



MODEL: MW-300A

Wrist Digital Blood Pressure Monitor

(DIGITAL SPHYGMOMANOMETER)

Instruction Manual

Please read carefully before using!



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Wrist Digital Blood Pressure Monitor (DIGITAL SPHYGMOMANOMETERS)

Instruction Manual for model: MW-300A

Important Warning/Medical Disclaimer

Before using your blood pressure monitor, you should read and understand all instructions and follow all warnings. Information in this manual is provided for informational purposes only. This manual and product are not meant to be a substitute for the advice provided by your own physician or other medical professional. You should not use the information contained herein or this product for diagnosing or treating a health problem, disease, or prescribing any medication. If you have or suspect that you have a medical problem, promptly contact your healthcare provider.

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Healthy Living

This blood pressure monitor is the first step to living a healthier life. But monitoring your blood pressure at home is just the beginning, it's also important to:

EXERCISE REGULARLY ---- Start out by taking a quick walk each day. Before you know it, you'll feel energized. That's because along with being an easy way to shed a few pounds, walking also helps your bones and heart become stronger.

EAT RIGHT ---- Remember, you are what you eat! So when you reach for a snack, try grabbing a piece of fruit or a vegetable. When cooking meals at home try to use fats and oils sparingly. Sometimes a healthy diet is the best medicine of all! It's also a good idea to monitor your sodium intake because about one-third of individuals who have high blood pressure are also sodium sensitive. Consult your doctor regarding over-the-counter supplements and herbs such as onion and garlic. Both

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of these plants have been historically linked to producing mild anti-hypertension effects.

BE HAPPY! --- A positive attitude is a big part of a healthy body. Try not to get too stressed out over things. Daily relaxation techniques such as gentle yoga or even quiet time by yourself can do a lot of good for the mind and body. Stay focused on the good things in life. Begin by congratulating yourself for that short walk you just took or the smart food choice you made. It's your first step to a healthier life!

KEEP AN EYE ON YOUR WEIGHT! --- Surprisingly, losing even a small amount of weight can often times help control high blood pressure. Talk with your doctor to find a "healthy" weight for you and strive to come within a range of it.

Remember to consult your physician prior to beginning an exercise program, vitamin/mineral, dietary changes or programs and blood pressure monitoring.

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Commonly Asked Questions

Why Should I Monitor My Blood Pressure At Home?

By monitoring at home, you may manage your health in between doctor visits. Home monitoring also provides you with a record of blood pressure measurements over time to give to your doctor—a valuable tool in monitoring hypertension.

Home monitoring may also help alleviate **White Coat Hypertension**.

This term refers to the medical phenomena which causes many individual's blood pressure to be higher when taken in a medical office setting. That's because many times the stress of being in the doctor's office may cause blood pressure to rise as much as 20-50 points higher than normal. When monitoring at home, you may get truer indication of your blood pressure in a normal, relaxed state.

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What Is Blood Pressure?

The commonly used term “blood pressure” refers to the force or **pressure** that is exerted on the body's arteries as blood flows through them. Each time the heart beats or **contracts**, it produces pressure in the arteries. This blood pressure is what moves blood through the body, supply oxygen and nutrients to every organ.

When the heart contracts it sends blood out into the body. This pressure is referred to as **systolic**.

The pressure that is created as the heart pulls blood back through is called **diastolic**.

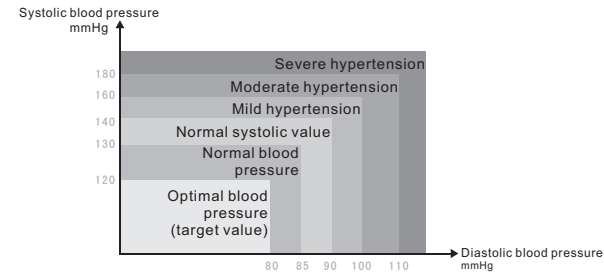
Blood pressure is recorded as systolic over diastolic, as shown here.

