

HOMIETEC®

Upper Arm Digital Blood Pressure Monitor

Model: HTH-005(B06T)
Version Number: 1.0

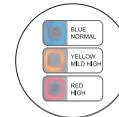
USER MANUAL



Voice
broadcast



Wireless
APP Operation



Measurement
result indication



Measurement
Data management



Hot.. Line
400-870-3688



Working Time
Mon.-Sun 9:00 - 17:30
Excluding statutory holidays

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**** NOTE: Please contact your local distributor or seller in priority. ****

FOREWORD

- Thanks for purchasing our household upper arm digital blood pressure monitor, model HTH-005 (B06T).
- Hypertension is one of the diseases that seriously endanger human health. If blood pressure is measured regularly and according to the doctor's advice, the blood pressure can be controlled within a certain range.
- This device is exquisite in appearance, simple in operation and convenient to use. It is an ideal measuring instrument for people who need to measure blood pressure frequently. Frequent measurement of blood pressure can accurately provide doctors with real blood pressure changes.
- Please read this manual carefully before using this device.

DECLARATION

- 1.This device is a household device;
- Scope of application: used to measure adult blood pressure and pulse rate.
- 2.This device has been clinically verified, its safety and effectiveness are in compliance with the relevant regulations. For the declared performance verification method, please contact the customer service center.
- 3.The blood pressure value measured by this device is approximately equivalent to the one by the auscultation method. The error / deviation is in accordance with the requirements specified in CE / FDA system. For more detailed information, please contact the customer service center.
- 4.If have any question about the measurement results, please consult a professional doctor.



- Please read the user manual carefully before using this device.
- Please keep the manual in a safe place, so that can use it again any time.

DEVICE LIST

Please check the device list according to the below list before use, if found any inconsistency, please contact customer service center.

No.	Description	Quantity	Note
1	device (with cuff)	1	
2	User Manual (including warranty card)	1	
3	USB cable	1	
4	Package box	1	

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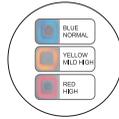
DEVICE BRIEF



Voice broadcast



Wireless APP Operation



Measurement result indication



Measurement Data management

APPLICATION

Only suitable for adult to measure blood pressure (Systolic, Diastolic) and pulse rates, the measurement values are only for diagnostic reference.

COMPOSITION

It consists of device (with cuff), manual (warranty card), USB cable, package box.

- USB cable, only for charging purposes, no data transmission function.
- Smart Devices (e.g. smart phones) is self-supplied by the user.



Device (with cuff)



USB cable



Manual (Warranty Card)



Package Box

KEY COMPONENTS

Air pump, solenoid valve, sensor, wireless communication module, air leakage valve, circuit board, crystal oscillator, display module, CPU control module, embedded software, rechargeable battery.

SAFETY PRECAUTIONS

Please read this user manual carefully before using the device.

- The warning symbols and illustrations shown in this user manual are intended to enable to use the device safely and correctly, and to prevent any injury to people and others.
- The warning symbols and illustrations and its meanings are as follows.

WARNING/CAUTION

- ⚠ WARNING The possibility of death or serious injury in the event of incorrect use.
- ⚠ CAUTION The possibility of personal injury and objects damage during incorrect use.

* The objects damage refer to the house, belongings, and livestock and pets.

ILLUSTRATION

- ⓘ This symbol is mandatory.
The specific mandatory content is represented in or near.
! by text or image.
- ⊘ This symbol means prohibition.
The specific mandatory content is represented in or near.
⊘ by text or image.

SYMBOL DESCRIPTION

- 🚶 Type BF application.
- Class II equipment.

- ♻️ This equipment indicates that it contains certain harmful substances. It can be used safely within the 10-year environmental protection period. After the environmental protection period, it should enter the recycling system. Batteries not included.

-  Be sure to follow the user manual for operation to ensure safety.
 -  Caution! Check the files attached.
 -  Non-ionizing electromagnetic radiation.
 -  Read the user manual.
 -  Note on important information.
 -  Paper recycling.
 -  Only for use in non-tropical climates.
 -  AC power.
 -  DC power
 -  No rain, No moisture
 -  No heat, no Sun light
 -  fragile, Handle with care
 -  flammable, far from fire
-
-  Allowable working temperature and humidity.
 -  Allowable transportation and storage temperature and humidity.
- IP21** Level of dust-proof and waterproof (against solid debris/material with # 12.5MM & vertically falling water drops)
-  American Medical Device Certificate
 -  European Medical Device Certificate
 -  European environmental certificate
 -  American wireless and Wire Communication Equipment Certificate
 -  China Medical Device Certificate
 -  European representative
 -  Recycling of scrapped electrical and electronic equipment
 -  Serial number
 -  Medical Device Quality Management System
-  The Positive and negative pole of power adapter output connector.

WARNING

GENERAL WARNINGS

-  If symptoms such as skin irritation occur, stop using and consult a doctor, otherwise the symptoms may worsen.
-  Do not use it with other medical electrical equipment at the same time, it may cause a danger of False working.
-  Do not wrap the cuff around an arm that has a wound or inflammation, as it may cause the symptoms to worsen.
-  Do not wrap the cuff on the arm that is dripped of intravenous or transfused of blood, as it may cause the symptoms to deteriorate.

USB ADAPTER(USER SELF-SUPPLIED)

-  Be sure to use the USB to Micro 100V-240V approved power adapter. The sockets is sure to use alone, otherwise it may cause fire or electric shock.
-  Do not use the damaged power cord and power plug, otherwise there may be a danger of electric shock, short circuit, fire, etc.
-  Do not plug or unplug the power plug with wet hands, otherwise there is a danger of electric shock and injury.

