



*Easy and Affordable Solutions
for Better Health™*



INSTRUCTION MANUAL

Model BPM 0001

PLEASE READ BEFORE USE

Blood Pressure MANAGEMENT SYSTEM

IDEAL LIFE BP-Manager™

*NOTE: The system is intended for information purposes only, for expert advice make sure to consult a healthcare professional. Any instructions for change in treatment and health related information or advice should only be made directly with a healthcare professional. The IDEAL LIFE BP-MANAGER™ is a non-invasive blood pressure monitor intended for the measurement of systolic (SBP) and diastolic (DBP) blood pressure and heart rate (HR or pulse rate) using the oscillometric technique. The IDEAL LIFE BP-MANAGER™ is used as an aid to monitoring blood pressure in adults (individuals aged 18 and older) in a non-clinical environment such as in the home. Results are displayed on the IDEAL LIFE BP-MANAGER™ screen. The IDEAL LIFE BP-MANAGER™ should not be used on infants or children. Contraindications for Use: The end user of this device should not have common arrhythmias, such as atrial or ventricular premature beats or atrial fibrillation.



Version 2.0 Jan 2009 *Picture may vary from actual product

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Introduction

Introduction

Thank you for purchasing the IDEAL LIFE BP-MANAGER™, or BPM 0001 and IDEAL LIFE POD™, or ILP 0001. This completely automatic system measures your blood pressure and pulse rate, captures subjective information and manages everything automatically so that you can better manage your blood pressure with your care provider. Your measurement reading is clearly displayed on a large screen on the IDEAL LIFE BP-Manager™ after each measurement, and later stored for a more detailed analysis in the form of tables for easy viewing and graphs for easy interpretation. Your new IDEAL LIFE BP-Manager™ uses the oscillometric method of blood pressure measurement, detecting your blood's movement through your brachial artery and converting the movements into a digital reading. An oscillometric monitor does not need a stethoscope so the monitor is simple to use.

The IDEAL LIFE BPM 0001 BP-Manager™ is a non-invasive blood pressure monitor intended for the measurement of systolic (SBP) and diastolic (DBP) blood pressure and heart rate (HR or pulse rate) using the oscillometric technique. The IDEAL LIFE BP-Manager™ is used as an aid to monitoring blood pressure in adults (individuals aged 18 and older) in a non-clinical environment such as in the home. Results are displayed on the IDEAL LIFE BP-Manager™ screen. The IDEAL LIFE BP-Manager™ should not be used on infants or children. Contraindications for Use: The end user of this device should not have common arrhythmias, such as atrial or ventricular premature beats or atrial fibrillation.

Please read this instruction manual thoroughly. For proper interpretation of pressure measurements, make sure to consult a physician.

The IDEAL LIFE BP-Manager™ can be used alone to automatically measure your blood pressure.

If you would like to transmit blood pressure information for display on a personal computer, the optional IDEAL LIFE Pod™ can be purchased.

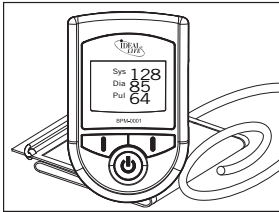
Instructions for Use for the IDEAL LIFE BP-Manager™ and for the IDEAL LIFE Pod™ are included in this Instruction manual.

*****Warning: This system is not recommended for use on infants and is not intended for and should not be used to try to measure the blood pressure of infants and children (anyone under the age of 18) as it may not be accurate and/or relied upon.***

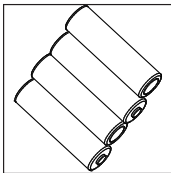
Contents

Contents

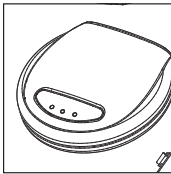
For Respective Products, make sure your package includes the following items:



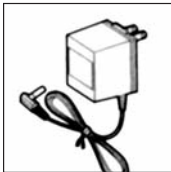
**BPM 001
IDEAL LIFE
BP-MANAGER™**



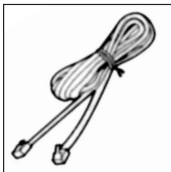
**4X "AA" RECHARGEABLE BATTERIES FOR YOUR
IDEAL LIFE BP-MANAGER™**



ILP 001 IDEAL LIFE POD™
(*An optional accessory, sold separately)



AC ADAPTER



TELEPHONE LINE CORD

Requirements

Requirements



MODULAR JACK REQUIREMENTS

When using your IDEAL LIFE BP-Manager™ with an IDEAL LIFE Pod™, you will need an RJ11 type modular jack, which is the most common type of phone jack and might look like the one pictured here. If you don't have a modular jack, call your local phone company to find out how to get one installed.