106 70

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Classification of Blood Pressure by the WHO

The WHO (World Health Organization) and the ISH (International Society of Hypertension) developed the Blood Pressure Classification shown in this figure. This classification is based on the blood pressure values measured on people in a sitting position in outpatient departments of hospitals.



Note: There is no universally accepted definition of hypotension. However, those having the systolic pressure below 100 mmHg are assumed as hypotensive.

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Why Does My Blood Pressure Fluctuate?

Because blood pressure changes with every beat of the heart it is in constant fluctuation throughout any given day. In addition to these natural changes there are other factors that may affect blood pressure such as:

- Temperature (too hot or cold)
- Anger
- Humidity
- Restlessness
- Lack of sleep
- Physical exercise
- Fear
- Anxiety
- Food and beverage consumption
- Individual physical conditions
- Constipation
- Stress

How Do I Know I Have High Blood Pressure?

It's nearly impossible to know if your blood pressure is elevated without having it checked. People have the common misconception that one can “feel” their blood pressure rise. It is because of this mystery

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that hypertension has been named “the silent killer”. Don't let it sneak up on you! Start monitoring your blood pressure every day with your new monitor.

Why Is It Important To Control My Blood Pressure?

Left uncontrolled, hypertension can place an incredible amount of stress on your heart and arteries, both of which become forced to work harder to keep blood flowing in a healthy manner throughout the body. Over time, this stress can result in health problems including over-enlargement of the heart, loss of elasticity of the arteries, heart disease, stroke and even death. Making some simple lifestyle changes now can help you to stay healthy in the future.

Intended Use

Wrist digital sphygmomanometers are convenient for home use. They are noninvasive, meaning no part of the monitor enters your body, and provide systolic, diastolic and pulse measurements. This Wrist digital sphygmomanometers are recommended for use by people over the age of 18 and are not suitable for clinical use.

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Measurement Method

THIS Wrist digital sphygmomanometers measure blood pressure and pulse by using what's called and **oscillometric** method, meaning they measure the fluctuations in pressure. This is done by first wrapping a fitted cuff around the wrist. The monitor then automatically fills the cuff with air creating pressure around the arteries inside the wrist. Mounted inside of the cuff is a special gauge that is capable of sensing the small **oscillations** (fluctuations) in pressure. These fluctuations are produced as a result of the pressure the cuff has placed around the wrist and are, in a basic sense, the arteries contracting (getting larger and smaller) with each heart beat. The monitor then measures how high and how quickly these contractions occur and converts that information into a digital value. A special valve, called an electrode, deflates the monitor automatically when the measurement is complete.

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Main Unit and Power Supply

Main Unit



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Power supply



2 x AAA (Not included)

Special Features

Memory Feature

THIS special memory feature allows the wrist monitor to store up to 60 measurements for quick and easy comparisons.

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Accuracy

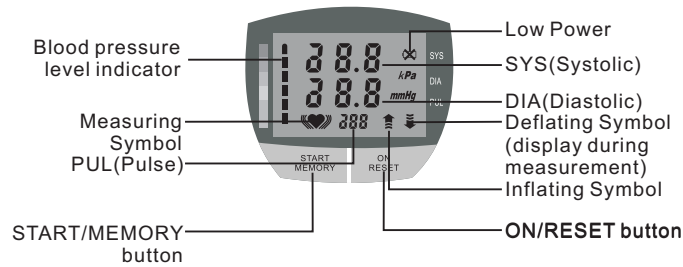
THIS monitors have been clinically tested against a scientific device called a **sphygmo manometer**, considered the gold standard in blood pressure measurement. THIS monitors have performed equivalent to measurements taken with this scientific device and are within the accuracy limits prescribed by the American National Standard for Electronic or Automated sphygmomanometers.

Special Conditions

THIS monitors are not safe and accurate to use with arrhythmias such as atrial or ventricular premature beats and atrial fibrillation.


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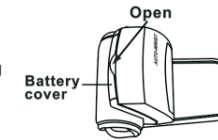
Digital Display Symbols



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Battery Installation

When the display shows "  " it's time to replace the batteries. This monitor uses 2 x AAA Batteries. Insert the batteries into the monitor making certain to align the polarities correctly. Close the battery cover securely. It will snap into place when it is fully closed.



The disposal of battery and device shall comply with the local environment requirements.
Don't swallow the battery. It's dangerous to your life. Please store the battery at a safe place where children can't reach it. If anyone swallowed the battery, send him to the hospital for diagnosis and treatment at once.

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Important Reminders

Follow your doctor's advice on how and when to take your blood pressure. Here are some important hints:



Before Taking a Measurement

- ✓ Sit quietly for about 10 minutes. This will allow your body to return to its normal, resting state.
- ✓ Take your blood pressure in a comfortable environment - not too cold, not too hot - as temperature may affect your measurement.
- ✓ If you've just consumed beverage containing caffeine such as coffee, non-herbal tea, or cola wait 30-45 minutes. Also, don't smoke just before taking a measurement.

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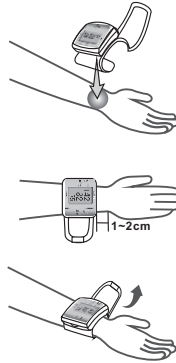
While Taking a Measurement

- ✓ Sit still and quietly while measuring. Talking or moving may elevate measurements.
- ✓ For consistency, it's a good idea to measure your blood pressure using the same wrist and at about the same time each day. If possible, we suggest using your left wrist.
- ✓ When taking multiple measurements right after each other, make sure you wait at least 10 minutes in between. Waiting will allow your blood vessels to return to their normal state.
- ✓ Sit with your legs uncrossed and your feet flat on the floor. Do not touch the cuff or monitor at any time during the measurement. Relax.

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Applying the Cuff

- Before you put the cuff on your wrist make certain that you are not wearing a thick coat or sweater.
- If you are wearing a long sleeved shirt, roll up the sleeve, but make sure that it is not constricting circulation to your wrist.
- Wrap the cuff around your wrist making sure that it is secure but is not too tight.
- It is important to make sure that the wrist cuff is at the same level as your heart.



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Taking a Blood Pressure Measurement

- Once the cuff is properly applied and you are seated with your feet flat on the floor you are ready to take a measurement.
- Press the "ON/RESET" button to switch on the monitor, when the display shows as Fig A, it is ready for use. Press the "START/MEMORY" button, the monitor will automatically inflate to the level that is right for you (Fig B).
- You will feel the cuff get tighter around your wrist during the measurement, it is normal. It should not inflate to the point of discomfort. If this occurs, the cuff is secured too tightly, press "ON/RESET" to stop the measurement and re-wrap the cuff, leaving more space between your wrist and the cuff.
- While the measurement is complete, the measure result will appear on the digital display (As Fig C),



Fig A



Fig B

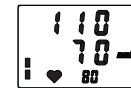


Fig C

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This is the normal process the monitor goes through to determine your blood pressure. Don't be alarmed if you notice the numbers quickly change, or go higher than you believe your blood pressure to be.

- When your measurement is complete, the monitor will deflate automatically, releasing the air pressure in the cuff.
- The entire measurement process should take less than one minute. Once measurement is complete, the window will display your blood pressure and pulse measurements.

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Shut Down

The monitor has automatic turn off function that means if you forget to shut down it, it can turn off the power itself about 30 seconds later.

Sixty Measurement Memory

When you take a measurement the monitor automatically stores it in memory space number one. As you continue to take measurements the monitor will push the previous measurement back one space. In other words. The value in space one will always be the most recent blood pressure measurement taken. Your monitor will store up to 60 measurements. To review measurements in the memory, press the "ON/RESET" button and then depress the "START/MEMORY" button for about 3 seconds till memory reading display. Press the "START/MEMORY" button in succession to review all 60 of your last blood pressure measurements.

Re Measurement

If you want to measure again, at first you can press the "ON/RESET" button, then press the "START/MEMORY" button to measure again.