WIRELESS COMMUNICATION

-  Do not use the device in an aircraft or in a hospital where wireless devices are prohibited, and be sure to leave the device in a completely power-off state. This equipment emits radio frequencies (RF) in the 2.4 GHz band. It is not recommended to use this equipment in places where RF is restricted. Keep a distance of 22cm or more from the mounting area of the implantable medical device (cardiac pacemaker,etc.).

CAUTION

GENERAL CAUTIONS

- ❗ Please follow the doctor's instructions. Self-diagnosis and treatment based on measurement results are very dangerous.
- Self-judgment has the potential to worsen the condition.
- Diabetes, hyperglycaemia, high blood pressure and other conditions can accelerate arteriosclerosis and may also cause peripheral circulatory disorders. The blood pressure values of the wrists and upper arms of these users may vary greatly.
- Measurements in the case of common arrhythmia (such as Premature atrial contraction, Cardiac Ventricular Premature, and cardiac fibrillation) can cause deviations.
- Measurements in the case of arteriosclerosis and Poor hemoperfusion can cause deviations.
- Older people, pregnant women, eclampsia, and kidney disease users may cause discomfort or worsen the condition.
- When there are arterial shunt tube or venous shunt tube on the arm, please follow the doctor's instructions before use, otherwise it may cause physical discomfort.
- Those who have undergone a mastectomy may cause physical discomfort or cause deviations in the measurement results.
- ※ The user's moving, trembling, and shivering may affect the measurement results.
- ❗ Please confirm (for example, through observation of the relevant limb) whether the device has not caused permanent injury to the user's blood circulation. For users with blood circulation disorders and blood diseases, please use them under the doctor's advice.
- Acute internal bleeding may result from crushing of the arm during measurement.
- ❗ If an abnormality occurs, remove the cuff.
- Acute internal bleeding may result from crushing of the arm during measurement.
- ⊘ This unit cannot be used for newborns and infants or for those who cannot express their wishes correctly.
- Will be the cause of an accident or dispute.

- ⊘ Do not put it in a place where infants and young children can reach.
- Infants and young children may be entangled by the power cord or the cuff air tube.
- The people may be choked if eating the parts in mistake.
- ⊘ Do not over pressurize the cuff.
- Remove the cuff if there is any abnormality such as the non-exhaust of the cuff during measurement.
- It can cause blood stasis or numbness of the arm.
- ⊘ Do not measure blood pressure frequently if it is not necessary.
- It may cause poor blood circulation or bruising.
- ⊘ Do not use for any purpose other than measuring blood pressure in the human body.
- Will be the cause of an accident or dispute.
- ⊘ Do not use a cuff that is not designed for this device.
- it can not be measured correctly.
- ⊘ Do not use in wet or splashy areas.
- There is a danger of false working of this device.
- ⊘ Do not use the device in the following environments: around high-frequency surgical equipment, around MRI, around CT scanners, and where oxygen is high. Also, do not use mobile phones or other devices that emit electromagnetic fields nearby.
- There is a danger of false working of this device.
- ⊘ Do not use the device in a moving environment such as in a car or on an airplane.
- May not measure exactly or have the risk of false working.
- ⊘ Do not disassemble and modify the device, cuff, or power adapter.
- it can not be measured correctly.

DATA TRANSMISSION

- ❗ Before using this device, please read the instructions of Smart Devices such as smart phones.
 - The malfunction may occur.
- ⊘ Do not replace the battery during data transfer.
 - Will be the cause of malfunction and transmission data corruption.

BATTERY

- ❗ Please use the specified battery. Do not mix to use old / new batteries, or different types of batteries.
 - It may cause the battery to heat up, leak, rupture, etc., and damage the device.
- ❗ Please put the battery out of reach of infants and young children.
 - May cause poison, or suffocation by eating in mistake.
- ❗ Please use the specified DC 3.7V/600mAh rechargeable battery, do not use other batteries.
 - It may cause a fire.
- ❗ In case the electrolyte liquid from the battery accidentally enters the eyes, rinse immediately with plenty of clean water.
 - There is a danger of causing blindness and other injuries, should go to the nearest hospital immediately.
- ❗ In case the electrolyte liquid from the battery is accidentally stuck to the skin or clothing, rinse immediately with plenty of clean water.
 - May injury the skin.
- ⊘ Do not install the positive ⊕ and negative ⊖ terminals of the battery in wrong way.
 - It may cause the battery to heat up, leak, rupture, etc., and damage the device.
- ⊘ Do not exceed the recommended battery life time when using the battery.
 - The battery may leak, rupture, etc., and damage the device.

USE OF USB CABLE ADAPTER (USER SELF-SUPPLIED)

- ❗ Plug the power plug securely into the outlet.
 - There may be a danger of electric shock, short circuit, fire, etc.

- ❗ When want to pull out the adaptor (plug), do not pull or draw the power cord. Instead, catch the current-isolating plastic base to pull out ; if necessary, hold the socket securely with the other hand.
 - The break or short circuit of the power cord may cause fire and electric shock.
- ❗ Please pay attention to the following when using the power cord.
 - Avoid damage • Do not process • Do not bend or stretch
 - Do not twist • Do not bundle when using • Do not squeeze
 - Do not place with heavy objects
 - There is a possibility of fire or electric shock.
- ❗ Wipe off the dust from the power outlet.
 - When the moisture is mixed in the dust, there is a danger of fire, electric shock, and short circuit.
- ❗ Be sure to use a properly certified, qualified power adapter that is suitable for the USB cable of this device.
 - Will result in incorrect charging.



- When fully charged, unplug the power adaptor(plug) or unplug the USB cable.
 - Reduced insulation can cause the danger of electric shock, electric leakage and fire.

