Blood Pressure Monitor

Model No.GSH822

INSTRUCTION MANUAL

PLEASE READ THIS INSTRUCTION MANUAL COMPLETELY BEFORE OPERATING THIS UNIT.

Content

Content

Important Information Before Use

To ensure user's safety and also the accuracy of the measurement, please read through the following information and follow the rules.

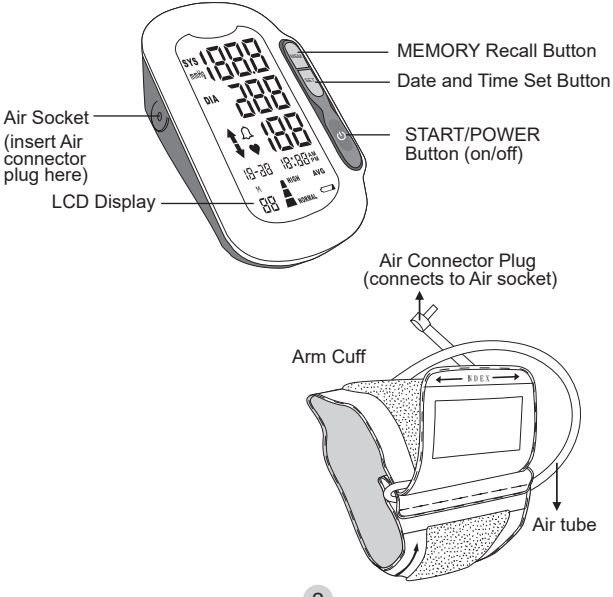
1. Do Not disassemble or reassemble this product yourself.
2. Do Not expose this product to high temperature, humidity or direct sunlight.
3. Please avoid extreme shaking or dropping the product from a high place, these actions will cause damage to the product itself.
4. The measurement result will not be accurate when the user measures their blood pressure during exercise, bathing, and 30 minutes within entering the room from outdoor.
5. To ensure the accuracy of the measurement result, please do not talk during the measuring period.
6. In any circumstances, the measurement results using this product are for reference only and can not be used as a basis for a medical decision. Any further medical action requires consultation with the doctor.
7. Do Not press the power bottom repeatedly during themeasurement period.
8. To ensure the accuracy of the measurement result, please keep the body stable when measuring.
9. While taking a measurement, you can stop the inflation or deflation process of the cuff at any time by pressing the POWER button.

Intended Use

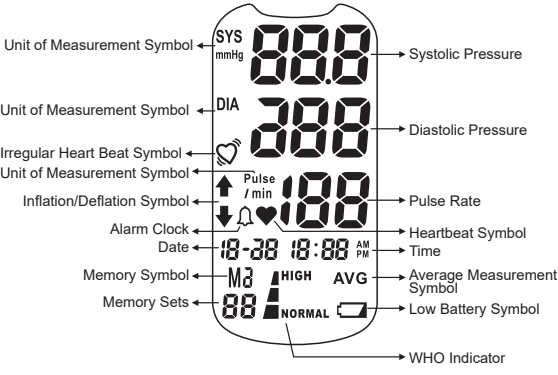
GSH822 Blood Pressure Monitor applies the Oscillometric method to measure human systolic / diastolic blood pressure and heart rate.All values are shown on the LCD monitor. This device is designed only for adults.

The measurement result will be transmitted to your mobile device through Bluetooth transmission.

Product Identification



Description of LCD Display

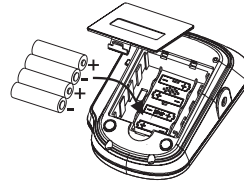


Battery Installation

Low battery warning:
It is necessary to replace the batteries when the Low Battery symbol " ▭ " appears on the display, or when the display does not turn on after the POWER button is pressed.

Replacing the Battery:

1. Press down on latch and lift the cover on the bottom of the monitor.
2. Insert or replace 4 x 1.5 V AA batteries into the battery compartment, ensuring to match the indicated polarity symbols. Always use new batteries.
3. Replace the battery cover.