ADDITIONAL BATTERIES

You may wish to use rechargeable batteries in your IDEAL LIFE Manager™. The IDEAL LIFE Pod™ is equipped to recharge batteries.

!Warnings!

!Warnings!

To assure the correct use of the product basic safety measures should always be followed including the precautions listed below:

- Read all the information in the instruction manual and any other literature included in the box before using the unit.
- Follow the instructions of your healthcare provider.
- Contact your physician for specific information about your blood pressure.
- Operate the unit only as intended. Do not use for any other purpose.
- The IDEAL LIFE BPM 0001 BP-Manager™ is a non-invasive blood pressure monitor intended for the measurement of systolic (SBP) and diastolic (DBP) blood pressure and heart rate (HR or pulse rate) using the oscillometric technique. The IDEAL LIFE BP-Manager™ is used as an aid to monitoring blood pressure in adults (individuals aged 18 and older) in a non-clinical environment such as in the home. Results are displayed on the IDEAL LIFE BP-Manager™ screen. The IDEAL LIFE BP-Manager™ should not be used on infants or children. Contraindications for Use: The end user of this device should not have common arrhythmias, such as atrial or ventricular premature beats or atrial fibrillation.
- This system is not recommended for use on infants and is not intended for and should not be used to try to measure the blood pressure of infants and children (anyone under the age of 18) as it may not be accurate and/or relied upon.
- Changes or modifications not approved by IDEAL LIFE INC. may affect the proper functioning of this product. No recalibration or verification is needed, as the accuracy of the cuff-pressure transducers/indicators is valid for the life of the product. The system might not meet its performance specifications if stored or used outside the specified temperature and humidity ranges detailed below. Do not disassemble or attempt to repair the unit or components. In the event of malfunction, call IDEAL LIFE™ directly as instructed below.
- Blood pressure measurements determined with this device are equivalent to those obtained by a trained observer using the cuff/stethoscope auscultation method within the limits prescribed by the American National Standard, Electronic or automated sphygmomanometers. A report of clinical performance study findings that used the fourth Korotkoff sign to determine overall efficacy are available upon written request with proof of purchase.

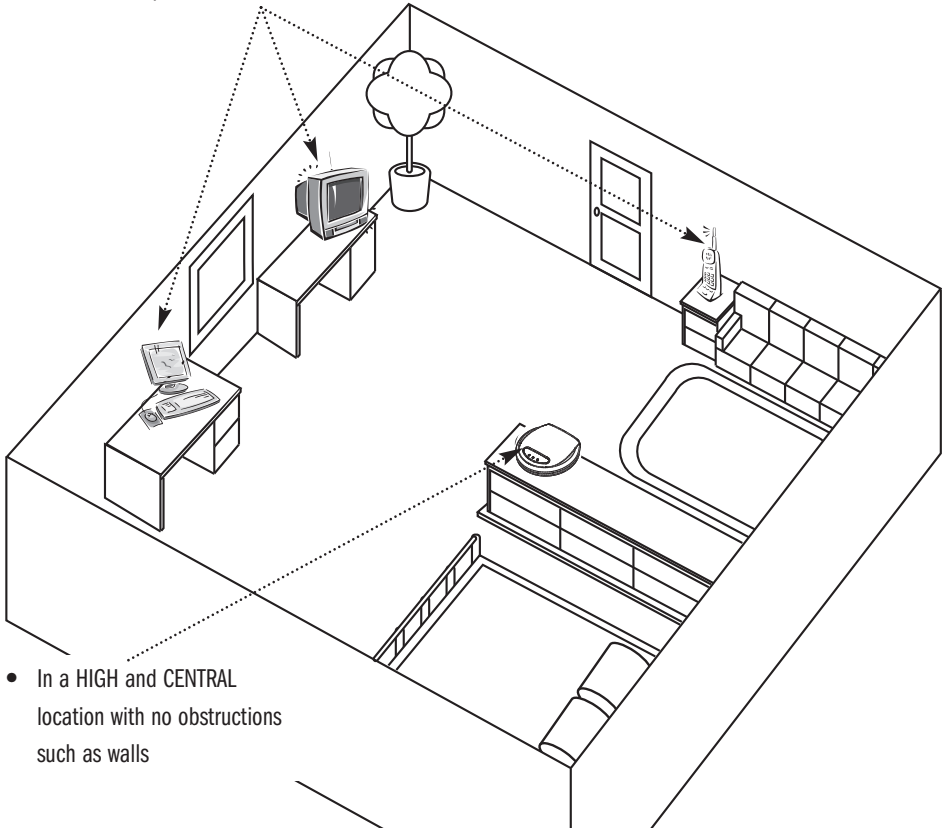
For any questions or comments, please call an IDEAL LIFE customer representative at 1-888-IDEAL-41 (888-433-2541).