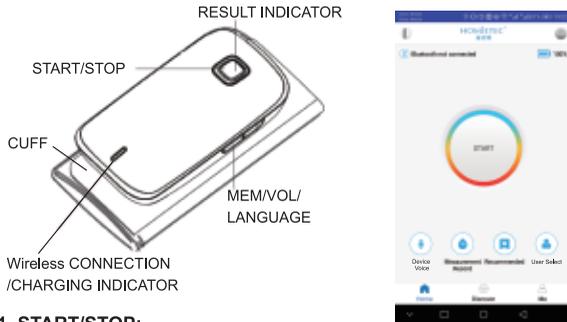


- Please unplug the power plug before maintaining the device.
 - There is a risk of electric shock and injury.

ATTENTION

- Do not hard bend the cuff and cuff air tube.
- Do not hit or drop the device strongly.
- ※ The blood pressure value measured by this device is approximately equivalent to the one measured by the auscultation method, and the deviation is in accordance with the standards stipulated in CE / FDA system. For more related information, please contact the customer service center or visit the official website www.homietec.biz.
- ※ The device is less to interfere the surrounding electronic devices (e.g. TV, computer, cell phone, etc.).
- ※ If store or use this device in out-of-specified-range of temperature and humidity, the system may not be able to meet the stated performance / specifications.

FUNCTION BRIEF



1. START/STOP:

In the Power-off state, Long-Press the “START/STOP” button for 3 seconds to enter the standby state, the Wireless communication waits for connecting, the blue LED indicator flashes. Turn on the Smart Device (such as smart phone) Wireless communication button, search the “SmartBPM005” in the “Available Device” and Pair it; After the Pairing is successful (that is, after the Wireless connection is successful), the blue LED will stop flashing and stay on.

At this time (in standby state and have already wrapped well the device on upper arm), Short-Press the “START/STOP” to start the blood pressure measurement (or use the APP to start the measurement, see the next), the voice broadcast starts in default (at this time, Short-Press the “MEM/VOL+” or “MEM/VOL-” button, then skip the voice broadcast and start the measurement directly).

After the voice broadcast is finished, the device starts air-inflating and measuring (the background music starts at the same time). During the measuring process, Short-Press the “START/STOP” to stop air-inflating / measuring and start deflating, then the device keeps in standby. During the measuring, the Wireless communication blue LED indicator is always on if Wireless/APP connected (instead, the blue LED indicator flashes without Wireless/APP successful connection).

Long-Press the “START/STOP” again to shut down the device.

2. VOLUME SETTING (BY DEVICE BUTTONS):

In standby, Short-Press “MEM/VOL+” or “MEM/VOL-” button for volume setting. Volume setting is also possible by the APP. The volume is a total of 3 levels with broadcast sound of “minimum volume”(level 1) - “volume down / “volume up”(level 2, middle volume) - “maximum volume”(level 3), the default is level 2 (middle volume).

- When Short-Press “MEM/VOL+”, the voice says “volume up - maximum volume”;
- When Short-Press “MEM/VOL-”, the voice says “volume down - minimum volume”;
- If the APP is disconnected, the volume is the default level 2 (middle volume);
- If the APP sync-connection is successful when power-on, the default is the volume (voice) as last setting by the APP.
- After restarting, resetting or replacing the battery, the device volume is restored to the default level 2 (middle volume).

3. MEMORY MODE (FOR DEVICE):

In standby, Long-Press the “MEM/VOL+” button to enter the device memory mode. If the total memory value is ≥ 3 , then broadcast the average value of the latest three values in default; if < 3 , then broadcast the latest value only, Short-Press the “MEM/VOL+” or “MEM/VOL-” button again to broadcast the other records in time order, return back to the latest memory value after reach the end of all records, broadcast in cycling.

The device has max 1x120 groups of memories (measurement values).

In the state of memory mode, Long-Press the “MEM/VOL+” and “MEM/VOL-” buttons at the same time for 3 seconds to delete all memories; Short-Press the “MEM/VOL+” to broadcast the latest value, and then to the historical records; Short-Press the “MEM/VOL-” to broadcast the most historical value, and then back to the latest record.

- Note: In Mute mode, the memory value cannot be broadcasted out by voice.

4. STATIC PRESSURE:

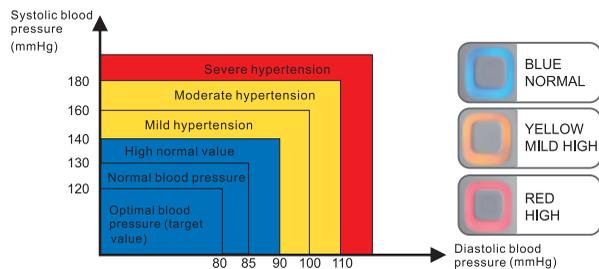
In standby, Long-Press the “START/STOP”, “MEM/VOL+” and “MEM/VOL-” for 3 seconds at the same time to enter the static pressure. (Only for third-party testing or calibration, the users shall not use this function.)

5. MEASUREMENT RESULT INDICATOR:

After the measurement is finished, the button indicator shows "BLUE" as "NORMAL" ($\leq 90/140\text{mmHg}$); the button indicator shows "YELLOW" as "MILD HIGH" ($\leq 110/180\text{mmHg}$); the button indicator shows "RED" as "HIGH" ($>110/180\text{mmHg}$);

Note well that the device voice only broadcasts with "NORMAL", "HIGH", "LOW" as measurement result.

The button indicator chart as below:



Source: WHO, 1999 (World Health Organization)

- ⚠ **WARNING:** When the measurement results shows "RED" color ("severe hypertension", $>110/180\text{mmHg}$) without any wrong measurement or malfunction, please see the doctor immediately!

