

Upper Arm Blood Pressure Monitor

6000 Series – Wireless Instruction Manual

Original 1WMPD4004430A

1. Introduction

- The Equate upper arm blood pressure monitor is designed for ease of use and accuracy. This device will facilitate your daily blood pressure regimen.
- We recommend that you read through this manual carefully before using the device for the first time.
- This device is designed for use on adults, and is not intended for infants and children.
- This device is designed for use to operate by yourself in the home healthcare environment to measure blood pressure and pulse rate of people for diagnosis.

2. Precautions

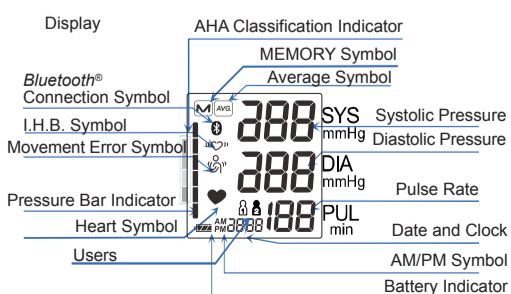
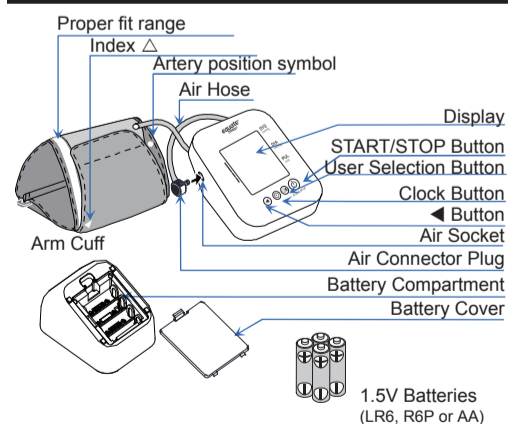
FCC Compliance Information

This device complies with Part 15 of FCC rules. Operation is subject to the following two conditions:

- This device may not cause harmful interference, and
- This device must accept any interference received, including interference that may cause undesired operations.

- Precision components are used in the construction of this device. Extremes in temperature, humidity, direct sunlight, shock or dust should be avoided.
- Clean the device and cuff with a dry, soft cloth or a cloth dampened with water and a neutral detergent. Never use alcohol, benzene, thinner or other harsh chemicals to clean the device or cuff.
- Avoid tightly folding the cuff or storing the hose tightly twisted for long periods, as such treatment may shorten the life of the components.
- Take care to avoid accidental strangulation of babies or infants with the hose.
- Do not twist the air hose during measurement. This may cause injury due to continuous cuff pressure.
- The device and cuff are not water resistant. Prevent rain, sweat and water from soiling the device and cuff.
- Measurements may be distorted if the device is used close to televisions, microwave ovens, cellular telephones, X-ray or other devices with strong electrical fields.
- Wireless communication devices, such as home networking devices, mobile phones, cordless phones and their base stations, and walkie-talkies can affect this blood pressure monitor. Therefore, a minimum distance of 12' / 30cm should be kept from such devices.
- When reusing the device, confirm that the device is clean.
- Used equipment, parts and batteries are not treated as ordinary household waste, and must be disposed of according to the applicable local regulations.
- Do not modify the device. It may cause accidents or damage to the device.
- To measure blood pressure, the arm must be squeezed by the cuff hard enough to temporarily stop blood flow through the artery. This may cause pain, numbness or a temporary red mark to the arm. This condition will appear especially when measurement is repeated successively. Any pain, numbness, or red marks will disappear with time.
- Measuring blood pressure too frequently may cause harm due to blood flow interference.
- Check that the operation of the device does not result in prolonged impairment of blood circulation, when using the device repeatedly.
- Clinical testing has not been conducted on newborn infants and pregnant woman. Do not use on newborn infants or pregnant woman.
- If you have had a mastectomy, please consult a doctor before using the device.
- Do not let children use the device by themselves and do not leave the device within the reach of children, it may cause accidents or injury.
- There are small parts that may cause a choking hazard if swallowed by mistake by infants.
- Do not touch the batteries and the patient at the same time. That may result in electrical shock.
- Use of accessories not detailed in this manual may compromise safety.
- Should the battery short-circuit, it may become hot and potentially cause burns.
- Allow the device to adapt to the surrounding environment before use (about one hour).
- Do not inflate without wrapping the cuff around the upper arm.
- Do not apply the cuff on an arm in which another medical device is attached. The equipment may not function properly.
- People who have a severe circulatory deficit in the arm must consult a doctor before using the device, to avoid medical problems.
- Do not self-diagnose the measurement results and start treatment by yourself. Always consult your doctor for evaluation of the results and treatment.
- Do not apply the cuff on an arm with an unhealed wound.
- Do not apply the cuff on an arm receiving an intravenous drip or blood transfusion. It may cause injury.
- Do not use the device where flammable gases such as anesthetic gases are present. It may cause an explosion.
- Do not use the device in highly concentrated oxygen environments, such as a high-pressure oxygen chamber or an oxygen tent. It may cause a fire or explosion.