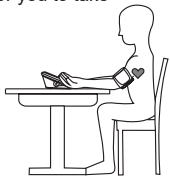


NOTE: Battery-operated

1. Please properly dispose of the batteries away from small children and heat.
2. It is recommended to remove the batteries if the unit will not be used for an extended period of time.
3. Batteries must be disposed of in accordance with local environmental and institutional policies.

Placement of the Cuff

It is important to avoid smoking, eating, taking medication, alcohol consumption or physical activity 30 minutes prior to taking a reading. If for any reason you are unable to or should not use your left arm, please modify the instructions for cuff application to your right arm. Your physician can help you identify which arm is best for you to take measurements from.



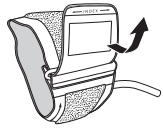
(1) Remove any constrictive clothing or jewelry that may interfere with cuff placement.

(2) Be seated at a table or desk with your feet flat on the floor.

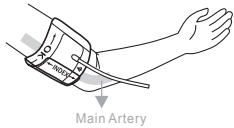
(3) The cuff should not be plugged into the monitor until after the cuff is applied to your arm.

(4) Position the cuff on a solid surface with the tubing facing up and away from you. The metal ring/bar on the cuff should be to the left of the tubing.

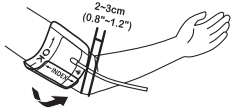
(5) Open the cuff by pulling or rolling the bottom of the cuff to the right. This should open the cuff without fully unrolling it, creating a cylinder. Do not fully unwrap or unroll the cuff.



(6) Insert your left arm into the created cuff cylinder. Position the (♆) mark over the main artery on the inside of your arm.

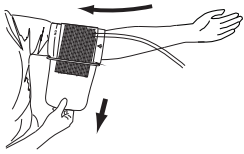


(7) The bottom edge of the cuff should be positioned approximately one inch above the elbow joint.



Placement of the Cuff

(8) Reaching underneath your left arm with your right hand, pull the end of the cuff towards your body to tighten the cuff. Wrap and secure the cuff, making sure that the (♆) mark remains in place as shown.



(9) The cuff should fit comfortably, yet snugly around your arm. You should be able to insert one finger easily between your arm and the cuff.

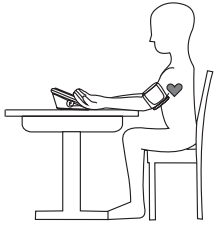
(10) The cuff size is suitable for use when the vertical 'index' mark is within the horizontal OK range. A different size cuff is needed if the 'index' mark is outside the OK range.

OK

Note:
If you are not comfortable with applying your cuff, please seek the assistance of another member of your household or work with your physician to practice the cuff application.
Incorrectly applied cuffs may result in inaccurate readings.

⚠

Note:
Blood pressure naturally varies from one arm to the other; therefore, measure your blood pressure on the same arm to ensure comparability of the two readings.



Setting the Date and Time

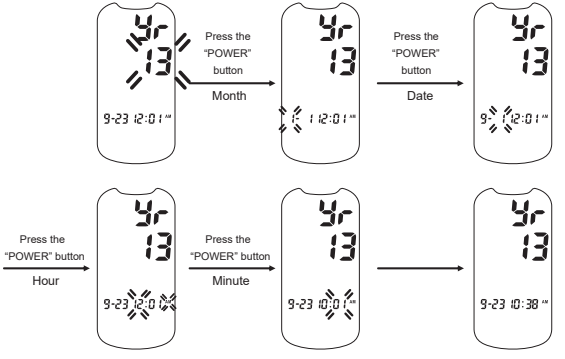
It is necessary to set the date and time for the unit every time batteries are initially installed or replaced.

(1) While in power off mode, press the Date and Time Set button to enter Date and Time setting procedure and the Year value will begin to flash.

(2) Press the MEMORY button to advanced the display to the desired year, then press the Power button to confirm the year.

(3) Next, the month will blink. Repeat step 2 to finish the setting procedure.

(4) After finishing the setting, the device will automatically exit out of the date/time setting mode and briefly show the word OFF before shutting down.



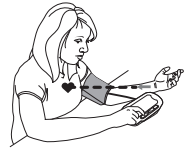
Measurement of Pulse Rate and Blood Pressure

Please read the preceding portions of this manual prior to taking your first reading.

(1) Position the monitor on a flat, stable surface with the digital display in view.

(2) Insert the cuff tubing connector into the port on the left side of your monitor.

(3) Rest your elbow on a solid surface with your palm facing upward. Elevate your arm so that the cuff is at the same level as your heart. Relax your left hand.



(4) Press the POWER button. This will turn the power on.

(5) After the self-test, the values for the last reading will appear on the display.

(6) The blood pressure monitor start to measure.

(7) The cuff will automatically begin to inflate, with the display showing the increasing pressure in the cuff. As the pressure increases, an arrow pointing up will appear on the display.

(8) When the inflation has reached optimum level, the display will begin to show the decreasing pressure; the screen will display an arrow pointing down while you feel the pressure of the cuff decrease.

Measurement of Pulse Rate and Blood Pressure

(9) To detect the heartbeat, the heartbeat symbol will appear and continuous flashes on the LCD display.

(10) Your blood pressure measurement and pulse will display simultaneously on the screen.

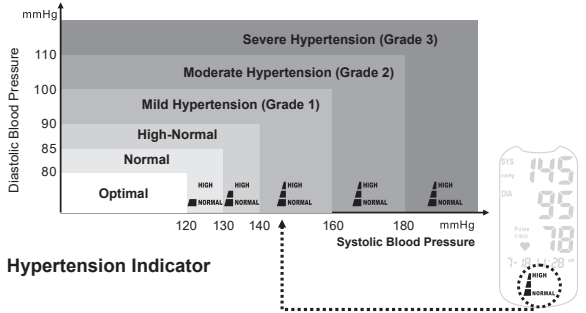
(11) The Hypertension Indicator will indicate your reading range on the display separately.

(12) Your reading will be automatically stored in “MEMORY Recall” Button .

(13) If you do not press any button, the device will automatically shut-off approximately 2 minutes.

World Health Organization (WHO)

This unit features our unique Hypertension Indicator. The World Health Organization has established globally accepted standards for the assessment of high or low blood pressure readings. The below chart should be considered only as a guideline, always consult with your physician or health care professional to interpret your individual results.



Hypertension Indicator

Irregular Heartbeat Detector

Your digital blood pressure monitor features an Irregular Heartbeat Detector. This feature allows users to accurately monitor blood pressure even if an irregular heartbeat should occur. When an irregular heartbeat is detected, the " " icon will appear on the display.

Note:
Please consult with your physician or trained healthcare professional for further information regarding an irregular heartbeat and if this symbol appears frequently.

Bluetooth Function

(1) GSH822 with Bluetooth can transmit the measurement data to your mobile device.

(2) Please make sure your mobile device has BLE 4.0 technology for connecting GSH822.

(3) GSH822 can support iOS and Android operation system.

(4) Please download and install Wow Go Health APP and then follow the instruction to complete registration.

(5) Click “BP measurements” and then tap the Bluetooth icon for creating connection with GSH822.

(6) After blood pressure measurement, the data will be upload to App.

Memory Function

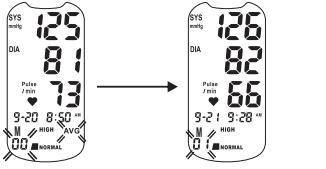
(1) In power off mode, press and release the MEMORY button. The device will show the average value of the latest three records.

(2) Continue to press the MEMORY button to successively view the next previously stored measurements. Measurement data will appear on the display form most current to oldest; the memory number will appear on the lower left corner.

(3) All results for a given measurement will display, including measurement results, pulse rate, Hypertension indicator, irregular heartbeat alert and date/time stamp.

(4) Each memory bank stores up to 60 readings; when the number of reading exceeds 60, the oldest data will be replaced with the new record.

(5) Press the Power button to turn the monitor OFF at any time during review of the stored measurements.



Display the average of data by pressing "MEM "button

Keep pressing the MEM button

Clearing Measurements from Memory

In power off mode, press and hold down the "MEM" Button until the display shows CLr. This indicates that all measurements data have been erased.

Care and Maintenance

(1) Clean the device and arm cuff carefully only with a slightly moistened cloth.

(2) Do not immerse the device in water. It may cause damage if water enters.

(3) Do not use any gas, strong detergent, or solvents to clean the device, including the arm cuff.

(4) Disconnect the cuff and tubing from the monitor prior to storing.

(5) Do not use any liquids on the monitor or cuff.

(6) Use a soft, dry cloth to clean your monitor.

(7) Do not store in direct sunlight, dust or excessive humidity.

(8) Avoid extreme temperatures.

(9) Do not disassemble the monitor or cuff.

(10) Remove batteries if the monitor will not be used for an extensive period of time.

Troubleshooting

Problem	Probable Cause	Recommended Action
Nothing appears in the display even when the power is turned on.	Batteries are drained.	Replace all batteries with new ones.
	Battery are not correct ly aligned with terminals.	Reinsert batteries in the correct position.
Low Battery Symbol appears.	Batteries are drained.	Replace all batteries with new ones.
	In colder temperatures batteries have weaker electrical charges.	Warm up the batteries, or use the device in a warmer setting.
Device operation time is inconsistent.	Different battery brands have different life spans.	Use Alkaline batteries and replace all batteries at the same time with same brand batteries.
No reading after measurement.	Batteries are drained.	Replace all batteries with new ones.
Suspicious blood pressure results.	Perhaps the cuff was improperly positioned.	Adjust patient and arm cuff to measure.
	Blood pressure naturally varies throughout the day.	Refrain from moving during measurement.
Suspicious heart rate results.	Bodily movement during device use.	Refrain from moving during measurement.
	Measurement shortly after exercise or exposure to the outdoors.	Do not take measurements after exercise or coming back from the outdoors.
During measuring, air re-inflates.	It could be a normal action if the user's blood pressure is higher than the initial pressure value, the device automatically pumps to a higher pressure by 40mmHg each time.	Relax, and try to take a measure again.
	The arm cuff is not fastened properly.	Check that the arm cuff is fastened properly and retake the measurement.

Error Codes

Err Code	Meaning	Corrective Action
Err 00	No pulse or detect pulses not enough.	Take off heavy clothes and retry again.
Err 01	Leakage in Cuff Pressure/Inflation too low.	The wrist cuff is not fastened properly. Re- apply the cuff, and take a measurement again.
Err 02	Pressure fault.	Rest a while, relax and retry again.
Err 03	Deflation fault.	The wrist cuff is not fastened properly. Re- apply the cuff, and take a measurement again.
Err	Memory error.	Take off batteries to reboot the device, then take another measurement.
	Low batteries.	Replace all batteries with new ones.

Refer to instrcution

Type BF equipment

The device shall be disposed in accordance with national laws after their useful lives

This device includes RF transmitter (with wireless communication)

Technical Specifications

◎ Power Source : 4 x 1.5 V AA alkaline batteries

◎ Dimensions : 143mm x 93mm x 56mm (LxWxH)

◎ Weight : approx. 390g (exclude batteries and storage base)

◎ Cuff Circumference (M size) : approx. 9~13 inch

◎ Measuring Range : Blood Pressure : 30~280 mmHg
Pulse Rate : 40~199 beats/min

◎ Measuring Accuracy : Blood Pressure : ± 3 mmHg
Pulse Rate : ± 4% of reading

◎ Operating Environment : 10°C~40°C 

with relative humidity up to 85% (non condensing)

◎ Storage/Transportation environment : -20°C~50°C 

with relative humidity up to 85% (non condensing)

◎ Wireless Transmission : BLE 4.0

Warranty Card

Note :

(1) Normal users enjoy one year of free maintenance service from the date of purchase, please directly contact the distributor first.