IDEAL LIFE Pod™ Location/Interference

IDEAL LIFE Pod™ Location/Interference

When using an IDEAL LIFE Pod™ to communicate information from your IDEAL LIFE BP-Manager™, wireless radio waves are used. For maximum distance and interference-free operation, the recommended IDEAL LIFE Pod™ location is:

- Away from electrical appliances such as a TV, personal computer or a cordless phone



- In a HIGH and CENTRAL location with no obstructions such as walls

Note:

While using an IDEAL LIFE Pod™, the telephone line will be in use. If the telephone line is in use before using the your IDEAL LIFE Pod™ and you wish to use the your IDEAL LIFE Pod™ while the telephone line is being used, the unit will not be able to make a connection and will store the information in your IDEAL LIFE BP-Manager™ for later transmission.

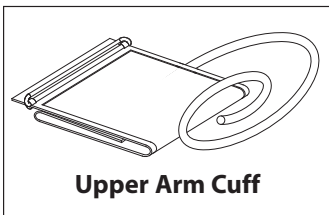
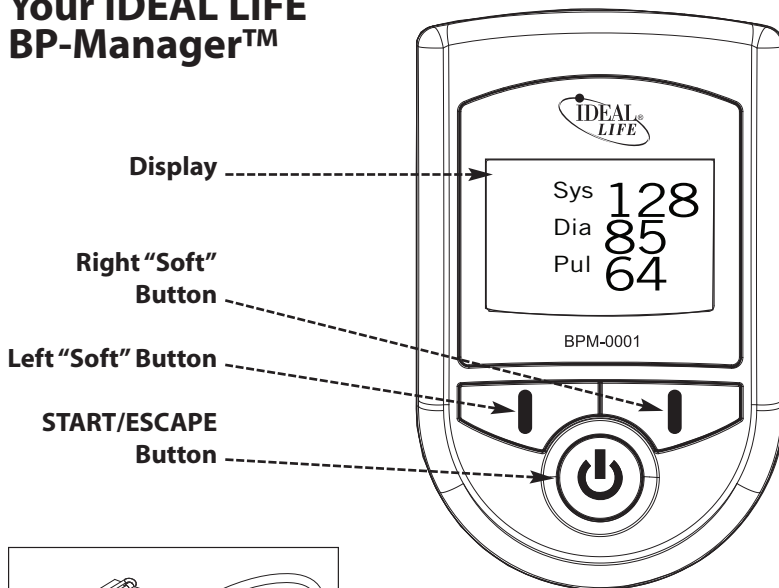
Before You Start

Before You Start

To assure the correct use of the product basic safety measures should always be followed including the precautions listed below:

- Read all information in the instruction manual and any other literature included in the box before using the unit.
- Follow the instructions of your healthcare provider.
- Contact your physician for specific information about your blood pressure.
- Operate the unit only as intended. Do not use for any other purpose.
- This product is intended for information purposes only. It is not intended for diagnostic purposes and is not intended and should not be used on infants or children (anyone under the age of 18).
- This is not a clinical device, but a tool for information purposes only.
- Changes or modifications not approved by IDEAL LIFE INC. may affect the proper functioning of this product. Do not disassemble or attempt to repair the unit or components.