6. DEVICE BROADCAST LANGUAGE SELECT:

In the standby, Long-Press the "MEM/VOL-", after sound "DI", it means the device succeeded to switch into another broadcast language; Also can select the broadcast language through APP. In the standby, connect and open the APP, go to the "START" main interface, click "Device Voice" button for the language settings.

During the blood pressure measuring, language switching is not possible; after resetting or replacing the battery, the default settings are restored.

7. MUTE MODE:

In the standby, open the APP, select the device, and click "Device Voice" in the "START" main interface to set. If the mute mode is enabled, the device does not have any voice broadcast for the operations or measurements. During the blood pressure measuring, the mute setting cannot be performed; after the device resetting or the battery replacing, the default setting (with voice broadcast) is restored; when the Wireless/APP is not connected successfully, the device has voice broadcast in default; when the APP is successfully connected while power-on, the voice broadcast defaults to the last setting by the APP.

8. MEASUREMENT FAILURE NOTICE:

The device broadcasts the "error code"; if the measurement is operated by the APP, the "error code" will be broadcasted by device voice, also will be displayed on the APP too; the "error code" and the related solutions, see the page of "Troubleshooting."

9. AUTO OFF:

The device will automatically shut down if there is no operation within one minute. But if the wireless/APP connected, the device always keeps standby.

10. LOW POWER REMIND:

when the power is $3.5\text{V} \pm 0.1\text{V}$, the device broadcasts "Battery low power"; when lower than $3.3\text{V} \pm 0.1\text{V}$, the device will automatically shut down.

11. BATTERY RECHARGING:

It can be recharged when it is turned on or off. Blood pressure cannot be measured while recharging. The red LED light keeps flashing while recharging and the green LED light is always on when fully recharged.

- If recharging when power-on, it will go directly to the standby state while cannot measure the blood pressure. If pull out the USB cable while recharging, Short-Press the "Start/Stop" button to start the blood measuring. During the recharging, the device will shut down automatically if there is no any operation after one minute, while the recharging continues till fully recharged. During the recharging, can operate the memory value broadcast, volume adjustment, and language switching; Short-Press "Start/Stop" button to exit from memory mode to volume adjustment, language switching.

RECOMMENDED:

It is not recommended to use or operate the device when recharging.

⚠ CAUTION: If find or feel any abnormality of the device, the battery, or any related accessories etc., or the operation environment is not suitable, it is forbidden to recharge the device.

HOW TO USE

1. **Open the package:** open the box and take out the device.
2. **Check before use:** check whether the appearance is intact, whether the cuff is intact, whether if there is any abnormal sound by shaking the device, whether the device can normally switch on and off.
 - Note: If the device has not power, please charge it first.
3. **how to use the cuff**
 - (1) Open the cuff, the cuff is suitable for limb circumference: 23cm~36cm.



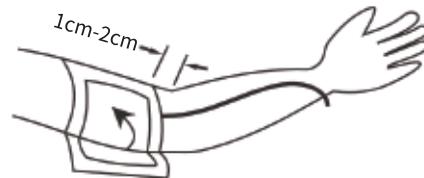
- (2) Wrap the cuff at the left upper arm and tighten the cuff, the RED sewing label marking down towards the arm aorta (inside the arm).
 - NOTE: If can't wrap it on the left upper arm in special case, can consider wrapping it on the right upper arm.



- **ATTENTION:** The cuff cannot be wrapped too loosely.

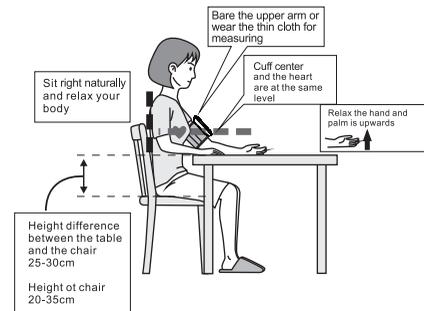
- (3) The left palm is facing up, and the cuff is wrapped at 1cm~2cm from the elbow joint.

- NOTE: If wrap on the right arm, the right palm is facing up, and the cuff is wrapped at 1cm~2cm from the elbow joint.



4. measuring posture

Please sit upright naturally on the chair, put the feet naturally flat on the floor, put the arm naturally on the table with palm up, keep the cuff center and the heart remain at the same level; When the cuff center is lower than the heart, place a cushion or towel under the elbow joint to adjust the height.



- **ATTENTION:** Keep quiet and relax for 15 minutes or more before measuring; do not move or talk or lean forward while measuring; take the next measurement after 5 minutes.

RECOMMENDED:

- 1) Measure the blood pressure within 1 hour after getting up in the morning, or before going to bed at night.
 - 2) Go to the bathroom before measuring.
 - 3) Measure the blood pressure one hour later after eating, drinking alcohol, smoking, drinking tea, drinking coffee, taking medicine etc.
 - 4) Do not measure when the body is over-tired or emotionally unstable.
 - 5) Each measurement at the same posture and at the same time of a day.
 - 6) Use the same arm for each measurement, such as the left arm.
 - 7) Use the average value for two or more measurement value as a reference.
- Warning: It is very dangerous to judge and treat according to the measurement results. Please be sure to receive the doctor's advice!

5. MEASURING PROCEDURES:

5-1. Under the power-off, Long-Press the "START/STOP" for 3 seconds to enter the standby. Short-Press the "START/STOP" to start the measurement, the voice broadcast starts, the background music sounds up while during measuring; when the measurement ends, the device broadcasts the measurement result, and then the button indicator will display blue or yellow or red LED lights for 60 seconds. The device will automatically shut down if there is no operation within 60 seconds (when APP disconnected).

- In the standby, just Short-Press the "START/STOP" to start the measurement directly.