(2) Consumable materials are not covered by the warranty.

(3) If the product is out of warranty, the maintenance cost will be charged.

Non-warranty situation :

(1) Damage caused by improper use.

(2) Unauthorized modification and disassembly

(3) The card is damaged or lost.

(4) Damage caused by human factors such as shock or drop.

Customer		TEL		Date	
Address					
Product	Wow Go Health Blood Pressure Monitor			Model	**GSH822**
Distributor	Please apply store stamp			Note: 1. If you don't fill in the purchase date, it will be calculated base on the production date of the product. 2. Please read the warranty card in detail.	

Thank you for choosing our production, please save well the warranty card. if occur problems for the production, please directly contact the distributor.

Explanation of Symbols

CE 0598	The CE marking with the Registration Number of the Notified Body. This denotes the compliance of European Medical Device Directive 93/42/EEC
	Follow instructions for use
	Disposal information: Should you wish to dispose of the article, do so in accordance with current regulations. Details are available from your local authority
	Type of protection of applied part against electric shock, body floating
IP 22	This product meets the basic safety and essential performance requirements indicated in the IP22 conditioning test (protection against solid foreign objects of 12.5mm Ø and greater and against vertically falling water drops when enclosure tiled up to 15°)
	Temperature limits
EC REP	European Authorized Representative
	Manufacturer's name and address
SN	SN YYMWWWXXXXX SN: Product Serial Number YY: year, M:month, WWW: working sheet, XXXXX: serial no.
	The empty, completely flat batteries must be disposed of through specially designated collection boxes, recycling points or electronics retailers. You are legally required to dispose of the batteries.
RoHS	This product fulfilling the requirements of the RoHS Directive 2011/65/EU.
REACH	This product fulfilling the requirements of the REACH Directive EC 1907/2006 and its amendments, do not contain Substances of Very High Concern in concentration above the limit of 0.1 %. No substance(s) is/are present in the parts of the product above the concentration of 0.1 % weight by weight.

EC REP

MDSS GmbH
Schiffgraben 41
30175 Hannover Germany

EMC Tables

Guidance and manfacturer's declaration-electromagnetic emissions		
The GSH822 Blood Pressure Monitor is intended for use in the electromagnetic environment specified below. The customer or the user of the GSH822 Blood Pressure Monitor should assure that it is used in such an environment.		
Emissions test	Compliance	Electromagnetic environment guidance
RF emissions CISPR11	Group1	The GSH822 Blood Pressure Monitor uses RF energy only for its internal function. Therefore, its RFemissions are very low and are not likely to cause any interference in nearby electronic equipment.
RF emissions CISPR11	Class B	The GSH822 Blood Pressure Monitor is suitable for use in all establishment, including domestic establishments and those directly connected to the public low-voltage power supply network that supplies buildings used for domestic purposes.
Harmonic emissions IEC 31000-3-2	Not applicable	
Voltage fluctuations/ flicker emissions IEC 31000-3-3	Not applicable	

Guidance and manfacturer's declaration-electromagnetic immunity			
The GSH822 Blood Pressure Monitor is intended for use in the electromagnetic environment specified below. The customer or the user of the GSH822 Blood Pressure Monitor should assure that it is used in such an environment.			
Immunity test	IEC 60601 test level	Compliance level	Electromagnetic environment guidance
Electrostatic discharge (ESD) IEC 61000-4-2	± 6 kv contact ± 8 kv air	± 6 kv contact ± 8 kv air	Floors should be wood, concreat or ceramic tile. If floors are covered with synthetic material, the relative humidity should be at least 30%.
Power frequency (50/60 Hz) magnetic field IEC 61000-4-8	3 A/m	3 A/m	Power frequency magnetic field should be at levels characteristic of a typical location in a typical commercial or hospital environment .

EMC Tables

Guidance and manfacturer's declaration-electromagnetic immunity			
The GSH822 Blood Pressure Monitor is intended for use in the electromagnetic environment specified below. The customer or the user of the GSH822 Blood Pressure Monitor should assure that it is used in such an environment.			
Immunity test	IEC 60601 test level	Compliance level	Electromagnetic environment guidance
Radiated RF IEC 61000-4-3	3 V/m 80 MHz to 2.5 GHz	3 V/m	Portable and mobile RF communications equipment should be used no closer to any part of the GSH822 Blood Pressure Monitor, including cables, than the recommended separation distance calculated from the equation applicable to the frequency of the transmitter. Recommended separation distance $d=1.2\sqrt{P}$ $d=1.2\sqrt{P}$ 80MHz to 800 MHz $d=2.3\sqrt{P}$ 800MHz to 2.5 GHz where P is the maximum output power rating of the transmitter in watts (W) according to the transmitter manufacturer and d is the recommended separation distance in meters (m). Field strengths from fixed RF transmitters, as determined by an electromagnetic site survey[a], should be less than the compliance in each frequency range.[b] Interference may occur in the vicinity of equipment marked with the following symbol: 

NOTE 1 : At 80 MHz and 800 MHz, the higher frequency range applies.
NOTE 2 : These guidelines may not apply in all situations. Electromagnetic propagation is affected by absorption and reflection from structures, objects and people.

a. Field strengths from fixed transmitters, such as base stations for radio (cellular/ cordless) telephones and land mobile radios, amateur radio, AM and FM radio broadcast and TV broadcast cannot be predicated theoretically with accuracy.To assess the electromagnetic environment due to fixed RF transmitters, an electromagnetic site survey should be considered.
If the measured field strength in the location in which the GSH822 Blood Pressure Monitor is used exceeds the applicable RF compliance level above, the GSH822 Blood Pressure Monitor should be observed to verify normal operation. If abnormal performance is observed, additobal measures may be necessary,such as reorienting or relocating the GSH822 Blood Pressure Monitor.
b. Over the freqnency range 150 kHz to 80 MHz, field strengths should be less than 3 V/m.

EMC Tables

Recommended separation distances between portable and mobile RF communications equipment and the GSH822 Blood Pressure Monitor

The GSH822 Blood Pressure Monitor is intended for use in an electromagnetic environment in which radiated RF disturbances are controlled. The customer or the user of the GSH822 Blood Pressure Monitor can help prevent electromagnetic interference by maintaining a minimum distance between portable and mobile RF communication equipment (transmitters) and the GSH822 Blood Pressure Monitor as recommended below, according to the maximum output power of the communications equipment.

Rated maximum output power of transmitter W	Separation distance according to frequency of transmitter m		
	150 kHz to 80 MHz $d= 1.2\sqrt{P}$	80 MHz to 800 MHz $d= 1.2\sqrt{P}$	800 MHz to 2.5 GHz $d= 2.3\sqrt{P}$
0.01	0.12	0.12	0.23
0.1	0.38	0.38	0.73
1	1.2	1.2	2.3
10	3.8	3.8	7.3
100	12	12	23

For transmitters rated at a maximum output power not listed above, the recommended separation distance d in meters (m) can be estimated using the equation applicable to the frequency of the transmitter, where P is the maximum output power rating of the transmitter in watts (W) according to the transmitter manufacturer.

NOTE 1 At 80 MHz and 800 MHz, the separation distance for the higher frequency range applies.

NOTE 2 These guildelines may not apply in all situations. Electromagnetic propagation is affected by absorption and reflection from structures, objects and people.

FEDERAL COMMUNICATIONS COMMISSION INTERFERENCE STATEMENT

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 grantee of this device could void the user's authority to operate the equipment.

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 equipment complies with FCC RF exposure limits set forth for an uncontrolled environment.

The equipment must not be co-located or operating in conjunction with any other antenna or transmitter.

Distributed by :
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