Your IDEAL LIFE BP-Manager™

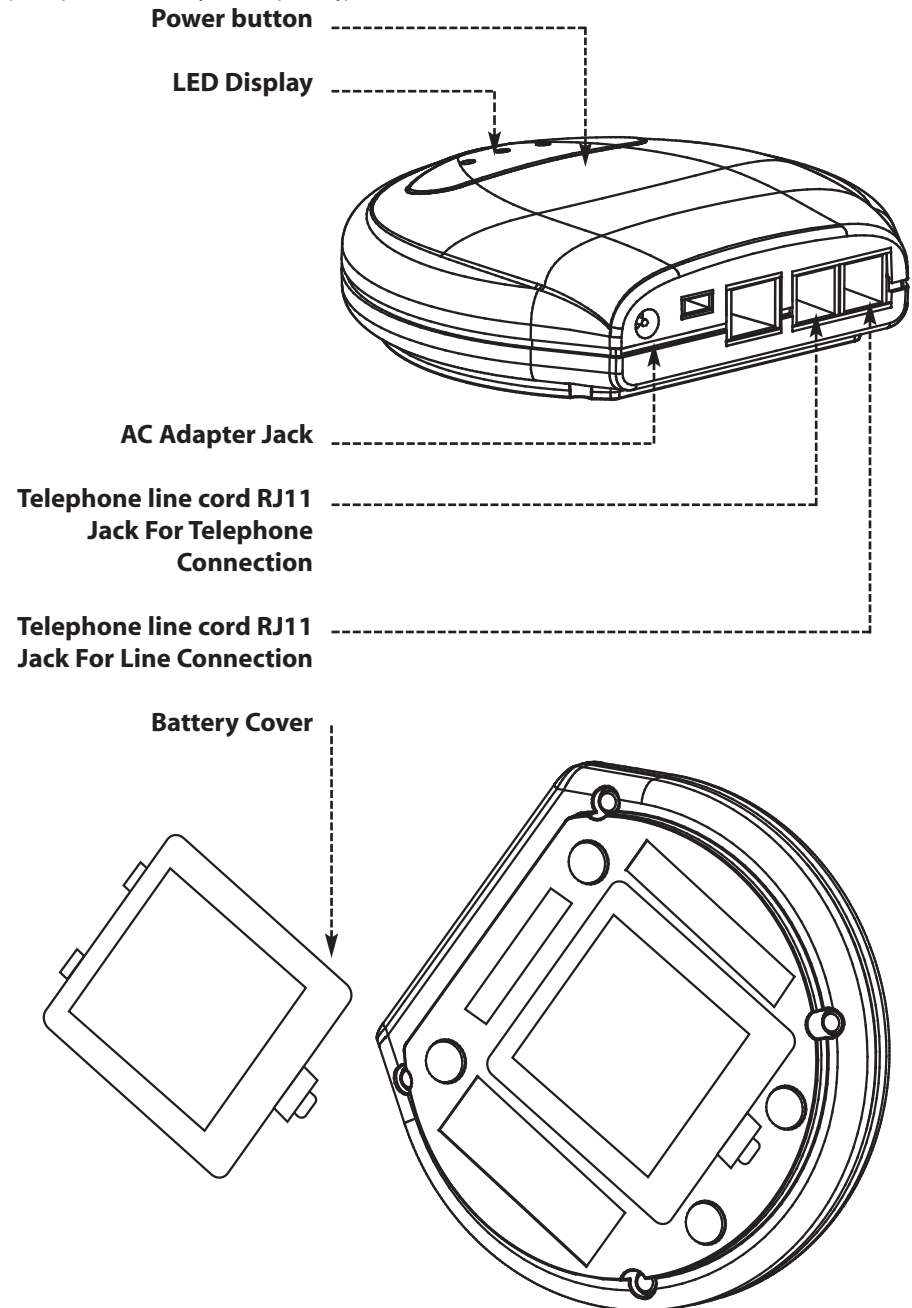


REMEMBER: You can stop the inflation or deflation process anytime by pressing any button.

Before You Start

Your IDEAL LIFE Pod™

(*An optional accessory, sold separately)



Installation

Installation

! FOR YOUR IDEAL LIFE Pod™ !

Connecting your IDEAL LIFE Pod™ USING AN RJ11 JACK

CAUTION!

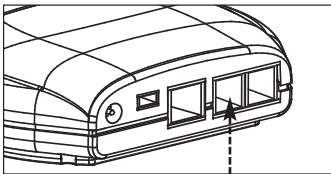
- Unplug phone cord from wall before installing, plugging in an external power source, or changing batteries.
- Never install telephone wiring during a lightning storm.
- Never touch uninsulated telephone wire or terminals, unless the telephone line has been disconnected at the network interface.
- Use caution when installing or modifying telephone lines.

Plug one end of the telephone line cord (provided) into the jack on the back of your IDEAL LIFE Pod™ marked LINE.

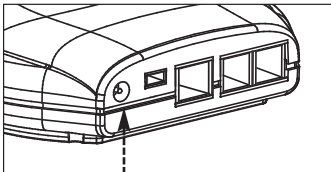
Note: The IDEAL LIFE Pod™ is designed not to draw power from the batteries when the AC adapter is in use.



Plug the other end of the telephone line cord (provided) into a modular wall jack.



If you wish to use the same modular wall jack for your IDEAL LIFE Pod™ and your telephone, connect the telephone line cord from your telephone into the jack on the back of your IDEAL LIFE Pod™ marked PHONE.



Connect the small end of the power supply into the power AC jack on the back of the IDEAL LIFE Pod™ marked POWER. Plug the other end into an AC power outlet.

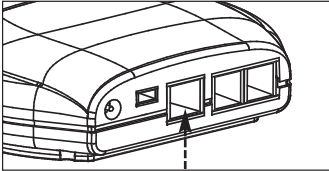
Your IDEAL LIFE Pod™ will automatically power up once it is plugged in to an AC power outlet.

Installation

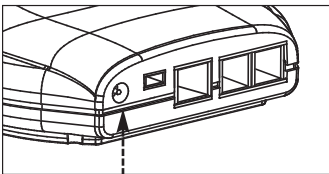


USING AN RJ45 JACK

Plug one end of the Ethernet cord (not provided) into a modular RJ45 wall jack.