3. Parts Identification



4. Symbols

Symbols that appear on the display

Symbols	Function/Meaning	Recommended Action
♥	Appears while measurement is in progress. It blinks when the pulse is detected.	Measurement is in progress. Remain as still as possible.
“♥”	I.H.B. symbol appears when an irregular heartbeat is detected. It may appear when a very slight vibration like shivering or shaking is detected.	_____
👤	Appears when a body or arm movement is detected.	_____
M	Previous measurements stored in memory.	_____
AVG	Average data	_____
🔋	FULL BATTERY The battery power indicator during measurement.	_____
🔋	LOW BATTERY The battery power is low when it blinks.	Replace all batteries with new ones when the symbol blinks.
👤	User1 and User2	_____
AM	Time in the morning	_____
PM	Time in the afternoon	_____
📶	The device is connecting to the Bluetooth® devices.	_____
⚡	Device internal error	Remove the Batteries and press the START/STOP button, and then install the batteries again. If the error still appears, contact customer service.
⚡	Unstable blood pressure due to movement during measurement.	Take another measurement. Remain still during measurement.
⚡	The systolic and diastolic values are within 10 mmHg of each other.	_____
⚡	The pressure value did not increase during the inflation.	Apply the cuff correctly, and take another measurement.
⚡	The cuff is not applied correctly.	
⚡	PUL DISPLAY ERROR The pulse is not detected correctly	_____
⚡	Pairing has not been performed correctly.	Remove and reinstall the batteries. Try pairing again.
Pr	Pairing in progress.	_____

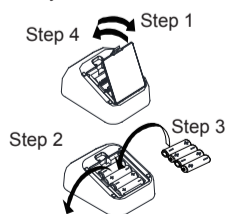
Symbols printed on the device case

Symbols	Function/Meaning
🔌	Standby and Turn the device on
SYS	Systolic blood pressure in mmHg
DIA	Diastolic blood pressure in mmHg
PUL/min	Pulse per minute
⊕(LR6,LR6AA)⊖	Battery installation guide
⚡	Direct current
⚡	Type BF: Device, cuff and tubing are designed to provide special protection against electrical shocks
SN	Serial number
📖	Refer to instruction manual/booklet
IP	International protection symbol
☔	Keep dry
🕒	Clock setting
⏪	Clock adjustment and memory recall
👤	User selection
BT	Bluetooth® address
♻️	Used equipment, parts and batteries are not treated as ordinary household waste, and must be disposed of according to the applicable local regulations.

5. Using the Monitor

5.1. Installing / Changing The Batteries

- Remove the battery cover.
- Remove the used batteries from the battery compartment to change them.
- Insert new batteries into the battery compartment as shown, taking care that the polarities (+) and (-) are correct. Use only R6P, LR6 or AA batteries.
- Replace the battery cover.