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Stopping during measurement

If you want to stop during measurement, just press the " ON/RESET "button, the monitor will exhaust automatically.


Taking Care of Your Monitor

It's important to treat your monitor with care. Here are some basic tips:

- ✓ Keep the monitor out of direct sunlight, high humidity, and extreme temperature changes. 
- ✓ Try not to drop it on the floor.
- ✓ Do not take the monitor or the cuff apart. Do not attempt to fix any of the monitor's parts at home. If your monitor needs repairs see details in warranty section.

- ✓ Keep the monitor free of dust and other materials. Avoid getting any part of the monitor or cuff extremely wet. If the monitor needs cleaning it's best to wipe it with a cloth slightly dampened with water. It is recommended that you clean your monitor about once a month.
- ✓ For your safety, do not wrap the cuff around any other body part other than your wrist.
- ✓ Do not harshly fold or bend the cuff as this may damage it on the inside.
- ✓ Do not inflate the monitor's cuff if it is not wrapped around your wrist.

Troubleshooting

Error/Symbol	What does It Mean?	How To Fix It
	Low Battery	Change the battery
Shows abnormal result or Er	Cuff not tightened properly or its position is incorrect	Read Important Reminders
	Body is not steady	Stay calm and remain steady
	Speaking, frightened nervous or are excited during measurement	Do not speak and take deep breath 2-3times to relax yourself
	Wrong position	Adjust position; refer to "Applying the Cuff".
	Some interference in inflation or wrong operation during measuring	Refer to the inflation step in "Taking a Blood Pressure Measurement".

Manufacturer's one Year Limited Warranty

Manufacturer will, at its option, repair or replace your monitor, including the cuff, (with the same or comparable model), free of charge for a period of one year from the date of original purchase in the event of a defect in materials or workmanship. This warranty only extends to the original retail purchaser. Purchase receipt or other proof of date of original purchase is required before warranty performance. This warranty extends solely to failures due to defects in materials or workmanship occurring during normal use. It does not cover normal wear of the product. This warranty is void if: the product housing has been removed, if the manufacturer's label, logo or serial number have been removed or if the product fails to function properly as a result of accident, misuse, abuse, neglect, mishandling, defective batteries, faulty installation, set-up, adjustments, improper maintenance, alteration,

<p>maladjustment of controls modification, power surges, commercial use of the product, service by anyone other than an authorized service center or acts beyond the manufacturer's control.</p> <p>The warranty and remedy provided herein are exclusive and in lieu of all other express and implied warranties and unless stated herein, any statements or representations made by any other person or entity are void. NEITHER THE MANUFACTURER, DISTRIBUTOR NOR THEIR AFFILIATES SHALL BE LIABLE FOR ANY LOSS, INCONVENIENCE, INJURY, OR DAMAGE INCLUDING DIRECT, SPECIAL, INCIDENTAL, OR CONSEQUENTIAL DAMAGES RESULTING FROM THE USE, IMPROPER USE, FAILURE TO HEED ANY WARNING, DISCLAIMER OR INSTRUCTION OR INABILITY TO USE THIS PRODUCT, WHETHER ARISING OUT OF ANY BREACH OF THIS WARRANTY OR ANY OTHER LEGAL THEORY, ALL EXPRESS AND IMPLIED WARRANTIES, INCLUDING THE WARRANTIES OF MERCHANTABILITY ARE LIMITED TO THE APPLICABLE WARRANTY PERIOD SET FORTH ABOVE.</p> <p style="text-align: right;">25</p>	<p>Manufacturer and Distributor assume no responsibility for injuries. Damages or penalties incurred or suffered resulting from the use of this product in an improper manner or location other than for that for which it is intended or from failure to heed any warning, disclaimer or instruction.</p> <p>Some states do not allow the exclusion or limitation of incidental or consequential damages, or limitations on how long an implied warranty lasts, so the above exclusions or limitations may not apply to you. This warranty gives you specific legal rights and you may also have other rights which vary from state to state.</p> <p style="text-align: right;">26</p>																																
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