Plug the other end of the Ethernet cord (not provided) into the RJ45 jack on the back of your IDEAL LIFE Pod™.



Connect the small end of the power supply into the power AC jack on the back of the IDEAL LIFE Pod™ marked POWER. Plug the other end into an AC power outlet.

Your IDEAL LIFE Pod™ will automatically power up once it is plugged in to an AC power outlet.

RECHARGING BATTERIES WITH YOUR IDEAL LIFE POD™:

- Remove the battery compartment door on the bottom of your IDEAL LIFE Pod™ by pushing gently in the direction shown on the battery cover.
- Place the rechargeable batteries as marked.
- Replace the battery compartment door and push the compartment door shut in the opposite direction shown on the battery cover.
- When using rechargeable batteries with your IDEAL LIFE BP-Manager™, simply place them in your IDEAL LIFE Pod™ for 10 hours to recharge when battery status is low as indicated on your IDEAL LIFE BP-Manager™

Powering Up Your IDEAL LIFE BP-Manager™

INSTALLING THE BATTERIES (INCLUDED)

- Remove the battery compartment door on your IDEAL LIFE BP-Manager™ by lifting the battery door using the notch
- Place the batteries as instructed on the device
- Replace the battery compartment door and click into place

Note:

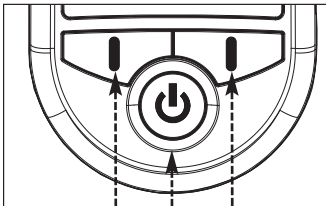
Replacing the battery does not affect previous test results stored in memory of the meter. However,

Installation

the time and date settings may need to be updated if batteries are not in the device for an extended period of time. Use only new batteries of the required size and the recommended type. For best performance and the longest life, alkaline batteries are recommended. Do not mix different type, date or brand name batteries together. Be sure to follow the instructions when installing the batteries. Since batteries can leak Chemicals that damages electronic parts, leaving the battery in the housing for a long period without using the device may damage the main unit. Please remove the batteries if you are not going to use the device for an extended period of time (i.e., 3 months or more). The batteries should be kept away from small children as they pose a choking hazard. If swallowed, promptly see a doctor for help.

FIRST TIME POWER UP AND ACTIVATION WHEN USING AN IDEAL LIFE POD™ (*an optional accessory, sold separately)

To use the IDEAL LIFE BP-Manager™ with your IDEAL LIFE Pod™ you must call an IDEAL LIFE customer representative to activate. Make sure to call IDEAL LIFE before you begin. Then make sure that the IDEAL LIFE Pod™ is connected to a telephone line cord and RJ11 jack, (or an Ethernet cord and RJ45



jack) and "Powered ON"! Hold down any button on your IDEAL LIFE BP-Manager™ for 3 seconds to Power up.

READ THROUGH THE IDEAL LIFE INC. TERMS AND CONDITIONS FIRST, THEN PROCEED AND FOLLOW THE PROMPTS ON THE SCREEN AS SHOWN HERE:



First select the appropriate language using the buttons labeled ↓ and OK.

Then Answer the question on the following screen regarding terms and conditions using the YES and NO labeled buttons.

To gain full advantage of all the features your IDEAL LIFE BP-Manager™ has to offer, using an IDEAL LIFE Pod™ is recommended. To ensure that your IDEAL LIFE BP-Manager™ and IDEAL LIFE Pod™ are setup properly you will need to call IDEAL LIFE directly to activate your system. You should ensure that the steps are followed correctly, you should first setup your IDEAL LIFE Pod™, power it up, and then begin the steps of powering up your IDEAL LIFE BP-Manager™. During your activation call with IDEAL LIFE, an IDEAL LIFE customer representative will verify your IDEAL LIFE BP-Manager™ and IDEAL LIFE Pod™ ID numbers. and you will be ready to take full advantage of all your IDEAL LIFE BP-Manager™ has to offer. For a detailed description of all the features and functions continue to the FUNCTIONS section of this manual.

Suggestions Before Taking A Measurement

Suggestions Before Taking A Measurement

- Avoid eating, smoking, and exercising for 30 minutes before taking a measurement. Rest at least 15 minutes before taking a measurement.
- Stress raises blood pressure. Avoid taking measurements during stressful times.
- Remove tight-fitting clothing from your left arm.
- Measurements should be taken in a quiet place.
- Sit in a chair with your feet flat on the floor. Rest your left arm on a table so that the cuff is at the same level as your heart.
- Remain still and do not speak during the measurement.
- It is recommended that a record of your blood pressure and pulse readings be brought to your physician on a regular basis, as a single measurement does not provide an accurate indication of your true blood pressure.
- It is recommended that you take and record several readings over a period of time, measuring your blood pressure at the same time each day for consistency.
- If you are taking multiple readings consecutively, you should wait 2-3 minutes between measurements. The wait time allows the arteries to return to the condition prior to taking the blood pressure measurement. You may need to increase the wait time depending on your individual physical characteristics.

