

MODEL: PA-09、ePA-09B4、ePA-09W

- Thank you for choosing our Blood Pressure Monitor.
- For the purpose of proper using and maintaining the Blood Pressure Monitor, please read this instruction completely before operating.
- Please keep this instruction manual safe for future use.
- \blacksquare Illustrations in this manual are for reference only.

IP22	Degree of protection against harmful ingress of particulate matter and water
***	Manufacturer
③	Refer to instruction manual/booklet
沈	Type BF
X	Do not dispose of this product in municipal waste. Collection of such waste separately for special treatment Is necessary
SN	Serial number
~ /	Production Date
*	The package should be protected from rain
Ī	The package contains fragile products, please handle with care
<u>11</u>	Transport package should be upright
5	The maximum stacking layer of the same package, 5 means the layer limit
C€	This item is compliant with the Medical Device Directive 93/42/EEC of June 14,1993, a directive of the European Economiccommunity
LOT	Batch
EC REP	Authorized Representative in the European Community / European Union: Indicates the authorized representative in the European Community / European Union

Measurement preparation

- 1) Wrap the cuff
- 2) Correct posture
- 3) Measuring blood pressure
- -In order to correct blood pressure management, please measure the blood pressure at the same time every day.
- Propose to measure your blood pressure an hour after getting up ,or before sleeping

Warning:

To assure the correct use of the product, basic safety measures should always be followed including the note and cautions listed in this instruction manual.

▲ Contact your physician for specific information about your blood pressure. Self-diagnosis and treatment using measured results may be dangerous. Follow the instructions of your physician or licensed healthcare provider.

- ▲ Severe serious blood circulation obstacle, blood disease patients, please use under the guidance of doctors
- ▲ This device is intended for use in measuring blood pressure and pulse rate in the adult population. Do not use this device on infants or persons who cannot express their intentions.
- ▲ Please control the pressure within 300mmHg(40kPa).
- -Otherwise the arm may be congestion or numbness
- ▲ This product is only for human body blood pressure measurement.
- ▲ Please use the special-purpose cuff.
- -Otherwise it can't accurately measure blood pressure
- ▲ Don't use the mobile phone near the product .
- ▲ Use only 1.5V alkaline batteries with this device. Do not use other types of batteries. This may damage the unit.
- ▲ If battery fluid should get in your eyes, immediately rinse with plenty of clean water. Contact a physician immediately.
- ▲ If battery fluid should get in your skin or your clothes, immediately rinse with plenty of clean water.
- ▲ Don't install the wrong battery positive and negative.
- ▲ When the Low Battery Indicator appears on the display screen turn the monitor off and remove all the batteries. Replace with four new batteries at the same time

Long time no using(more than 3 months), please take out the batteries.

- ▲ Dispose of the battery, components and optional accessories according to applicable local regulations. Unlawful disposal may cause environmental Pollution.
- ▲ Don't mix the new and old battery ,or different type of battery.

Caution:

- Do not use the device for any purpose other than measuring blood pressure.
- Do not disassemble the monitor or arm cuff. Doing so may cause inaccurate readings.
- Do not use in a humid environment or a location where water may splash onto the device. Doing so may damage the : device.

- Do not operate the device in a moving vehicle e.g. car, airplane, boat.
- Do not excessively crease the arm cuff.
- Do not drop the device or subject it to strong shocks or vibrations.
- Do not service or do any maintenance work while the device is in use.

What's in the box

The product are all packed in the gift box, please open the gift box to confirm whether the product is complete.

- 1)Main body
- 2)Cuff
- 3)Batteries (4xAAA batteries)
- 4)Instruction Manual

Unit Specifications

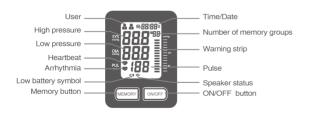
Main Body

• Before use, please insert four AAA batteries into the battery compartment.

Cuff

- •Applicable arm circumference 22cm~44cm
- In order to accurately measure blood pressure, it is recommended to replace it in time. And your purchased cuff does not include cuff tube, please do not put the cuff tube away when remove it, and insert it on the new cuff for next use.
- If air leaks due to quality problems, you can call the customer service center to replace it.
- . Do not bend the cuff and cuff tube.
- Do not apply pressure before the cuff is wrapped around your arm.

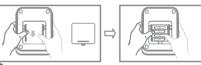
At a Glance



*The highest point of the warning strip represents high pressure, and the lowest point of the warning strip represents low pressure. Please pay attention to hypertension if the high pressure exceeds 135mmHq or the low pressure exceeds 85mmHq.

Battery Installation

- 1)Turn the main body over.
- 2)Gently press the central serrated part and push in the direction of the arrow to remove the battery cover.
- 3) Insert 4 AAA batteries as shown in the figure. The positive (+) and negative (-) poles of the battery should be consistent with the positive and negative poles marked in the battery compartment.
- 4)Close the battery cover.





- icon "flashing": the battery will run out soon
- icon "lights up": the battery is exhausted
- Please replace four new batteries at the same time (same type).
- Please turn off the main body power when replacing the battery.
- The stored memory value will not be deleted when the battery is replaced.
- After replacing or removing the battery, the time and date must be reset.
- Please remove the battery if you do not use the product for three months or longer.
- Dispose of the old batteries as per legal regulations.

ction setting

- After turning on the power, you need to set the date and time
- Please set in the order of user, year, month, date, 12/24H,hour, minute, speaker.
- The blood pressure monitor can automatically store measurement results.
- 1)Set user

Long press the memory button to enter the setting mode, and short press the on/off button to switch users

2)Set the vear value

In the shutdown state, long press the memory button, and then short press the memory button you can set the year value.

Short press the ON/OFF button to increase one digit.

Long press ON/OFF button to fast forward.



Short press the MEMORY button to set the month value.

3)Set month value

Continue to short press the ON/OFF button when the month value flashes, you can set the month value.

Short press the ON/OFF button to increase one digit Long press ON/OFF button to fast forward.



4)Set the current date

Continue to short press the MEMORY button when the date value flashes, you can set the date value.

Short press the ON/OFF button to increase one digit.

Long press ON/OFF button to fast forward.

Short press the ON/OFF button to set the date value.



5)Set 12/24 hour time

Continue to short press the MEMORY button, then you can switch between "12H" and "24H" hour time modes by pressing the ON/OFF button.



6)Set hours

Continue to short press the MEMORY button when the hour value flashes, you can set the hour value.

Short press the ON/OFF button to increase one digit.

Long press ON/OFF button to fast forward.

Short press the MEMORY button to set the hour value.



7)Set minutes

Continue to short press the MEMORY button when the minutes value flashes, you can set the minutes value.

Short press the ON/OFF button to increase one digit.

Long press ON/OFF button to fast forward.

Short press the MEMORY button to set the hour value.

8)Set the speaker [default speaker is on]

Continue to short press the ON/OFF button, you can turn on or off the speaker by pressing the MEMORY button.

Wrap the cuff

- •Both left arm and right arm can be measured.
- •Take measurements with bare arms or just wearing light clothing.
- •Please perform the measurement in a room with a suitable temperature.
- •When wearing thick clothes, do not roll up your sleeves for measurement, but take it off before measuring.
- •In order to measure accurately, please take care to wrap the armband correctly.
- 1) Insert the air plug of the cuff into the air pipe interface of the main body.

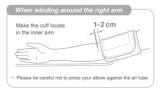


2)Thread the right arm into the cuff

The air tube of the cuff faces the inside of the palm

When the cuff falls off from the metal sleeve, pass the most distal end of the cuff through the D-shaped metal ring to form a ring. The smooth cloth surface should be inside the cuff ring.

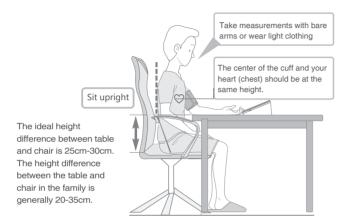
3)Position the cuff while pulling one end of the armband outward







Correct measurement posture



The posture and cuff winding method shown in the figure below may not be able to perform correct measurement



Measurement of blood pressure

- 1)Please keep the correct posture during the measurement, do not move your body, and keep quiet.
- 2)In the power-on state, press the ON/OFF button, and the blood pressure monitor starts to inflate automatically. Inflation is stopped, measurement is started and exhausted. As the cuff vents, the heartbeat icon flashes with each heartbeat.
 3)When the measurement is completed, the cuff is completely exhausted. The blood pressure monitor displays the measurement result, and the measurement value is automatically stored.