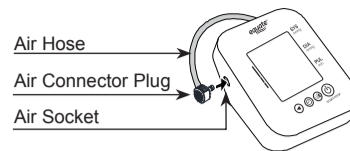
CAUTION

- Insert the batteries as shown in the battery compartment. If installed incorrectly, the device will not work.
- When 🔋 blinks on the display, replace all batteries with new ones. Do not mix old and new batteries. It may shorten the battery life, or cause the device to malfunction. Replace the batteries two seconds or more after the device turns off.
- 🔋 does not appear when the batteries are drained.
- The battery life varies with the ambient temperature and may be shorter at low temperatures.
- Generally, four new R6P batteries will last approximately three months when used twice for measurement each day.

- Use the specified batteries only. The batteries provided with the device are for testing the device performance and may have a limited life.
- Remove the batteries if the device is not to be used for a long time. The batteries may leak and cause a malfunction.

5.2. Connecting The Air Hose

Insert the air connector plug into the air socket firmly.



5.3. Selecting The Correct Cuff

- Using the correct cuff size is important for an accurate reading. If the cuff is not the proper size, the reading may yield an incorrect blood pressure value.
- The arm size is printed on each cuff.
- The index Δ and proper fit range, on the cuff, tell you if you are applying the correct cuff. Refer to “5.4 Applying The Arm Cuff”.
- If the index Δ points outside of the range, contact customer service.
- The arm cuff is a consumable. If it becomes worn, purchase a new one.

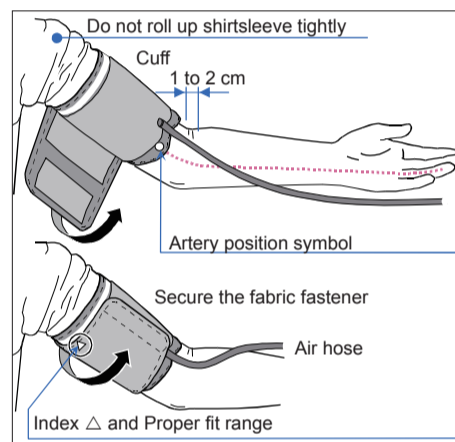
Symbols printed on the cuff

Symbols	Function/Meaning	Recommended Action
●	Artery Position Symbol	Set the ○ symbol on the artery of the upper arm or in line with the ring finger on the inside of the arm.
▲	Index	_____
REF	Catalog number	_____
LOT	Lot number	_____

5.4. Applying The Arm Cuff

- Wrap the cuff around the upper arm, about 1 to 2 cm above the inside of the elbow, as shown.
- Place the cuff directly against the skin, as clothing may cause a faint pulse and result in a measurement error.
- Constriction of the upper arm, caused by rolling up a shirtsleeve, may prevent accurate readings.
- Confirm that the index Δ points within the proper fit range.

Note: During measurement, it is normal for the cuff to feel very tight. (Do not be alarmed).



6. Pairing with a Mobile Device

CAUTION

- In the unlikely event that this monitor causes radio wave interference to a different wireless station, change the location where this monitor is used or stop use immediately.
- The communication distance between this monitor and the mobile device is about 10 m. This distance is reduced by the conditions in the surrounding environment, so be sure to check that the distance is short enough for a connection to be made after measurement is complete.
- Be sure to use in a location where visibility between the two devices that you want to connect is good. The connection distance is reduced by the structure of buildings or other obstructions. In particular, connection may be impossible when devices are used on either side of reinforced concrete.
- Do not use Bluetooth® connection in the range of a wireless LAN or other wireless devices, near devices that emit radio waves such as microwaves, in locations where there are many obstructions, or in other locations where signal strength is weak. Doing so may result in frequent loss of connection, very slow communication speeds and errors.
- In this case, switch off the power supply to the device that is not being used or use the monitor in a different location.
- If the monitor does not connect normally when used near a wireless station or broadcast station, use the monitor in a different location.
- Walmart cannot accept liability for any damages incurred due to impaired operation or data loss, etc that occur through the use of this product.
- This product is not guaranteed to connect to all Bluetooth® compatible devices.

6.1 Bluetooth® Transmission

Bluetooth

Bluetooth® devices carry the Bluetooth® logo mark.

To connect with your mobile device – download and install Equate Heart Chart app.



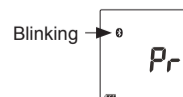
Follow the instructions in the app to connect.

6.2 Cautions for Pairing

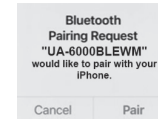
- Only one device can be paired with this monitor at one time. If the mobile device cannot receive measurement data, try pairing again.
- The monitor is capable of registering 4 mobile devices.
- In case a 5th mobile device is registered, the monitor will delete the oldest mobile device.

6.3 Pairing Procedure

- Turn on Bluetooth® settings on your mobile device
- Press and hold the START/STOP button until “Pr” is displayed, and then release the button. The monitor will be in a state that can be found by the mobile device for about one minute.



- If “E 10” is displayed or pairing is failed, remove the batteries and try steps 1-3 again.
- Accept the pairing request on the Equate Heart Chart app.



6.4 Transmitting Temporarily Stored Data

In cases when the mobile device cannot receive measurement data, the measurement data is temporarily stored in the monitor memory. The data stored in the memory is transmitted the next time a connection is successfully made to the mobile device. A total of 90 sets of measurement data can be stored per user. When the amount of data exceeds 90, the oldest data is deleted and the new data is stored.

6.5 Time

This monitor has a built-in clock. The date and time that a measurement was taken is included in the measurement data. The built-in clock is automatically adjusted by syncing the clock of a mobile device. Sync of the time is done in the timing Bluetooth® icon lights up, in the pairing process.

7. Measurements

7.1. Normal Measurement

- Place the cuff on the arm at heart level (preferably the left arm). Sit quietly during measurement.
- Press the START/STOP button. Select a user from user 1 and user 2.
- Press the START/STOP button. All of the display segments are displayed. Zero is displayed blinking briefly. Then the display changes, as indicated in the figure at the right, as the measurement begins. The cuff starts to inflate. It is normal for the cuff to feel very tight. A pressure bar indicator is displayed, as in the figure at the right, during inflation.

Note: If you wish to stop inflation at any time, press the START/STOP button again.

- When inflation is complete, deflation starts automatically and the ♥ blinks, indicating that the measurement is in progress. Once the pulse is detected, the symbol blinks with each pulse beat.

Note: If an appropriate pressure is not inflated, the device starts to inflate again automatically.

- When the measurement is complete, the systolic and diastolic pressure readings and pulse rate are displayed. The cuff exhausts the remaining air and deflates completely. In case the monitor is connected to a mobile device, it's possible to transfer the measurement data to the app, when the measurement is done.

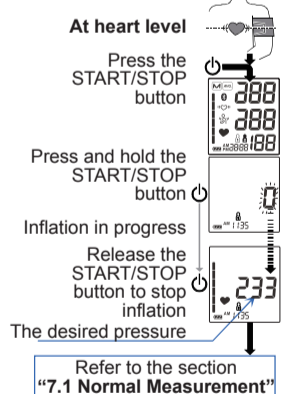
- Press the START/STOP button again to turn off the power and the measurement data is stored.

Note: This device has an automatic power shut-off function. Allow at least 3 minutes between measurements on the same person.

7.2. Measurement with the Desired Systolic Pressure

If re-inflation occurs repeatedly, or if your systolic pressure is expected to exceed 230 mmHg, use this procedure.


- Place the cuff on the arm at heart level (preferably the left arm).
- Press the START/STOP button.
- While the zero blinks, press and hold the START/STOP button until a number about 30 to 40 mmHg higher than your expected systolic pressure appears.
- When the desired number is reached, release the START/STOP button to start measurement. Then continue to measure your blood pressure as described on the section “7.1 Normal Measurement”.