CAUTION: Blood pressure recording can be affected by the position of the subject, his/her physiologic condition, and other factors.

How To Apply The Arm Cuff

How To Apply The Arm Cuff

Your IDEAL LIFE BP-Manager™ applies the Oscillometric method to measure human systolic/diastolic blood pressure and heart rate. All values are shown on the LCD monitor.

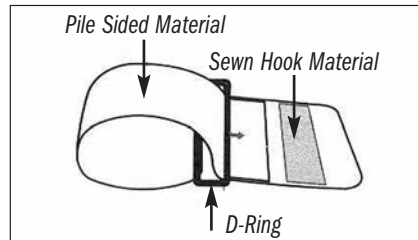
Applying the Pressure Cuff

STEP 1

Connect the Air Plug to the Air Jack at the side of the monitor.

STEP 2

Assemble the cuff as shown in the figure. The smooth cloth is on the inside of the cuff loop.

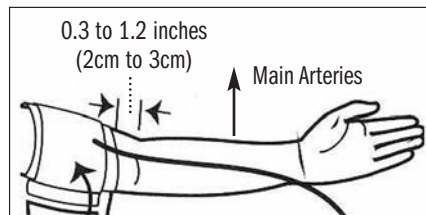


STEP 3

Hold your left arm in front of you with your palm facing up. Pull your arm through the cuff loop.

STEP 4

The edge of the cuff should be approximately 0.3 to 1.2 inches (2cm to 3cm) above your elbow. Align the tubing over the main arteries on the inside of your arm.



STEP 5

When the cuff is positioned correctly, pull the end of the cuff to tighten the cuff snugly around your upper arm. You should be able to fit your index finger between the cuff and your arm.

STEP 6

Press the hook material firmly against the pile material. The top and bottom edges of the cuff should be tightened evenly around your arm.

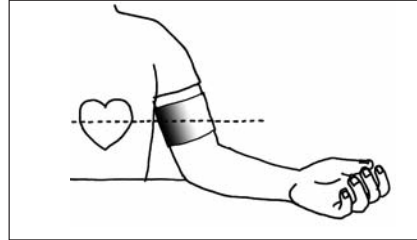
How To Apply The Arm Cuff

How To Take A Proper Measurement

Please sit or lie down for at least 5-10 minutes before measuring. Perform measurement while sitting.

STEP 1

Place your elbow on a table or other object. Relax your hand with the palm facing up.



STEP 2

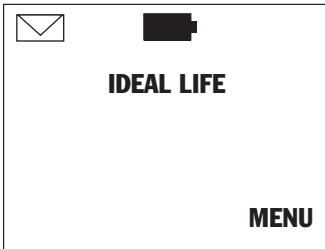
Make sure the pressure cuff is at the same level as your heart. This is extremely important for the accuracy of the results. Higher or lower positions will give deviations from the true value.

Functions

Functions

(when using the IDEAL LIFE POD™, an optional accessory sold separately)

Main Screen




The Main Screen is your default screen. This is where you will be directed to after completing functions and where you will find status indicators for the functioning of your IDEAL LIFE BP-Manager™.

In the upper middle portion of the display you will find a battery icon, displaying power status of your IDEAL LIFE BP-Manager™

 Indicates full power

 Indicates power is getting low, you should change your batteries

 Indicates that your blood pressure measuring function has been turned off.
Replace your batteries immediately.

 If you have unread messages, you will see an envelope icon on the upper left corner of the display.

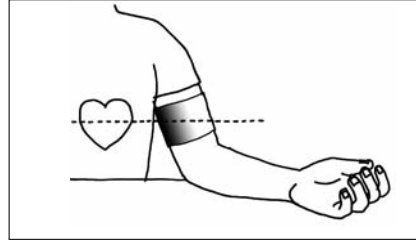
Functions

Taking Your Blood Pressure Measurement

Please sit or lie down for at least 5-10 minutes before measuring. Perform measurement while sitting.

STEP 1

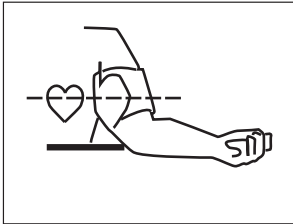
Place your elbow on a table or other object. Relax your hand with the palm facing up.



STEP 2

Make sure the pressure cuff is at the same level as your heart. This is extremely important for the accuracy of the results. Higher or lower positions will give deviations from the true value.

From the default screen, press the "⏏" button located in the center of the key pad to continue.



A graphic will appear to show the correct placement of the cuff on the arm.