- 4)After the measurement, if the measurement result shows [🐲] icon to indicate arrhythmia (such as atrial premature, ventricular premature, and atrial fibrillation, etc.)
- 5)Remove the cuff and press the ON/OFF button to turn off the blood pressure monitor.
- •If the user does not understand the measured blood pressure value, please consult a professional for answers. It is dangerous to make self-judgment and treatment based on the measurement results. Please be sure to accept the guidance of doctors.
- •If you want to terminate the measurement, press any button, the pressurization stops, and the air in the cuff is discharged. The air bag should not be over-inflated for a long time, otherwise it may cause blood congestion or danger in the arm.
- •Please measure at the same time every day (it is recommended to measure within 1 hour after waking up and before going to bed)

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Use memory and clear memory function

The blood pressure monitor can automatically store measurement results, and can store 2*99 groups of measurement data. If more than 99 sets of measurement data have been stored, the oldest set of measurement results will be deleted and the new measurement results will be recorded.

1)View memory

In the power-on state, short press the MEMORY button to query the stored measurement data. long press to view continuously. The default is to query the memory value of "User 1". the ON/OFF button at this time is used for exit. 2)Clear memory storage data

In shutdown state, long press Memory button, do not let go when "User 1" or "User 2" is displayed, when CL is displayed, the memory of the current user will be cleared.

Maintenance and storage

Be sure to observe the items in the manual and other correct usage methods. If you do not comply, our company will not be responsible for quality.

Maintenance

- •Please clean the blood pressure monitor frequently
- •If the main body is dirty, please wipe it with a dry soft cloth
- •If the main body is extremely dirty, dampen a soft cloth with water or neutral detergent, wring it out thoroughly, and then wipe the main body.
- •Do not wipe with oil, thinner, gasoline, etc.
- . Do not wash or wet the cuff.
- •Do not get water to enter the main body.







Storage method

Do not place the blood pressure monitor in the following places:

- •Places exposed to direct sunlight, high temperature, humidity, dust, and corrosive cases.
- •Places that are inclined, vibration, or impact.
- •Places where chemicals or corrosive gases are stored.

When not in use for a long time (more than 3 months), please remove the battery and store it in the hox

Q&A

- Why is the blood pressure measured at home lower than the blood pressure measured at the hospital?
- A We often feel nervous when taking measurements in the hospital. Because we are in a stable mood when measuring at our home, sometimes it is 20-30mmHg (2.7-4.0kPa) lower than the blood pressure measured in the hospital. It is important to know your normal blood pressure when you are calm at home.
- A) When the cuff is higher than the heart during measurement. If the table or platform on which the blood pressure monitor is placed too high, causing the cuff to be higher than the heart, the measured blood pressure value is low.
- A Have you taken antihypertensive drugs? People who take antihypertensive drugs will cause high blood pressure when they lose their effectiveness. Please accept the doctor's guidance.
- A Is the cuff wrapping position correct? If the cuff position is misplaced, the arterial signal cannot be captured, and the blood pressure measured is too high. Please follow the "wind upper arm" page.
- As the cuff wrapping too loose? If the cuff is wrapped too loosely, the compression force cannot be transmitted to the artery, so the measured blood pressure value is higher than the actual value. There should be no gap between the arm and the cuff, please wrap the cuff tightly.
- A Is the posture correct during measurement? Measuring postures such as bending over, sitting cross-legged, bending down on a sofa or low table, etc. will cause abdominal pressure or the position of the arm lower than the heart and raise blood pressure.

Why is the blood pressure value measured every time different?

A Blood pressure fluctuates due to various reasons. Even when measuring at home, the measurement results will change under the following conditions.

- •Within 1 hour after meal, after drinking, drinking coffee, black tea.
- After smoking and bathing.
- After exercise.
- •Speaking during the measurement when the mood is irritated due to nervousness and anxiety.
- •When the room temperature changes suddenly when the measurement site or environment is different from the past.
- •After drinking, drinking coffee, black tea.
- After bath
- After urination.
- •When feeling irritable due to nervousness or anxiety.
- •When the measurement site or environment is different from the past.
- A Will it cause blood stasis during continuous measurement? Blood stasis is caused by pressure on the arm to force the blood to flow through the tip of the finger during measurement. In the event of blood stasis, loosen the cuff, raise your hand over the top of your head, and repeat the clenching and stretching exercises of about 15 times to clear the stasis.
- A Throughout the day, even if blood pressure is measured every 10 seconds, there are changes. In order to manage blood pressure correctly, please measure at the same time every day.
- OWhy do I feel pain and numbness when the cuff is wrapped around my arm?
- A This is a temporary phenomenon, so don't worry. When measuring blood pressure, the cuff needs to be tightened until the blood flow in the arteries is t emporarily stopped, so you may feel some pain and numbness in the arm. After removing the cuff, take a short rest to relieve it.
- OWhen is the best time to measure blood pressure?
- A The best time to measure blood pressure is within 1 hour after getting up in the morning, or before going to bed at night. If you measure in the morning, please take it within 1 hour after waking up, after urination, and before breakfast (if you are taking antihypertensive drugs, then before taking the medicine). If the measurement at night is recommended before going to bed. If it is other time, it is better to measure when the body and mood are in a stable state. In addition, it is recommended to measure at the same time every day.

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When the screen display error

When measurement cannot be performed normally, the following error display will appear.

Display symbol	Reason/Meaning	Correct way		
Err1	The signal is too weak or the	Please confirm whether the cuff is tied in the correct way, tightened, and tied in the correct position		
	pressure changes suddenly	Eliminate the incorrect measurement method and re-measure with the correct method		
Err2	Too much external interference information	When measuring, keep away from equipment with strong interference sources, such as mobile phones, motors and other strong interference sources, and then measure again		
		Whether to move your arm freely or speak during the measurement		

		Please confirm whether the trachea is folded, etc., and re-measure after solving			
Err3	Inflation error	Please confirm whether the tube, tube joints and the main body are tightly connected, and whether the tube and cuff are broken.			
		Then re-measure			
Err5 Abnormal blood pressure		Please rest for 30 minutes before re-measure. If it is abnormal three times in a row, please go to the hospital or consult your personal doctor			
ч—	Low battery	Please replace 4 new AAA batteries at the same time			

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Abnormal situation	Reason	Handling method	
	The cuff is not wrapped properly		
The measure value ofblood pressure abnormal low(high)	Talk or move arm during measurement	Measure quietly.Please refer to blood pressure measurement Q&A	
	The rolled up clothes pressed the arm	Take off the clothes that press the arm and measure	
	The air plug is not correctly inserted into the air pipe interface of the main body	Connect the air interface and cuff correctly	
No pressure	Leak in cuff	Purchase a new cuff. *The new cuff does not have an air plug. Please do not throw away the air plug, install it on a new cuff and use it	
The cuff exhausts in a short time	The cuff is too loose	Please wrap your cuff tightly. *If it is not wound tightly, excess pressure will be added to the cuff and its service life will be shortened.	
The blood pressure monitor is working normally, and it is measured according to the correct measurement method, but it is lower (higher) than the blood pressure measured in the hospital, and the value measured each time is different	Taking antihypertensive drugs.Cuff position misalignment	Please refer to the blood pressure measurement Q&A.	

Sudden power failure during pressurization to reset the clock	If not used for a long time, the dry battery energy is exhausted due to temperature changes	Replace with new batteries.	
After pressing the button,	Battery energy is completely consumed	Replace with new batteries.	
nothing is displayed	The +-pole of the battery is reversed	Insert the battery correctly.	
Other phenomena	Display screen jitter Can't measure	Please press the [ON/OFF] button and perform the operation again. Please try replacing the battery. Otherwise, it is still unable to measure, please contact after-sales service hotline	

Tips

About Blood Pressure

Blood pressure is typically recorded as two numbers, written as a ratio like this:

What does the systolic blood pressure number mean?

The systolic reading, or the top number, is the pressure on the blood vessels when your heart beats and pushes blood through your arteries to the rest of your body. A normal systolic pressure is lower than 120.

A reading of 140 or higher is considered to be high blood pressure (also called hypertension).

What does the diastolic blood pressure number mean?

The diastolic reading, or the bottom number, is the pressure in the arteries when the heart rests between beats. This is the

time when the heart flls with blood and gets oxygen.

A normal diastolic blood pressure is lower than 80.

A reading of 90 or higher is considered to be high blood pressure.

How your numbers translate?

This blood pressure chart reflects categories defined by WHO. It is only a reference for different classifications of blood pressure and not intended to replace a medical diagnosis.

Blood Pressure Category	Systolic mm Hg (upper #)		Diastolic mm Hg (lower #)
Ideal	Less than 120	and	Less than 80
Normal	Less than 130	and	Less than 85
Prehypertension	130-139	and	85-89
High Blood Pressure (Hypertension) Stage 1	140-159	or	90-99
High Blood Pressure (Hypertension) Stage 2	160 or higher	or	100 or higher
Hypertension Crisis (Emergency care needed)	Higher than 180	or	Higher than 110

What's a normal resting heart rate?

A normal resting heart rate for adults ranges from 60 to 100 beats a minute.

Specification

Product name	Blood Pressure Meter
Model No.	PA-09/ePA-09B4/ePA-09W
Display method	Digital display
Measurement methods	Oscillometric method
Measuring range	Pressure: 0-280mmHg Pulse number: 40~199 BPM
Accuracy	Pressure: within ±3mmHg Pulse number: accuracy is ±5%
Power supply	DC:6V, 4 AAA batteries DC:5V/1A,USB
Operating temperature	+5°C∼+40°C, 15%RH∼80%RH, 80Kpa~105Kpa
Storage temperature	-10°C∼+55°C, ≤93%RH, 80Kpa~105Kpa
Dimensions	134.5*102.5*67.3mm
Accessory	Cuff (applicable arm circumference range 22cm~44cm),Instruction manual,Battery (4*AAA batteries)
communication	ePA-09B4:Bluetooth 5.0 ePA-09W:WIFI

FCC Statement

FCC WARNING: This equipment may generate or use radio frequency energy. Changes or modifications to this equipment may cause harmful interference unless the modifications are expressly approved in the instruction manual. The user could lose the authority to operate this equipment if an unauthorized change or modification is made.

This device complies with part 15 of the FCC Rules. Operation is subject to the following two conditions: (1) This device may not cause harmful interference, and (2) this device must accept any interference received, including interference that may cause undesired operation.

The device has been evaluated to meet general RF exposure requirement.

The device can be used in portable exposure condition without restriction.

NOTE: This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to part 15 of the FCC Rules.

These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates, uses and can radiate radio frequency energy

and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:

- · Reorient or relocate the receiving antenna.
- Increase the separation between the equipment and receiver.
- Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.
- Consult the dealer or an experienced radio/TV technician for help.
- The rating information is located at the bottom of the unit.

Instructions for use

The ME EQUIPMENT or ME SYSTEM is suitable for home healthcare environments and so on.

Warning: Don't near active HF surgical equipment and the RF shielded room of an ME system for magnetic resonance imaging, where the intensity of EM disturbances is high.

Warning: Use of this equipment adjacent to or stacked with other equipment should be avoided because it could result in improper operation. If such use is necessary, this equipment and the other equipment should be observed to verify that they are operating normally.

Warning: Use of accessories, transducers and cables other than those specified or provided by the manufacturer of this equipment could result in increased electromagnetic emissions or decreased electromagnetic immunity of this equipment and result in improper operation."

Warning: Portable RF communications equipment (including peripherals such as antenna cables and external antennas) should be used no closer than 30 cm (12 inches) to any part of the equipment (detail model name), including cables specified by the manufacturer. Otherwise, degradation of the performance of this equipment could result.

If any: a list of all cables and maximum lengths of cables (if applicable), transducers and other ACCESSORIES that are replaceable by the RESPONSIBLE ORGANIZATION and that are likely to affect compliance of the ME EQUIPMENT or ME SYSTEM with the requirements of Clause 7 (EMISSIONS) and Clause 8 (IMMUNITY). ACCESSORIES may be specified either generically (e.g. shielded cable, load impedance) or specifically (e.g. by MANUFACTURER and EQUIPMENT OR TYPE REFERENCE).

If any: the performance of the ME EQUIPMENT or ME SYSTEM that was determined to be ESSENTIAL PERFORMANCE and a description of what the OPERATOR can expect if the ESSENTIAL PERFORMANCE is lost or degraded due to EM DISTURBANCES (the defined term "ESSENTIAL PERFORMANCE" need not be used).

Technical description

1.all necessary instructions for maintaining BASIC SAFETY and ESSENTIAL PERFORMANCE with regard to electromagnetic disturbances for the excepted service life.

2. Guidance and manufacturer's declaration -electromagnetic emissions and Immunity

Table 1

Guidance and manufacturer's declaration - electromagnetic emissions				
Emissions test	Compliance			
RF emissions CISPR 11	Group 1			
RF emissions CISPR 11	Class B			
Harmonic emissions IEC 61000-3-2	Class A			
Voltage fluctuations/ flicker emissions IEC 61000-3-3	Compliance			

Table 2

Guidance and manufacturer's declaration - electromagnetic Immunity						
Immunity Test	IEC 60601-1-2 Test level	Compliance level				
Electrostatic discharge (ESD) IEC 61000-4-2	±8 kV contact ±2 kV, ±4 kV, ±8 kV, ±15 kV air	±8 kV contact ±2 kV, ±4 kV, ±8 kV, ±15 kV air				
Electrical fast transient/burst IEC 61000-4-4	Power supply lines: ±2 kV 100 kHz repetition frequency	Power supply lines: ±2 kV 100 kHz repetition frequency				
Surge IEC 61000-4-5	line(s) to line(s): ±1 kV.	line(s) to line(s): ±1 kV.				
Voltage dips, short interruptions and voltage variations on power supply input lines IEC 61000-4-11	0% 0.5 cycle At 0°, 45 °, 90 °, 135 °, 180 °, 225 °, 270 ° and 315 ° 0% 1 cycle And 70% 25/30 cycles Single phase: at 0 0% 300 cycle	0% 0.5 cycle At 0º, 45 º, 90 º, 135 º, 180 º, 225 º, 270 º and 315 º 0% 1 cycle And 70% 25/30 cycles Single phase: at 0 0% 300 cycle				
Power frequency magnetic field IEC 61000-4-8	30 A/m 50Hz/60Hz	30 A/m 50Hz/60Hz				
Power frequency magnetic field IEC 61000-4-8	150KHz to 80MHz: 3Vrms 6Vrms (in ISM and amateur radio bands) 80% Am at 1kHz	150KHz to 80MHz: 3Vrms 6Vrms (in ISM and amateur radio bands) 80% Am at 1kHz				
Radiated RF IEC61000-4-3	10 V/m 80 MHz – 2,7 GHz 80 % AM at 1 kHz	10 V/m 80 MHz – 2,7 GHz 80 % AM at 1 kHz				
NOTE UT is the a.c. mians voltage prior to application of the test level.						

Table 3

Guidance and manufacturer's declaration - electromagnetic Immunity								
Radiated RF IEC61000-4-3 (Test specifications for ENCLOSURE	Test Frequency (MHz)	Band (MHz)	Service	Modulation	Modulation (W)	Distance (m)	IMMUNITY TEST LEVEL (V/m)	
PORT IMMUNITY to	385	380 - 390	TETRA 400	Pulse modulation 18 Hz	1.8	0.3	27	
communications equipment)	450	430 - 470	GMRS 460, FRS 460	FM ± 5 kHz deviation 1 kHz sine	2	0.3	28	
	710 745	704 –	LTE Band 13.	Pulse modulation	0,2	0.3	9	
	780	787	17	217 Hz	0.2	0.5		
	810		GSM 800/900, TETRA 800, iDEN 820,	Pulse modulation 18 Hz				
	870	960 800, iDEN 820, CDMA 850			2	0.3	28	
	930		CDMA 850, LTE Band 5					
	1720		DECT;	Pulse modulation 217 Hz				
	1845	1700 - 1990		GSM 1900; DECT;	GSM 1900;	21 / HZ	2	0.3
	1970		1, 3, 4, 25; UMTS					
	2450	2 400 _ 2 570	Bluetooth, WLAN, 802.11 b/g/n, RFID 2450, LTE Band 7	Pulse modulation 217 Hz	2	0.3	28	
	5240 5500 5785	5 100 - 5 800	WLAN 802.11 a/n	Pulse modulation 217 Hz	0.2	0.3	9	





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