7.3. Notes for Accurate Measurement

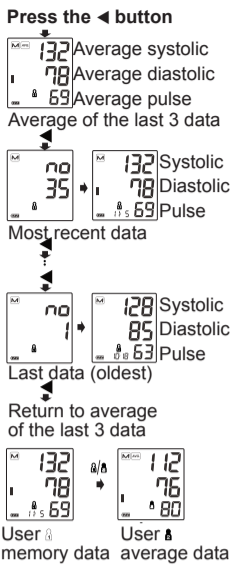
- Sit comfortably on a chair with your feet on the floor and your back straight. Do not cross your legs.
- Place your arm on a table with your palm facing upward and the cuff at the same level as your heart.
- Relax for about five to ten minutes before measurement.
- Remain still and keep quiet during measurement.
- Do not smoke, exercise, or consume anything for at least 30 minutes beforehand.
- This device bases its measurements on the heartbeat. If you have a very weak or irregular heartbeat, the device may have difficulty determining your blood pressure.
- Should the device detect a condition that is abnormal, it will stop the measurement and display an error symbol. Refer to the section “4 Symbols” for the description of the symbols.
- Try to measure your blood pressure at the same time every day.
- The automatic blood pressure monitor's performance may be affected by excessive temperature or humidity, or altitude.

8. Recalling the Memory Data

The device automatically stores up to 90 x 2 blood pressure and pulse measurements in memory. Data stored in memory are assigned a data number in the order of the newest to the oldest. The oldest data displays as "no.". The  symbol in the upper left corner of the display indicates that you are viewing previous data stored in memory.



8.1. Recalling Data

- Press the  button.
- Select the user you want to review the memory for by pressing  the button. Select a user from user  or user .
- Press the  button. The average of the last three measurements is displayed. (If no data, "0" is displayed. Press the  or START/STOP button to turn device off.)
- Each time the  button is pressed, the memory data is displayed as follows. Most recent data (ex. no. 35). Three seconds after the data number displays, the measurement data is displayed.
- After the last data is displayed, press the  button to return the average display of the last three measurements.
- Press the START/STOP button to turn the device off. After one minute of non-operation the device will turn off automatically.
- Each time the  button is pressed, the user is changed and the average of the last three measurements for that user is displayed.














Note: If this device stores the two measurements, the average of the two measurements is displayed. If this device stores only one measurement, this is displayed.

8.2. Clearing Data

- Press  button to move to the memory display mode.
- Select the user you want to delete with user button.
- Turn off the power pressing START/STOP button.
- Press and hold  button.
- Memory icon blinks and the data is deleted.
- The device power will be turned off automatically.

9. Setting Date and Time

Set the date and time prior to use.

- Press the  button, the year starts blinking.
- Select the year using the  button. Press the  button to set the current year and move to month / day selection. The date can be set anywhere between the years 2021 and 2059.
- Select the month using the  button. Press the  button to set the current month and move to day selection.
- Select the day using the  button. Press the  button to set the current day and move to hour / minute selection.
- Select the hour using the  button. Press the  button to set the current hour and move to minute selection.
- Select the minute using the  button. Press the  button to turn the device off.



Note: After three minutes of non-operation, the device will turn off automatically.

When the clock has not been set, the clock display indicates dashes as shown to the right.

When using the device for the first time, the clock is not adjusted. When the device is disconnected from the power supply, the set date and time will be erased. When the set date and time is erased, please adjust again.

The clock of the monitor can sync to the clock of the mobile device during *Bluetooth*[®] communication.

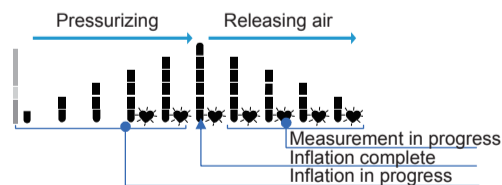
10. What is an Irregular Heartbeat

The blood pressure monitor provides a blood pressure and pulse rate measurement even when an irregular heartbeat occurs. An irregular heartbeat is defined as a heartbeat that varies from the average of all heartbeats during the blood pressure measurement. It is important that you are relaxed, remain still and do not talk during measurements.

Note: We recommend contacting your physician if you see this "♥" indicator frequently.

11. Pressure Bar Indicator

The indicator monitors the progress of pressure during measurement.



12. About Blood Pressure

What is Blood Pressure?

Blood pressure is the force exerted by blood against the walls of the arteries. Systolic pressure occurs when the heart contracts. Diastolic pressure occurs when the heart expands. Blood pressure is measured in millimeters of mercury (mmHg). One's natural blood pressure is represented by the fundamental pressure, which is measured first thing in the morning while one is still at rest and before eating.


13. AHA Classification Indicator

Each segment of the bar indicator corresponds to the AHA blood pressure classification.

AHA Classification Indicator

- The indicator displays a segment, based on the current data, corresponding to the AHA classification.
- Stage 2 Hypertension
- Stage 1 Hypertension
- Elevated
- Normal

14. Troubleshooting

Problem	Possible Reason	Recommended Action
Nothing appears on the display, even when the power is turned on.	Batteries are drained. Battery terminals are not in the correct position.	Replace all batteries with new ones. Reinstall the batteries with negative and positive terminals matching those indicated on the battery compartment.
The cuff does not inflate.	Battery voltage is too low.  blinks. If the batteries are drained completely, the symbol does not appear.	Replace all batteries with new ones.
The device does not measure. Readings are too high or too low.	The cuff is not applied properly.	Apply the cuff correctly.
	You moved your arm or body during measurement.	Make sure you remain still and quiet during measurement.
	The cuff position is not correct.	Sit comfortably and still. Place your arm on a table with your palm facing upward and the cuff at the same level as your heart.
Other	If you have a very weak or irregular heartbeat, the device may have difficulty in determining your blood pressure.	
	The value is different from that measured at a clinic or doctor's office.	At a clinic or doctor's office, apprehension may cause an elevated reading. Home measurement reduces the effects of outside influences on blood pressure readings & supplements the doctor's readings. Remove the batteries. Place them back properly and take another measurement.

Note: If the actions described above do not solve the problem, contact customer service. Do not attempt to open or repair this product, as any attempt to do so will make your warranty invalid.

15. Maintenance

Do not open the device. It uses delicate electrical components and an intricate air unit that could be damaged. If you cannot fix the problem using the troubleshooting instructions, contact customer service.

16. Satisfaction Guaranteed


Satisfaction guaranteed – Or we'll replace it or give you your money back. For questions or comments or to report an undesired reaction or side effect, please call 1-888-287-1915.

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17. Technical Data

Type	UA-6000BLEWM	
Measurement method	Oscillometric measurement	
Measurement range	Pressure:	0 - 299 mmHg
	Systolic pressure:	60 - 279 mmHg
	Diastolic pressure:	40 - 200 mmHg
	Pulse:	40 - 180 beats/minute
Measurement accuracy	Pressure:	±3 mmHg
	Pulse:	±5 %
Power Supply	4 x 1.5V batteries (R6P, LR6 or AA)	
Number of measurements	Approx. 700 LR6 or AA (alkaline batteries)	
	Approx. 200 R6P (manganese batteries) With pressure value 180 mmHg, room temperature 23 °C.	
Classification	Internally powered ME equipment (by batteries) Continuous operation mode	
Clinical test	According to ISO81060-2:2013 In the clinical validation study, K5 was used on 85 subjects for determination of diastolic blood pressure.	
EMD	IEC 60601-1-2: 2014	
Wireless Communication	Bluetooth:	Ver.5.1LE BLP
	Frequency band:	2402 MHz to 2480 MHz
	Maximum RF output power:	< 10 dBm
	Modulation:	GFSK
	Supported Data:	Systolic Pressure, Diastolic Pressure, Pulse Rate
	Communication distance:	About 10 m (This distance is reduced by the conditions in the surrounding environment)
	Paired device:	4 devices
Memory	90 measurements per user	
Operating conditions	+10 to +40 °C/15 to 85 %RH/800 to 1060 hPa	
Transport/Storage conditions	- 20 to +60 °C/10 to 95 %RH/700 to 1060 hPa	
Cuff Circumference	UA-420WM: 8.6-16.5" (22 to 42 cm)	
Dimensions	Approx. 4.33"[W]x2.80"[H]x5.47"[D] (110[W]x71[H]x139[D] mm)	
Weight	Approx. 10.58oz (300g), excluding the batteries	
Ingress protection	Device: IP20	
Applied part	Cuff: Type BF 	
Useful life	Device: 5 years (when used six times a day)	
	Cuff: 2 years (when used six times a day)	

Note: Specifications are subject to change without prior notice. IP classification is the degrees of protection provided by enclosures in accordance with IEC 60529. This device is protected against solid foreign objects of 12 mm diameter and greater such as a finger. This device is not protected against water.

FCC Caution

Changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.

This transmitter must not be co-located or operated in conjunction with any other antenna or transmitter.

This equipment complies with FCC radiation exposure limits set forth for an uncontrolled environment and meets the FCC radio frequency (RF) Exposure Guidelines in Supplement C to OET65. This equipment has very low levels of RF energy that it deemed to comply without maximum permissive exposure evaluation (MPE). It is recommended that this equipment be installed and operated keeping the radiator at least 20 cm or more away from the user's body (excluding extremities: hands, wrists, feet and ankles).

Note: This equipment has been tested and found to comply with the limits for 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.

EMD Technical Data Battery-operated Blood Pressure Monitor

Medical Electrical Equipment needs special precautions regarding EMD and needs to be installed and put into service according to the EMD information provided in the following. Portable and mobile RF communication equipment (e.g. cell phones) can affect Medical Electrical Equipment. The use of accessories and cables other than those specified may result in increased emissions or decreased immunity of the unit.

Table 1 - EMISSION Limits

Phenomenon	Compliance
Conducted and radiated RF EMISSION CISPR 11	Group 1, Class B

Table 2 - IMMUNITY TEST LEVELS : Enclosure Port

Phenomenon	IMMUNITY TEST LEVELS
Electrostatic discharge IEC 61000-4-2	±8 kV contact ±2 kV, ±4 kV, ±8 kV, ±15 kV air
Radiated RF EM fields IEC 61000-4-3	10 V/m 80 MHz - 2.7 GHz 80 % AM at 1 kHz
Proximity fields from RF wireless communications equipment IEC 61000-4-3	See table 3
Rated power frequency magnetic fields IEC 61000-4-8	30 A/m 50 Hz or 60 Hz

Table 3 - Test specifications for ENCLOSURE PORT IMMUNITY to RF wireless communications equipment

Test frequency (MHz)	Band (MHz)	Service	Modulation	Maximum power (W)	Distance (m)	IMMUNITY TEST LEVEL (V/m)
385	380 - 390	TETRA 400	Pulse modulation 18 Hz	1.8	0.3	27
450	430 - 470	GMRS 460 FRS 460	FM ±5 kHz deviation 1 kHz sine	2	0.3	28
710	704 - 787	LTE Band 13, 17	Pulse modulation 217 Hz	0.2	0.3	9
745						
780						
810	800 - 960	GSM 800/900 TETRA 800 iDEN 820 CDMA 850 LTE Band 5	Pulse modulation 18 Hz	2	0.3	28
870						
930						
1720						
1845	1700 - 1990	GSM 1800 CDMA 1900 GSM 1900 DECT LTE Band 1, 3, 4, 25 UMTS	Pulse modulation 217 Hz	2	0.3	28
1970						
2450	2400 - 2570	<i>Bluetooth</i> [®] WLAN 802.11 b/g/n RFID 2450 LTE Band 7	Pulse modulation 217 Hz	2	0.3	28
5240	5100 - 5800	WLAN 802.11 a/n	Pulse modulation 217 Hz	0.2	0.3	9
5500						
5785						