Your IDEAL LIFE BP-Manager™ will begin to inflate automatically. Do not talk or move during the measurement.

The cuff will quickly inflate to the appropriate level and will get tighter around your arm. If the cuff becomes too tight, press

any button to stop the unit from inflating and then re-wrap the cuff, leaving a little more room between the cuff and your arm.

! You can stop the inflation/deflation at any time by pressing any button on your IDEAL LIFE BP-Manager™!

When the measurement is complete, the cuff will automatically deflate releasing the cuff's air pressure. Your IDEAL LIFE BP-Manager™ will then display your reading automatically, and begin to communicate when you are using your IDEAL LIFE Pod™. Your IDEAL LIFE BP-Manager™ will notify you on the bottom of the display as to the status of your connection. Connection times may vary depending on many factors. Your reading will always be stored in your meter memory for local lookup. After displaying your reading and automatically communicating the information, your meter will automatically return to the default screen before going to sleep mode. Each time your IDEAL LIFE BP-Manager™ communicates successfully to IDEAL LIFE through your IDEAL LIFE Pod™ the time and date are set to ensure reliable date and time stamping of all readings.

Functions

ERROR DISPLAY

An error will be displayed for the following:

- Noise, movement or talking during a measurement.
- Inadequate pressure for cuff inflation due to movement or talking during measurement.
- Cuff improperly applied (too tight, too loose, improper position).
- Other factors may also cause an error to display.

NOTE: If you receive an error, wait 2-3 minutes and retake your measurement. If you still receive an error, wait for the unit to go into sleep mode, then try again and retake your measurement. If you continually receive the same error after repeated usage, call an IDEAL LIFE customer representative at: 1-888-IDEAL-41 (888-433-2541).

Functions

LOOKING AT PREVIOUSLY TAKEN READINGS

Your IDEAL LIFE BP-Manager™ will store up to 575 of your latest readings.

MENU	
READINGS	
MESSAGES	
GRAPHICS	
USERS	
SCROLL	SELECT

Press Menu to view the feature list.

SCROLL to highlight READINGS (it should already be highlighted as it is the first line item in the list).

Press SELECT to enter your selection.

DATE	SYS	DIA	PUL
0210	120	82	71
0209	122	84	70
0208	118	84	70
0208	120	82	71
0207	118	82	73
NEXT			

You can now scroll through your readings, screen by screen using the NEXT (and BACK) buttons.

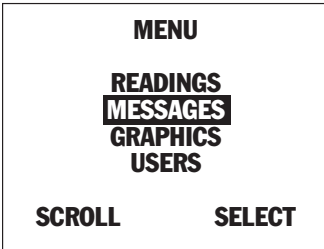
DATE	SYS	DIA	PUL
0206	120	85	70
0205	122	84	70
0204	121	83	72
0203	123	85	75
0202	120	82	71
BACK			NEXT

If you have less than one page full of readings or have reached your final screen you can press the button labeled EXIT to return to the MENU section (Remember you can always press the START/ESCAPE button to return to the default screen).

Functions

Looking at Messages

Your IDEAL LIFE BP-Manager™ is equipped for 2-way, interactive communication when using an IDEAL LIFE Pod™. Messages can be sent remotely to your IDEAL LIFE BP-Manager™ and responded to directly. When messages are transmitted to your IDEAL LIFE BP-Manager™, they are stored for automatic display before your next blood glucose measurement. If you have unread messages in memory, there will be an ENVELOPE icon located on the upper left corner of the default screen. You can also read any unread messages in the MESSAGES section for later response.



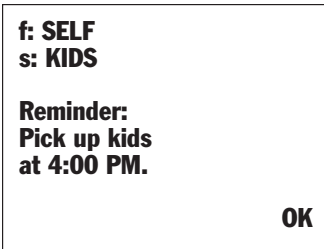
- Press Menu to view the feature list.
- SCROLL to highlight MESSAGES.
- Press SELECT to enter your selection.

Messages will be displayed in order of time received (oldest first). Responding to messages automatically stores them for later transmission and automatically scrolls to the next message if there is more than one unread message in

your IDEAL LIFE BP-Manager™.

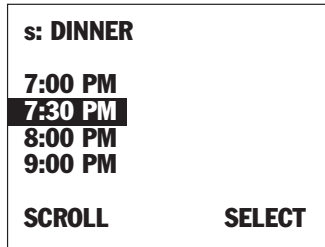
There are 2 types of messages. The type of question will dictate the button labels. Simply press the desired button shown on the screen.