5-2. In the power-off state, Long-Press the "START/STOP" for 3 seconds to enter the standby.

5-2-1. If it is the first time to use this device, the Wireless communication on the device waits for connecting (the default waiting time is 60 seconds), the blue LED indicator flashes; if there is no any operation within 1 minute, the device will automatically shut down.

Step 1#: Turn on the Wireless communication function on the Smart Device (e.g. smart phone), find the "**SmartBPM005**" in the "Available Device" and perform "Pairing". After the Pairing is successful (that is, after the Wireless connection is successful), the LED blue light stops flashing and light on always.

Step 2#: Scan the APP QR code to download the APP; or search and download the APP name "HOMIETEC" in the Apple Store, Android Store, Tencent App Store etc.; or visit the shopping mall website www.homietec.biz to download.



(Available globally)



(Only available out of China)



(Only available in China)

Step 3#: If it is the first time to use APP, open the APP, select the language, select the device and then go to the home page, click and complete "Register" & "Login", or "User Select" & "User Settings" & "Account Settings", then click "START" for measuring.

- The measured Data is only saved on the Smart Device (e.g. smart phone) without "login".

- **RECOMMENDED:** It is recommended to use the APP "login" for blood pressure measuring in the working-well network, so that the measured data can be automatically uploaded to the server (synchronization) for save to prevent any loss.

Once the measuring is finished, the device broadcasts the measurement result in default (except mute mode), the APP also display the measured result value. Click the "Share" and "Broadcast" can share or broadcast the measurement result separately.

5-2-2. In APP "Me", can edit or setting: My Profile, Account Settings, User Settings, Data Management, My Device, Language Select, Shopping, My Orders, Share Zone, Feedback, Update, About, Logout etc.

NOTICE:

- This device uses 2.4GHz band frequency, is compatible with iOS 6 or higher, Android 4.4 or higher, (May be not compatible with MAC or WINDOWS device for now). For the system version upgrades, no further notice is available. if necessary, please attention to the relevant announcement on www.homietec.biz or contact the customer service center.

- The device and Smart Device should be kept within a maximum distance of 10 meters (without any obstruction), the Wireless communication (e.g. Bluetooth) connection is effective.
- Using Wireless communication will reduce battery life accordingly.
- If the user does not want the measured data to be automatically uploaded to the server (synchronization), shall use without "Login".
- When the server capacity is nearly full or limited, the server will automatically overwrite the previously stored data without any further notice; if you want to save the data for a longer time, it is recommended to print out or send it to a method that can be stored for a longer time (such as mailbox, portable storage device, PC machine).
- If you have any problems of Operation or Use, please refer to the relevant guidance documents or videos on the APP , or contact the customer service center.

6. Please use the device according to the requirements of the Operation Environment; after use, please collect and storage the device according to the requirements of Transportation and Storage Environment.

7. static pressure mode: In the standby, Long-Press the “Start/Stop” button, “MEM/VOL+” button, “MEM/VOL-” button together for 3 seconds to enter the static pressure mode. (Only for third-party testing or calibrating, users shall not use this function.)

8. Replacement of consumables

8-1) The cuff is a kind of consumable. The cuff life (under normal use) is generally about 10,000 times. If can not be used well because of its leaks or other phenomena after using for a period of time, in order to accurately measure the blood pressure, it is recommended to replace it in time.

8-2) The built-in rechargeable battery is DC3.7V/600mAh. After fully no-power, the fully recharging time is usually 3~4 hours. After being fully recharged, it can be used for about 150 measurements, the standby time is about 7~21 days (depending on the using frequency).

Please do not use the battery for more than the recommended period of use. Please use the correct battery which specified by HOMIETEC (in this manual or on www.homietec.biz). Otherwise, the measurement may be inaccurate or risky (e.g. overheating or explosion). Please put the battery in a place that is not accessible to infants and newborns, otherwise it may cause poisoning or ingestion to suffocation. Please do not get close to fire or water.

8-3) DISPOSE of replaced or discarded cuffs / batteries / device etc. as required by local law.

TROUBLESHOOTING

If there are any problem in use, please refer to the following methods to handle them:

DESCRIPTION	CHECK	SOLUTIONS
No air pressuring after Short-Press the “Start/Stop” button	If the battery lack of power.	Charge or replace the battery.
Error 1	If Sensor oscillation abnormal.	Please check if the air pump is inflating. If yes, the sensor may be abnormal, please contact the customer service center.
Error 2	Can't detect enough heartbeat or can't calculate blood pressure.	Please check if the deflation valve is deflating too slowly, or re-wrap the cuff to re-measure.If still has problem, please contact the customer service center.
Error 3	Measurement result abnormal.	Re-wrap the cuff for re-measuring.
Error 4	The cuff is too loose or leaking (air-pressuring less than 30mmHg in 10 seconds).	Re-wrap the cuff for re-measuring.
Error 5	The air tube is blocked.	Re-wrap the cuff for re-measuring.
Error 6	Large pressure fluctuations during measuring.	Please confirm whether to move or speak during measuring; if yes, please do not move or speak when measuring.
Error 7	Pressure exceeds the max limit.	Please contact the customer service center.
Error 8	Calibration data is abnormal or uncalibrated.	Please contact the customer service center.

- If the measurement through the APP, and the device is in the non-mute mode, the device broadcast the "error code" and also the "error code" will be displayed on the APP too; if the measurement by device button only, the device will broadcast the "error code"; if the measurement by APP but the device is in mute mode, then only the APP displays the "error code".
- If the problems still cannot be solved, please contact the customer service center.
- Do not disassemble and repair the device without knowing the situation well.

BATTERY SAFETY PRECAUTIONS

- Please use the battery without exceeding the recommended battery life. Please use the correct battery specified by HOMIETEC (in this manual or on www.homietec.biz). Otherwise, the measurement may be inaccurate or risky (e.g. overheating or explosion).
- Do not throw the battery into a fire or near a source of ignition or water.
- The battery may rupture or leak. In case the electrolyte in the battery accidentally enters the eye, or the electrolyte in the battery is accidentally stuck to the skin or clothes, please rinse it with plenty of clean water immediately; if it is serious, should immediately go to the nearest hospital for treatment.
- Please put the battery in a place that is not accessible to infants and newborns, otherwise it may cause poisoning or suffocation because of ingestion.
- After the battery used out, please follow the local laws for proper disposal.

MAINTANCE

- Do not place this device in places where the temperature is too high or too low, wet or in direct sunlight.
- Do not wash the cuff with water, or wet the cuff and device.
- Do not disassemble this device by yourself.
- Do not shock or vibrate the device, or drop the device to the ground.
- Do not use volatile liquids to clean the device. Wipe the device with a soft and dry cloth.
- Please clean the device in need.
- Use a soft damp cloth or soap to clean the cuff.
- When the device is not in use, store it in the packing box.

- The cleaning or disinfection for the parts which is touched by the operator or user's frequently is performed once a week.
- Preventive inspection and maintenance as required by this manual.
- Calibrate the device regularly.
- Advised to maintain it every 3 months.

CALIBRATION

- The accuracy of this device has been rigorously verified. It is recommended that the device be re-verified or calibrated every year to ensure that the device is functioning properly and accurately.
- Can send this device to a third-party testing organization with calibration qualification or contact the customer service center for calibration. If you have any question about the validity of the calibration, you can contact the customer service center.
- Do not perform any repairs by yourself. If there is any question about the quality of the device or the correct measurement of the device, please contact the Customer Service Center.

TRANSPORT / STORAGE

- Atmospheric pressure range 500kPa~1060kPa; temperature -20°C~+55°C, relative humidity 93%.
- Prevent from: Heavy Extrusion, wet, direct sunlight, rain, drop, foot step, close to fire source.

MEASUREMENT Q&A

Q: Why is the blood pressure measured in home lower than the blood pressure measured in the hospital?

A: When measuring blood pressure in a hospital, it is often tense, so the measured value will be higher.

- Because the mood is stable in the own home, sometimes the measured value in home is 20mmHg~30mmHg (2.7kPa~4.0kPa) lower than the measured value in the hospital. It is very important to know well about the blood pressure value which measured when you are calm at home.

A: If the measurement position is higher than the heart, the measured value will be lower.

- If the table on which the arm is placed is too high, the central position of the cuff will be higher than the heart, and the blood pressure measured at this time will be lower.

Q: Why is the blood pressure measured in home higher than the blood pressure measured in the hospital?

A: If you are taking anti-hypertensive drugs, it will cause an increase in blood pressure when the drugs lose its effect.

- After taking the anti-hypertensive drug for a few hours, the effect will gradually disappear, and the blood pressure will increase accordingly. Please consult your doctor for details.

A: If the position of the cuff is incorrect, it sometimes causes the measured value to be higher.

- When the cuff is in an incorrect position, it is difficult for the device to capture the arterial signal, and the measured blood pressure value will be higher. Please double check that the position of the cuff is correct.

A: The cuff is wrapped too loosely and sometimes cause the measured value higher.

- The cuff is too loose to convey pressure to the arteries, so the measured blood pressure will be higher than the actual value. When wrapping the cuff, be careful not to leave a gap between the cuff and the arm.

A: Incorrect sitting postures sometimes lead to higher measurement results when measuring.

- The measuring posture that sits cross-legged, sits on a sofa, or bows the body in front of a lower table, bends forward and so on, can result in higher blood pressure measurement value due to the abdominal pressure or the cuff height lower than the heart.

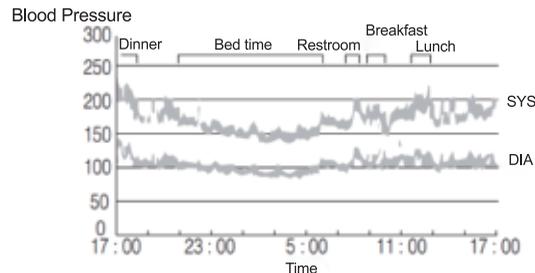
Q: Why is the measured blood pressure value different each time?

A: Blood pressure will vary depending on the measuring period.

The figure below shows the blood pressure values measured every 10 seconds.

This kind of difference will occur even during in the same day.

For proper blood pressure management, please take measurements at the same time each day.



Data of the arm blood pressure (Sourcing: Yokohama City University Faculty of Medicine)

A: Blood pressure fluctuates due to various reasons.

Even measured in home, the measurement results will change in the following cases.

- Within 1 hour after meal
- After drinking alcohol, drinking coffee or drinking tea
- After smoking
- After bathing
- After exercise
- After stool or after urine
- Talk during measuring
- When you are upset because of nervousness or anxiety
- When the room temperature suddenly changes
- The measuring place or environment is different from the past

A: When the continuous measurement causes congestion, it will affect the measured value.

When measuring, because the arm receives the oppression, sometimes causes the blood circulation of the finger tip is not smooth and causes the congestion. When the congestion, please remove the cuff, the arms aloft, and repeatedly do actions of pinch punches and loose fist 15 times, you can dredge congestion.

Q: Why the arms feel pain and numb when wrapping the cuff on the arm?

A: This is a temporary phenomenon, please don't worry.

When measuring blood pressure, the cuff needs to be tightened, causing the blood flow of the artery to temporarily stop, so the arm may feel pain and numbness. When the cuff is removed, after a little rest then can be relieved.

Q: When is the best time to measure blood pressure?

A: The best time to measure blood pressure is 1 hour after getting up in the morning, or before going to bed in night.

If it is measured in the morning, please do it within 1 hour after getting up, before breakfast and after urination.

Before taking the measurement, please rest on the seat for 15 minutes before starting the measurement.

If you are taking anti-hypertensive drugs, take measurements before taking the medicine.

If you measure in night, it is recommended to do it before going to bed.

Before taking the measurement, please rest on the seat for 15 minutes before starting the measurement.

If it is another time period, it is better to measure when the body and mood are in a stable state.

In addition, it is recommended to take measurements at the same time each day.

Q: What is the key point for blood pressure management?

A: Please record the medication status and living conditions together as well as the blood pressure details.

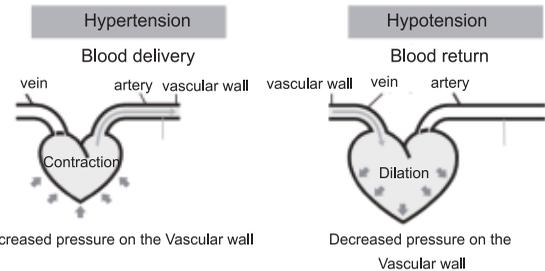
Recording daily blood pressure Data can more clearly understand the tendency of blood pressure changes, which is more conducive to your health management.

In addition, this record is also very important for the diagnosis of the doctor. Therefore, it is recommended to record the relevant measurement environment / conditions (such as the use of anti-hypertensive drugs, the state of life, etc.) while recording blood pressure measurements.

BLOOD PRESSURE KNOWLEDGE

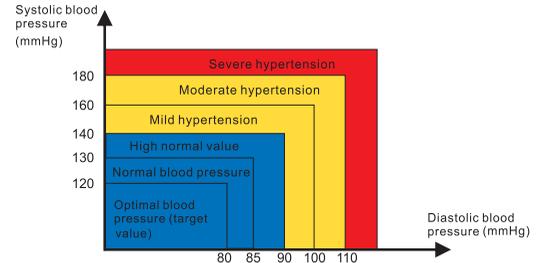
WHAT IS BLOOD PRESSURE?

The blood is delivered to the artery due to the beating (Systolic or Diastolic) of the heart. When the heart contracts, the pressure of the blood from the heart to the artery called "hypertension"; after the whole body is circulated, the blood returns, and the pressure during the heart diastole is called "hypotension".



BLOOD PRESSURE CLASSIFICATION

The below picture shows the blood pressure classification from WHO (World Health Organization) in 1999:



Source: WHO, 1999 (World Health Organization)

- * Hypotension has not been defined with Broad Consensus, and it is generally considered that the Systolic blood pressure value is less than 100 mmHg (13.3 kPa) as Hypotension.
- * There are some differences in the definition of Hypertension in different countries and regions. Therefore, if have any objections, please consult the local professional doctor.

*Reference Link:

*World Health Organization (WHO):
<http://www.who.int/features/qa/82/en/>



*American Heart Association:

http://www.heart.org/HEARTORG/Conditions/HighBloodPressure/AboutHighBloodPressure/The-Facts-About-High-Blood-Pressure_UCM_002050_Article.jsp#.W2M4O_ZuK1h



*European Society of Cardiology:

[https://www.escardio.org/Councils/Council-for-Cardiology-Practice-\(CCP\)/News/the-new-european-hypertension-guidelines-an-evolution-if-not-a-revolution](https://www.escardio.org/Councils/Council-for-Cardiology-Practice-(CCP)/News/the-new-european-hypertension-guidelines-an-evolution-if-not-a-revolution)



*Chinese Hypertension League:

<http://www.bhli.org.cn/guide/index.php?id=371&cid=1486>



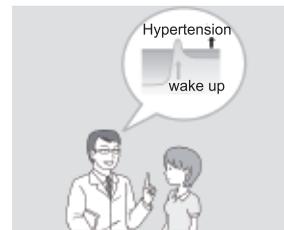
EARLY MORNING BLOOD PRESSURE TIPS

EARLY MORNING HYPERTENSION

The blood pressure of the human body will constantly change in a day, and the way and extent of change will vary from person to person. In normal, the blood pressure gradually rises after getting up in the morning, reaches the highest at noon, then gradually decreases, and then rises again in the evening and then falls again, and will fall to a minimum in the middle of the night.

However, this kind of change regularity in blood pressure will also change, and there will be a sharp rise in blood pressure in the morning. This situation called "Early Morning Hypertension" must attract people's attention.

People taking anti-hypertensive drugs should note that taking anti-hypertensive drugs after breakfast will lower blood pressure, and it is likely to get normal blood pressure measurements when measuring blood pressure in hospitals during the day.



THE IMPORTANCE OF BLOOD PRESSURE MEASUREMENTS IN HOME

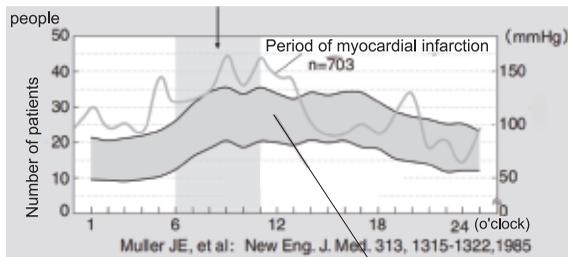
From early morning to noon, the autonomic nervous system of the human body tends to be active, so the blood pressure becomes higher and the blood becomes easier to coagulate. This is also considered to be one of the causes of dangerous diseases such as cerebral hemorrhage and myocardial infarction that are prone to occur during this time period.

The blood pressure is not only measured in medical institutions, but the measurement in home is also one of the important way of finding early morning hypertension, so it is necessary and important of the blood pressure measurements in home.

THE TIME BETWEEN MYOCARDIAL INFARCTION (MORE OCCURRED IN EARLY MORNING) AND BLOOD PRESSURE

RISING:

The onset of myocardial infarction is thought to be associated with an increase in blood pressure during this time period.



The changes of blood pressure values within one day
N=5(Normal blood pressure)

EARLY MORNING BLOOD PRESSURE MEASUREMENT

In order to more exactly know about the early morning blood pressure, please measure the blood pressure within 1 hour after getting up, and after urination / before breakfast, or before taking anti-hypertensive drugs.

* Because the blood pressure of the human body is constantly changing, do measure the blood pressure at a fixed time not only in the morning, but also at noon, or at night, and record it for the doctor's reference.



SPECIFICATIONS

Product:	Digital Blood Pressure Monitor
Model:	HTH-005(B06T)
Data Storage:	the last 120 measurements (on device)
Measurement Range:	Blood Pressure 0~280mmHg/0~37.3kPa, Pulse Rate 40~199 beats/min
Accuracy:	Static Pressure ± 3 mmHg(0.4kPa), Pulse Rate $\pm 5\%$
Usage Environments:	Atmospheric Pressure Range 80kPa~105kPa, Temperature +5 C ~ +40 C, Relative Humidity 10%~80%
Transportation & Storage Environments:	Atmospheric Pressure Range 500kPa~1060kPa, Temperature -20 C ~ +55 C, Relative Humidity 93%
Measuring Method:	Oscillometric Method
Rating Voltage:	D.C. 3.7V / 800mAh (Rechargeable Lithium Battery inside)
Applicable Arm Circumference:	23cm~36cm
Device Weight:	Approx. 237.3g (with cuff/battery)
Device Size:	120*62*29mm

Transportation Requirements: Prevent from Heavy Extrusion, Wet, Direct Sunlight, Rain, Drop, Foot Tread, close to Fire Source.

Auto Off: Automatically power off after 60 seconds when the device is not in operation (When APP connected, the device always standby.).

Operating Mode: continuous operation

- Classified by type of electric shock: Class II, internal power supply
- Classification by degree of anti-electric shock: BF type Application Section
- Classified according to the degree of protection against incoming liquid: common device
- Classified by operating mode: Belong to continuous operation device
- Classification according to the degree of safety when using flammable anesthetic gas mixed with air or flammable anesthetic gas mixed with oxygen or nitrogen oxide: the device cannot be used in either case
- Input power of the device: none
- Whether the device has the application part of the protection against defibrillation discharge effect: No

- Signal input, signal output part: none
- Permanent or non-permanent installation: Non-permanent installation
- Production date: please refer to the label or mark on the device.

● **Applicable standards:**

- 1) U.S. FDA: 510(k), K172171
- 2) U.S. FCC: FCC CFR Title 47 Part 15 Subpart C Section 15.247; KDB 558074 D01 DTS Meas Guidance v03r05
- 3) MEDICAL CE0123: Directive 93/42/EEC on medical devices (MMD);
- 4) IEC: IEC 60601-1-2:2014 Ed4.0; IEC 61000-3-2:2014 Ed4.0; IEC 61000-3-3:2013 Ed3.0; IEC 80601-2-30
- 5) EMC: EN 55022: 2010; EN 55024: 2010; EN 301 489-1 V 1.9.2 (2011-09); EN 301 489-17 V2.2.1 (2012-09); EN 300 328 V1.8.1 (2012-06); EN 62479:2010; EN 1060-3:1997+ A2:2009;
- 6) ROHS: Directive 2011/65/EU
- 7) CFDA: YXZZ20142200322

PARTS SUPPLY

If you need to purchase related parts, please go to www.homietec.biz to place an order or contact the customer service center.

CUFF



Applicable arm circumference 23cm~36cm

Material: front: short plush, back: oxford

This cuff is the same one as the cuff used in the device.

BATTERY

Specifications: D.C.3.7V / 800mAh

Model Number: 603443

This battery is the same one as the battery used in the device.

WIRELESS COMMUNICATION

This device uses a 2.4GHz band frequency. Use this device around of the devices which have the same frequency such as wireless router, electronic microwave oven, or wireless instrument, this may cause radio interference each other. When radio interference happened, please turn off the not-in-using device or move the device to the place without radio interference to use.

- Transmission frequency: 2.4GHz
- Modulation method: GFSK
- Frequency range: 2400 - 2483.5 MHz (\leq 2MHz)
- Transmitting power: \leq 20dBm

WARRANTY & SERVICE

1. Thank you for selecting our digital blood pressure monitor (model HTH-005/B06T).

There is a 2-year warranty from the buying day. If you find the device is malfunctioning due to manufacturing or its materials, please contact the customer service center.

Please supply your valid contact details especially mobile phone number & E-mail ID.

2. Exception Clause: However, the malfunctions which caused by personal factors of the buyer or user will not be covered in the free warranty scope, such as:
 - a) Unauthorized disassembling or modification;
 - b) Falling or colliding;
 - c) Lack of reasonable or incorrect maintenance;
 - d) Did not follow the user manual correctly;
 - e) due to improper repair or by unauthorized persons;
3. Repair or services which outside of free warranty scope will be charged accordingly.

FCC Statement:

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.

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.

Caution: Any changes or modifications not expressly approved by the party responsible

for compliance could void the user's authority to operate the equipment.

This equipment complies with FCC radiation exposure limits set forth for an uncontrolled environment. This transmitter must not be co-located or operating in conjunction with any other antenna or transmitter.