for each user (1 and 2). It can also calculate an average value based on the last 3 measurement values taken within 10 minutes.

- Note
- If there are only 2 measurement values in the memory for that period, the average will be based on these .2 values. • If there is 1 measurement value in the memory for that period, this is displayed as
- the average.
- If the memory Is 'full, the monitor will delete the oldest value, • When viewing the measurement value taken without setting the date and time, "-:--"

is displayed instead of the date and time.

To View the Measurement Values Stored in Memory

- 1. Select your USER ID (1 or 2).
- Press the button. The Memory number appears for a second before the pulse rate is displayed The newest set is numbered "1



- Note: The cuff wrap guide result appears on the display with the measurement values.
- Press the or button to view the values stored in memory. To view the older values
- To view the more recent values

To View the Average Value

- 1. Select your USER ID (1 or 2).
- 2. Press and hold the 📝 button for more than 3 seconds.

- time, the average value is not calculated • If there are no measurements results stored in the memory, the

To Delete All the Values Stored in Memory

- 3 While holding the *I* button down, press the START/STOP button for



Note: You cannot partially delete the values stored in the memory. All values for the user you select will be deleted.

- button until the monitor inflates 30 to 40 mmHg higher than your expected systolic pressure.
- Do not apply more pressure than necessary

- **4.** Press the START/STOP button to turn the monitor off. The monitor automatically stores the measurement result in its memory. It will automatically turn off after 2 minutes.
- Note: Wait 2-3 minutes before taking another measurement. Waiting between measurements allows the arteries to return to the condition prior to taking a

Using the Guest Mode

he monitor stores readings for 2 users in the memory. The guest mode can be used to take a single measurement for another user. No measurement values are stored in the memory when the guest mode is selected

1. Press and hold the START/STOP button for more than 3 seconds. The USER ID symbol and the Date/Time display will disappear.



- 2. Release the START/STOP button when the Date/Time display turns off. The arm cuff will start to inflate automatically.
- \triangle Blood pressure measurements should be interpreted by a doctor or trained healthcare professional who is familiar with your medical history. Self-diagnosis of measurement results and self-treatment are dangerous





3.3 Taking a Measurement

· Remain still and do not talk while taking a measurement. • To stop a measurement, press the START/STOP button once to release the air in the

- arm cuff The monitor is designed to take measurements and store the readings in the memory
- for 2 people using USER ID 1 and USER ID 2.

1. Select your USER ID (1 or2).







If your systolic pressure is more than 210 mmHg After the arm cuff starts to inflate, press and hold the START/STOP

- The monitor will not inflate above 299 mmHg.
- **3.** Remove the arm cuff.



- 1. Select your USER ID (1 or 2). **2.** Press the Memory button, while the memory symbol (\square) appears. more than 3 seconds.
- screen to the right is displayed. The values stored in the memory are deleted by USER ID

• If the previous measurement was taken without setting the date and





TECHNICAL INFO: PRINTER PLEASE NOTE

ARTWOR	K ONLY
Trident Reference No: Zen Ref: Category: Sub-Category: Brand: Pack Type: Variant:	BTC245844 TR1181533 Healthcare Healthchecks Core Leaflet Advanced Blood Pressure Monitor - Upper Arm/HEM-8713-BS E
Date: Country:	о4/01/17 UK 9701940-6D
Item Code:	66-13-926
CAD Ref No:	684 x 420 mm
Printer:	N/A
Substrate:	White Paner
Barcode Type: Barcode Number: Magnification: Barcode Truncated By: (smallest bar) Edgemark Position: Pharmacode No/NE:	N/A N/A N/A N/A N/A
Technical Et Non Printi Cutter Gui Colours Process Black	ing Items des
T	R I D E N T
Connaugh	t House, Connaught Road,
Kingswood Busin	ess Park, Hull, HU7 3AP, England.
T: +	-44 (0) 1482 828100
Please note that any	/ low resolution paper Canon colour
copies associated wi	th this job should be referred to for
content, layou	at and colour separation only.
UNDER NO CI	RCUMSTANCES SHOULD THIS
ARTWORK BI	E ALTERED WITHOUT PRIOR
PERMI	SSION FROM TRIDENT.
STUDIO USE ONLY	Michael Woodhead v1.0
Sm•Art check results:	: G=1; O=17; R=0; - MW - 04/01/17 14:01:08

4. Error Messages and Troubleshooting 4.1 Error Messages

Error Display	Cause	Solution
\bigcirc	Irregular heartbeats are detected.	Remove the arm cuff. Wait 2 - 3 minutes and then take another measurement. Repeat the steps in section 3.3. If this error continues to appear, contact your healthcare professional.
ഷ്	Movement during measurement.	Carefully read and repeat the steps in section 3.3.
\bigcirc	Arm cuff is applied too loosely.	Apply the arm cuff tighter. Refer to section 3.1.
	The batteries are low.	It is recommended to change the batteries before they are completely depleted. Refer to section 2.1.
	The batteries are depleted.	You should replace all 4 batteries with new ones. Refer to section 2.1.
	Air plug disconnected.	Insert the plug securely. Refer to section 3.1.
Ε (Arm cuff is applied too loosely.	Apply the arm cuff tighter. Refer to section 3.1.
	Air is leaking from the arm cuff.	Contact Boots Customer Services or your local Boots store.
F J	Movement during	Repeat measurement. Remain still and do not talk during measurement. Refer to section 3.3.
52	has not been inflated sufficiently.	If "E2" appears repeatedly, inflate the cuff manually until it is 30 to 40 mmHg above your previous measurement result. Refer to section 3.3.
63	The arm cuff was inflated exceeding the maximum allowable pressure, and then deflated automatically.	Do not touch the arm cuff and/or bend the air tube while taking a measurement. Do not inflate the arm cuff more than necessary. Refer to section 3.3.
E٩	Movement during measurement.	Repeat measurement. Remain still and do not talk during measurement. Refer to section 3.3.
85	Clothing is interfering with the arm cuff.	Remove any clothing interfering with the arm cuff. Refer to section 3.1.
Er	Device error.	Contact Boots Customer Services or your local Boots store.

4.2 Troubleshooting

___ |

Problem	Cause	Solution
	Arm cuff is applied too loosely.	Apply the arm cuff tighter. Refer to section 3.1.
The measurement result is extremely high (or low).	Movement or talking during measurement.	Remain still and do not talk during measurement. Refer to section 3.3.
	Clothing is interfering with the arm cuff.	Remove any clothing interfering with the arm cuff. Refer to section 3.1.
Arm cuff pressure	The air connector is not securely connected into the air jack.	Make sure that the air tube is connected securely. Refer to section 3.1.
does not rise.	Air is leaking from the arm cuff.	Contact Boots Customer Services or your local Boots store.
Arm cuff deflates too soon.	The arm cuff is loose.	Apply the cuff correctly so that it is firmly wrapped around the arm. Refer to section 3.1.
Cannot measure or the results are too low or too high.	The arm cuff has not been inflated sufficiently.	Inflate the cuff so that it is 30 to 40 mmHg above your previous measurement result. Refer to section 3.3.
Nothing happens	The batteries are depleted.	Replace all 4 batteries with new ones. Refer to section 2.1.
the buttons.	The batteries have been inserted incorrectly.	Insert the batteries with the correct (+/-) polarlty. Refer to section 2.1.
Other problems.	 Press the START/STOP butt Replace the batteries with n If the problem continues, cont or your local Boots store 	on and repeat measurement. ew ones. act Boots Customer Services

your local Boots store.

5. Maintenance and Storage 5.1 Maintenance

- To protect your device from damage, please observe the following: • Store the device and the components in a clean, safe location.
- Do not use any abrasive or volatile cleaners. Do not wash the device and any components or immerse them in water. • Do not use petrol, thinners or similar solvents to clean the device.



- Use a soft, dry cloth or a soft, damp cloth and neutral soap to clean the monitor and arm cuff.
- Modifications not approved by the manufacturer will void the user warranty. Do not disassemble or attempt to repair the device or components Consult Boots Customer Services or your local Boots store.

Calibration and Service

• The accuracy of this blood pressure monitor has been carefully tested and is designed for a long service life. • It is generally recommended to have the device inspected every 2 years to ensure correct functioning and accuracy. Contact Omron Customer Care on 01908

5.2 Storage

258285.

- Keep the device in its storage case when not in use. 1. Unplug the air plug from the air jack.
- 2. Gently fold the air tube into the arm cuff.

Note: Do not bend or crease the air tube excessively.

- 3. Place the monitor and the arm cuff in the storage case.
- Do not store the device in the following situations:
- If the device is wet.
- Locations exposed to extreme temperatures, humidity, direct sunlight, dust or corrosive
- vapours such as bleach.
- Locations where the device is exposed to vibrations, shocks or where it will be at an angle.

5.3 Optional Accessories



If you wish to purchase an AC adapter, contact Boots Customer Services or your local Boots store. Using the Optional AC Adapter

Note: Make sure to use an easily accessible power socket in which to connect and disconnect the AC adapter.

- 1. Insert the AC adapter plug into the AC adapter jack on the rear side of the monitor.
- 2. Plug the AC adapter into an electrical outlet. To disconnect the AC adapter, unplug the AC adapter from the electrical outlet first and then remove the AC adapter plug from the monitor.

Your Blood Pressure Monitor is supplied with a cuff having a circumference of 22 - 42cm. Should you require a different sized cuff, contact Boots Customer Services or your local Boots store.

6. Specifications

Product category Product description Model	Electronic Sphygmomanometers Automatic Upper Arm Blood Pressure Boots Pharmaceuticals Advanced Bloo Upper Arm, Item code: 66-13-926
Display Measurement	LCD Digital Display Oscillometric method
method	
Measurement range Blood pressure measurement range	Pressure: 0 to 299 mmHg 20 to 280 mmHg
Pulse measurement range	40 to 180 beats/min.
Accuracy	Pressure: ±3 mmHg Pulse: ±5% of display reading
Inflation	Fuzzy-logic controlled by electric pump
Deflation	Automatic pressure release valve
Memory	90 Measurements with date and time for each user (1 and 2)
Rating	DC6V 4W
Power source	4 "AA" batteries 1.5V or optional AC at (INPUT 100-240 V 50-60 Hz / 0.12-0.6
Battery life	Approx. 1000 measurements (using ne
Protection against electric shock	Internally powered ME equipment (Wh only the batteries)
	Class II ME equipment (Optional AC a
Operating	+10 to +40°C / 15 to 90 % RH (non-co
temperature/ humidity/air pressure	700 to 1060 hPa
Storage	-20 to +60°C / 10 to 95% RH (non-con
temperature/	700 to 1060 hPa
numidity/	
IP classification	Monitor: IP20
	Optional AC adapter(HHP-BFH01): IP2
Weight	Monitor: Approx. 300 g without batterie Arm cuff: Approx. 170 g
Outer dimensions	Monitor: Approx. 107 (w) mm × 79 (h) Arm cuff: Approx. 145 mm × 594 mm
Cuff circumference	22 to 42 cm

Cuff circum Cuff/ Tube material Package contents

79 (h) mm × 141 (l) mm 1 mm Nvlon, polvester, polvvinvl chloride Monitor, arm cuff, instruction manual with record diary, storage case, battery set.







HHP-BFH01

essure Monitor ed Blood Pressure Monitor

c pump

al AC adapter).12-0.65 A)

using new alkaline batteries) ent (When using

al AC adapter)

non-condensing)

on-condensing) /

01): IP22 batteries

 This OMRON product is p HEALTHCARE Co. Ltd, monitors, which is the pro- This device can be used. 	produced under the strict quality system of OMRON Japan. The core component for OMRON blood pressure essure sensor, is produced in Japan. for continuous coerction
	Symbols description
Ŕ	Applied part - Type BF Degree of protection against electric shock (leakage current)
IPXX	Ingress protection degree provided by IEC 60529
SN	Serial number
LOT	LOT number
X	Temperature limitation
<u></u>	Humidity limitation
\$•\$	Atmospheric pressure limitation
⊝∙●⊕ , ◊€ ♦	Indication of connector polarity
🕼 🕨 , 🕼 🕨	Identifier of cuffs compatible for the device
	Cuff positioning indicator for the left arm
ART. O	Marker on the cuff to be positioned above the artery
	Range pointer and brachial artery alignment position
LATEX FREE	Not made with natural rubber latex
MAX RANGE MIN ,	Range indicator of arm circumferences to help selection of the correct cuff size.
) Inter-	Need for the user to consult this instruction manual.
~~	Date of manufacture
d Da	

• These specifications are subject to change without notice.

may cause issues during a normal operation.

• This device has not been validated for use on pregnant patients.

• IP classification is degrees of protection provided by IEC 60529.

of diastolic blood pressure.

• In the clinical validation study, the 5th phase was used on 85 subjects for determination

This device is clinically validated according to the requirements of ISO81060-2:2013.

The device is protected against solid foreign objects of 12.5 mm diameter and greater

such as a finger. The AC adapter is protected against solid foreign objects of 12.5 mm diameter and greater such as a finger, and against oblique falling water drops which

• This device fulfils the provisions of EC directive 93/42/EEC (Medical Device Directive). • This blood pressure monitor is designed according to the European Standard EN1060,

Non-invasive sphygmomanometers Part 1: General Requirements and Part 3: Supplementary requirements for electromechanical blood pressure measuring systems.

Correct Disposal of This Product Waste Electrical & Electronic Equipment)	
This symbol indicates that the product should not be disposed of with other household waste at the end of its working life. To prevent possible harm to the environment or human health from uncontrolled waste disposal, please separate this product from other types of wastes and recycle it responsibly to promote the sustainable reuse of material resources.	
Household users should contact either the retailer where they purchase heir local government office, for details of where and how they can return environmentally safe recycling.	ed this product, or irn this item for
Business users should contact their supplier and check the terms and c	conditions of the

Arm circumference

X/

purchase contract. This product should not be mixed with other commercial waste for

7. Electro Magnetic Compatibility

Important information regarding Electro Magnetic Compatibility (EMC) HEM-8713-BS manufactured by OMRON HEALTHCARE Co., Ltd. conforms to EN60601-1-2:2015 Electro Magnetic Compatibility (EMC) standard. Nevertheless, special precautions need to be observed:

- The use of accessories and cables other than those specified or provided by OMRON could result in increased electromagnetic emission or decreased electromagnetic immunity of the device and result in improper operation.
- During measurement, the use of the device adjacent to or stacked with other device should be avoided because it could result in improper operation. In case such use is necessary, the device and other device should be observed to verify that they are
- operating normally.

 During measurement, Portable RF communications device (including peripherals such as antenna cables and external antennas) should be used no closer than 30 cm (12 inches) to any part of the device, including cables specified by OMRON. Otherwise,
- degradation of the performance of the device could result. • Refer to further guidance below regarding the EMC environment in which the device should be used.
- Table 1 EMISSION Limits and Compliance

	•	
Phenomenon	EMISSION Limits	Compliance
conducted and radiated	CISPR 11	Group1, Class B
oltage fluctuations and icker	See IEC 61000-3-3	Complies

Phenomenon	Basic EMC standard	IMMUNITY TEST LEVELS
Electrostatic discharge	IEC 61000-4-2	±8 kV contact ±2 kV,±4 kV,±8 kV,±15 kV air for enclosure port
Radiated RF electromagnetic fields	IEC 61000-4-3	10 V/m 80 MHz to 2.7 GHz 80 % AM at 1 kHz for enclosure port
Proximity fields from RF wireless communications equipment	IEC 61000-4-3	See table 3
Electrical fast transients / bursts	IEC 61000-4-4	±2 kV for Input a.c. power port 100 kHz repetition frequency
Surges Line-to-line	IEC 61000-4-5	±0.5kV, ±1 kV for Input a.c. power port
Conducted disturbances induced by RF fields	IEC 61000-4-6	3 Vrms 150 kHz to 80 MHz 6 Vrms in ISM and amateur radio bands between 150 kHz and 80 MHz 80 % AM at 1 kHz for Input a.c. power port
Rated power frequency magnetic fields	IEC 61000-4-8	30 A/m 50 Hz and 60Hz for enclosure port
Voltage dips	IEC 61000-4-11	0 % UT ; 0.5 cycle At 0°,45°,90°,135°,180°,225°,270°and 315' for Input a.c. power port
		0 % UT ; 1 cycle and 70 % UT ; 25/30 cycles single phase: at 0° for Input a.c. power port
Voltage interruptions	IEC 61000-4-11	0 % UT ; 250/300 cycle for Input a.c. power port

Table 3 - Test specifications for ENCLOSURE PORT IMMUNITY to RF wireless

CC	ommunicat	tions device				
Test frequency (MHz)	Band (MHz)	Service	Modulation	Maximum power (W)	Distance (m)	IMMUNITY TEST LEVEL (V/m)
385	380 to 390	TETRA 400	Pulse modulation 18 Hz	1.8	0.3	27
450	430 to 470	GMRS 460, FRS 460	FM ±5 kHz deviation 1 kHz sine	2	0.3	28
710			Dulaa			
745	704 to 787	LTE Band	modulation	0.2	0.3	9
780		,	217 Hz			
810		GSM 800/900,	Dulas			
870	800 to 960	iDEN 820,	Pulse modulation	2	0.3	28
930		CDMA 850, LTE Band 5	18 HZ			
1720		GSM 1800; CDMA 1900;				
1845	1700 to 1990	GSM 1900; DECT; LTE Band 1,	Pulse modulation 217 Hz	2	0.3	28
1970		3, 4, 25; UMTS				
2450	2400 to 2570	Bluetooth, WLAN, 802.11 b/g/n, RFID 2450, LTE Band 7	Pulse modulation 217 Hz	2	0.3	28
5240			Pulse			
5500	5100 to 5800	WLAN 802.11 a/n	modulation	0.2	0.3	9
5785			217 Hz			

EMC tests have included the AC-adapter as included with the product.

8. Warranty

high quality materials and great care has been taken in its manufacturing. It is designed to give you every satisfaction, provided that it is properly operated and maintained as described in the instruction manual.

This product is guaranteed by Boots The Chemist Ltd for a period of 2 years after the date of purchase. The proper construction, workmanship and materials of this product is guaranteed by Boots The Chemist Ltd. During this period of guarantee Boots The Chemist Ltd will, without charge for labour or parts, repair or replace the defect product or any defective parts. The guarantee does not cover any of the following:

- a. Transport costs and risks of transport. b. Costs for repairs and / or defects resulting from repairs done by unauthorised persons.
- c. Periodic check-ups and maintenance. d. Failure or wear of optional parts or other attachments other than the main device itself, unless explicitly guaranteed above.
- e. Costs arising due to non-acceptance of a claim (those will be charged for). f. Damages of any kind including personal caused accidentally or from misuse.

g. Calibration service is not included within the guarantee. h. Optional parts have a one (1) year warranty from date of purchase. Optional parts include, but are not limited to the following item: AC Adapter.

Repair or replacement under the guarantee does not give rise to any extension or renewal of the guarantee period. The guarantee will be granted only if the complete product is returned together with the original invoice / cash ticket issued to the consumer by the retailer. Text Revised 04/18

Boots Pharmaceuticals is a trade mark of The Boots Company PLC. Made in Vietnam OMRON HEALTHCARE Co., Ltd.



OMRON HEALTHCARE EUROPE B.V. Scorpius 33, 2132 LR Hoofddorp, THE NETHERLANDS www.omron-healthcare.com

Distributed by: The Boots Company PLC, 1 Thane Road, Nottingham, England, NG2 3AA www.boots.com

€€0197

Thank you for buying a Boots Pharmaceuticals product. This product is constructed of

TECHNICAL INFO: PRINTER PLEASE NOTE

ARTWORK	ONLY

Trident Reference No:	BTC245844
Zen Ref:	TR1181533
Category:	Healthcare
Sub-Category:	Healthchecks
Brand:	Core
Drand. Pook Type	Leaflet
Fack Type:	Leanet
variant:	Advanced Blood Pressure Monitor -
Action:	E
Date:	04/01/17
Country:	UK
Component Code	9701940_6D
tomponent Coue.	
item code:	00-13-920
CAD Ref No:	684 x 420 mm
Printer:	N/A
Substrate:	White Paper
buobtinter	miller uper
Barcode Type:	N/A
Barcode Number:	N/A
Magnification:	N/A
Barcode Truncated By:	N/A
(smallest bar)	
Edgemark Position:	n/a
Pharmacode No/NE:	N/A
Technical & Non Print	ing Items
	ides
Cutter Gui	
Cutter Gui	
Colours Gui	
Colours Process Black	
Cutter Gui	
Cutter Gui	
Colours	
Colours Process Black 1	
Colours Process Black 1	
Colours Process Black	
Colours Process Black 1	
Colours Process Black	
Cutter Gui	
Colours Process Black	ĪĊ´∖
Colours Process Black	193
Cutter Gui	2
Colours Process Black T	
Colours Process Black T Colours	$\overrightarrow{R \ I \ D \ E \ N \ T}$ nt House. Connaudht Road.
Colours Process Black T Connaugh Kingswood Busin	RIDENT at House, Connaught Road, ress Park. Hull. HUZ 3AP. England.
Colours Process Black T Connaugh Kingswood Busin T -	RIDENT tHouse, Connaught Road, tess Park, Hull, HU7 3AP, England. te4 (0) 1482 828100
Cutter Gui	RIDENT nt House, Connaught Road, ress Park, Hull, HU7 3AP, England. +44 (0) 1482 828100
Cutter Gui	RIDENT tHouse, Connaught Road, tess Park, Hull, HU7 3AP, England. t+44 (0) 1482 828100
Coltter Gui	RIDENT tHouse, Connaught Road, tess Park, Hull, HU7 3AP, England. t+44 (0) 1482 828100
Coltter Gui	RIDENT tHouse, Connaught Road, tess Park, Hull, HU7 3AP, England. +44 (0) 1482 828100
Colours Process Black T Connaugh Kingswood Busir T: Please note that any copies associated w content, layo	RIDENT thouse, Connaught Road, tess Park, Hull, HU7 3AP, England. 444 (0) 1482 828100 y low resolution paper Canon colour th this job should be referred to for ut and colour separation only.
Colours Process Black T Colours T Connaugh Kingswood Busir T: Please note that any copies associated w content, layou	RIDENT at House, Connaught Road, tess Park, Hull, HU7 3AP, England. test Park, Hull, HU7 3AP, England. test (0) 1482 828100
Coltter Gui	RIDENT tHouse, Connaught Road, tess Park, Hull, HU7 3AP, England. t+44 (0) 1482 828100 y low resolution paper Canon colour tith this job should be referred to for ut and colour separation only.
Coltter Gui	R I D E N T thouse, Connaught Road, tess Park, Hull, HU7 3AP, England. +44 (0) 1482 828100 y low resolution paper Canon colour th this job should be referred to for ut and colour separation only. RCUMSTANCES SHOULD THIS
Cutter Gui	RCUMSTANCES SHOULD THIS E ALTERED WITHOUT PRIOR
Coltter Gui Colours Process Black 1 1 Connaugh Kingswood Busir T: - Please note that any copies associated w content, layor UNDER NO CI ARTWORK B PERMI	R I D E N T at House, Connaught Road, tess Park, Hull, HU7 3AP, England. tess Park, Hull, HU7 3AP,
Coltter Gui Colours Process Black 1 1 Connaugh Kingswood Busir T: - Please note that any copies associated w content, layor UNDER NO CI ARTWORK B PERMI	R I D E N T th House, Connaught Road, tess Park, Hull, HU7 3AP, England. tess Park, Hull, HU7 3AP, Hull,
Colter Gui Colours Process Black T Colours Process Black T Connaugh Kingswood Busir T: Please note that any copies associated w content, layou UNDER NO CI ARTWORK B PERMI	RCUMSTANCES SHOULD THIS E ALTERED WITHOUT PRIOR SSION FROM TRIDENT.
Cutter Gui Colours Process Black 1 Process Black 1 Connaugh Kingswood Busir T: - Please note that any copies associated w content, layor UNDER NO CI ARTWORK B PERMI STUDIO USE ONLY	RCUMSTANCES SHOULD THIS E ALTERED WITHOUT PRIOR SSION FROM TRIDENT.
Cutter Gui Colours Process Black 1 Connaugh Kingswood Busir T: - Please note that any copies associated w content, layor UNDER NO CI ARTWORK B PERMI STUDIO USE ONLY Sm•Art check results	R I D E N T at House, Connaught Road, tess Park, Hull, HU7 3AP, England. +44 (0) 1482 828100 y low resolution paper Canon colour it his job should be referred to for ut and colour separation only. RCUMSTANCES SHOULD THIS RCUMSTANCES SHOULD THIS SSION FROM TRIDENT. Michael Woodhead v1.0 x1.0 v1.0