For Example:



Free text messages allow for 2 possible responses, and are displayed on one screen and may look like this:

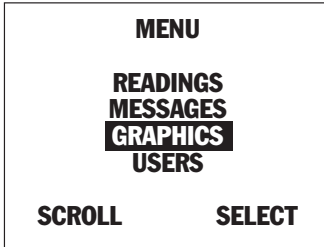
Multiple Choice messages allowing for up to 6 possible responses are displayed on 2 screens, and may look like this:



Functions

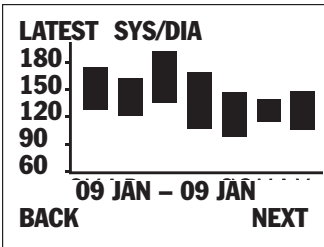
Looking at Graphics

When using an IDEAL LIFE Pod™, your IDEAL LIFE BP-Manager™ will store different types of graphics downloaded from the IDEAL LIFE website. (All the graphics can be altered through the IDEAL LIFE website, refer to www.ideallifeonline.com for details).



Press Menu to view the feature list.

- SCROLL to highlight GRAPHICS.
- Press SELECT to enter your selection.



- You can now scroll through your graphics screen by screen using the button labeled NEXT. While scrolling through screens, you can always go to the previous screen by pressing the button labeled BACK.



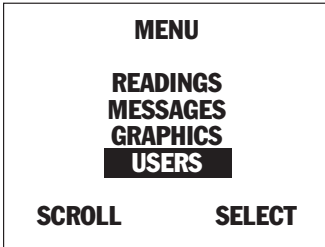
If you have only one graphic in memory, or have reached your final screen you can press the button labeled EXIT to return to the MENU section (Remember you can always press the START/ESCAPE button to return to the default screen).

Functions

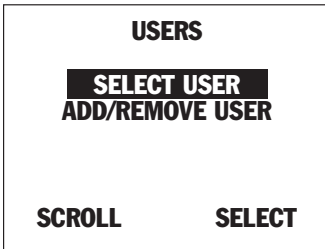
Users

The USERS section allows you to set-up your IDEAL LIFE BP-Manager™ with an option to allow 2 users to use the same device.

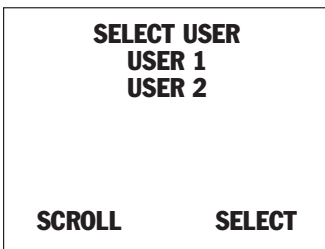
SELECT USER



- Press Menu to view the feature list.
- SCROLL to highlight USERS
- Press SELECT to enter your selection.



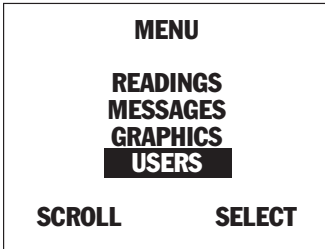
Using the Scroll and SELECT buttons, select the SELECT USER option. When more than one user is setup in the device, the SELECT USER function allows an individual to switch the current user selected in the device. When selecting SELECT USER, if only one user is selected in the device it will display the current user in the device. If there are multiple users in setup in the device, using the SCROLL and SELECT buttons a user can switch between USER 1 and USER 2



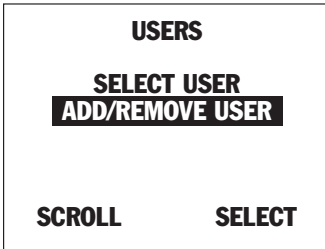
Selecting USER 1 will set the device to USER 1. Selecting USER 2 will set the device to USER 2.

Functions

ADD/REMOVE USER

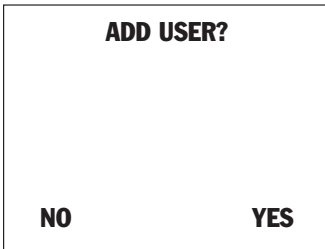


- Press Menu to view the feature list.
- SCROLL to highlight USERS
- Press SELECT to enter your selection.



- Press SCROLL to highlight ADD/REMOVE USER.
- Press SELECT to enter your selection.

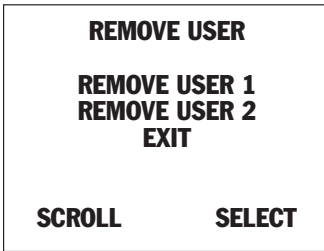
When there is only one user setup in the device, the ADD USER function will be initiated.



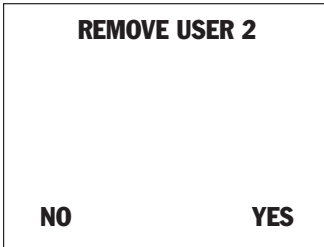
Press the YES button to add an additional user in the device. The next screen will walk the new user through the user setup process. Press the NO button to exit the ADD USER function and return the user to the main USERS options screen.

When there are two users setup in the device, the REMOVE USER function will be initiated.

Functions



Using the SCROLL and SELECT buttons, a user can be removed from the device. