

Geratherm wristwatch

Blood Pressure Monitor

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CE 0118

INSTRUCTION

Caution

1. Please consult your physician to verify your blood pressure obtained by yourself at home.
2. Detaching the cuff, if the pressure is more 300mmHg and does not deflate automatically.

Power Sources:

Size AAA Alkaline Batteries(2)

Guarantee:

3 Years from the Date of purchase.

Information you should know before operating the Blood Pressure Monitor

What is blood pressure?

A force is created by the heart as it pushes blood into the arteries and through the blood circulation system. Another force is created by the arteries as they resist the blood flow. Blood Pressure is the result of these two forces.

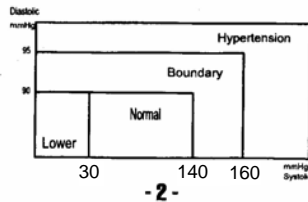
What is Systolic and Diastolic?

Systolic is the number representing the pressure while the heart is beating. Diastolic is the number representing the pressure when the heart is resting between beats.

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How can I tell my blood pressure?

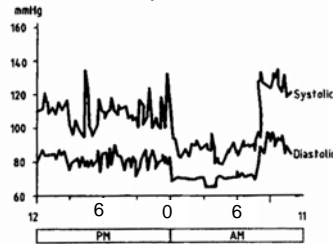
See the following chart-WHO (World Health Organization) blood pressure classification.



What about low blood pressure?

In general, the lower blood pressure reading is the better, unless it causes some uncomfortable symptoms such as fainting and light headedness.

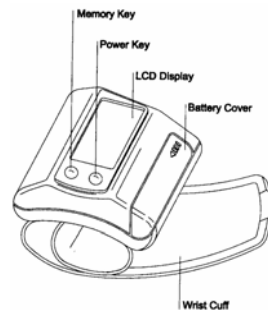
Fluctuation and Variation in blood pressure? The following chart shows the blood pressure fluctuation in a day.



The following causes will influence the result of measuring blood pressure and cause the variations.

*Bathing*Breathing*Conversation*Drinking Alcohol*Exercise*Moving*Mental tension*Meals*Temperature change*Thoughts

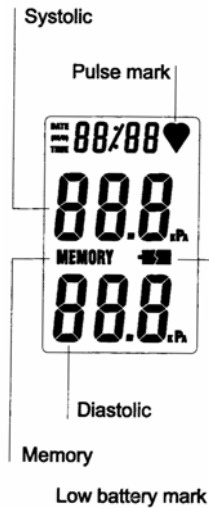
Parts identification



2 *AAA* type battery

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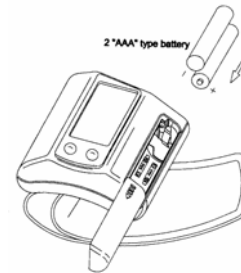
Explanation of Display Marks



Preparation for use

Battery installation / replacement

1. Insert the batteries inside the battery compartment with correct polarities "+" and "-".
2. Replace both batteries, if the low battery mark appears.
3. Remove the batteries if the unit will not be used for a period of time.



Attaching pressure cuff

1. Wrap the cuff around the left wrist. The display should be placed on the palm side of the wrist. The wrist should be bare skin.



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2. Fasten the cuff. Don't pull it strongly and make the cuff too tight. The cuff's edge should be approximately 1 cm from your palm line.

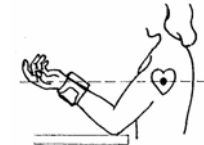


3. Attach the cuff on the right hand as shown in the figure if it is not possible to measure the left.

Correct Measuring

1. Correct posture

Sit with correct posture and place your arm on the storage case, so that the unit is the same height with your heart. Relax yourself and measure in a natural posture.



2. Measuring at the same time daily
According the fluctuation mentioned, it is very important to measure and record the blood pressure at the same time every day in order to get the tendency of your blood pressure.

How to operate the unit

1. Measuring blood pressure

Press and release the POWER key to start measuring automatically



Initial display



Pumping

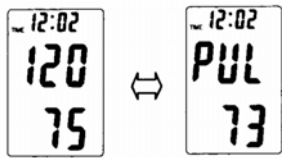


Measuring and Buzzer sounds.



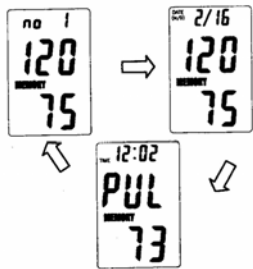
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When the measurement was finished, the display will show the measured pressure and pulse value back and forth. Then, press the power key to turn off the unit. Otherwise the unit will turn off automatically in 24 seconds later.



2. Recall the memories

Press and release the MEMORY key to recall the no. 1 memory. The display will show the memorized pressure and pulse value back and forth.



Press and release the MEMORY key again to recall the no.2 memory. Press and release repeatedly to read the other memorized pressures.

3. Clock setting

To enter the setting mode by pressing and holding the memory key lasting for over 3 seconds.

The display will show a blinking year firstly. Press the power key to adjust the year when it is blinking. Secondly, to press and release the memory key, the "month" will appear and blink to be adjusted, and then "date", "hour" and "minute" will follow up as you press and release the memory key again.

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To adjust the clock

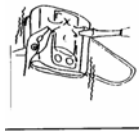
by pressing the memory key to adjust the values of the "month", "date", "hour" and "minute" when they are blinking

Care and Maintenance

Do not drop the unit.



Do not modify or disassemble the body or the wrist cuff.



Do not bend or twist the wrist cuff.



Use a moistened cloth with water or neutral detergent to clean the body and then wipe it dry.



Avoid thinner and benzine.



Keep the unit in an suitable place avoiding high temperature, direct sunlight, high moisture, and much dust.



Remove the batteries, if the unit will be not used for a long time.



Do not press the POWER key when the cuff has not been well wrapped.



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Error Message

Error Marks



Correction

The pressure measured was lower than 20mmHg. Please measure again.



The pressure measured Was higher than 300mmHg. Please measure again.



The pumping pressure is higher than 300 mm HG. Please measure again.



Please replace the 2 batteries.

No display

Check or Replace the 2 batteries and try again.

Specification

Name and model	Wrist Blood Pressure Monitor KP-6120, KP-6130
Display system	Liquid Crystal Display
Measuring method	Fully fuzzy logic
Power Source	2 Alkaline "AAA" type batteries (1,5V)
Measuring range	20-300 mmHg (Cuff Pressure) 40-200 Pulse/minute (Pulse Rate)
Accuracy	±3mmHg (Cuff Pressure) ±5% of Readings (Pulse Rate)
Inflation	Automatic inflation (Air Pump)
Deflation	Deflation valve
Rapid air release	Electric release valve
Memory	7 memories +Average value
Clock	Year, Month, Date, Time
Error Message	"Err LL" means the pressure was lower than 20 mmHg. "ErrUU" means the pressure was higher than 300 mmHg.
Low battery	Replace the batteries if the indicator appears.
Power OFF	Automatically after 150 seconds of non use.

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Battery Life

Approximately 250 measurements.
+ 10°C to + 40°C
less than 85% RH
78(W) X 74(D)
X 30 mm (H)
Approx. 130g
(including 2 batteries)

Operating environment
Dimensions

Weight



Note : Specification are subject to change without notice for improvement.

The blood pressure monitor devices complies With the European regulations (EU council directive 93/42/EEC) and bears the CE mark "CE 0118". The quality conforms to the following standards EN 60601-1-2 (Medical electrical equipment - Part 1: General requirements for safety); EN 1060-1 EN 1060-3 (Non-invasive sphygmomanometers - Part 1: General Requirements. Part 3: Supplementary Requirements to electro-mechanical blood pressure measuring systems). Production according to EN ISO 13485. If used in a professional context, the thermometer should be inspected every two years by an authorised laboratory.

Produced for

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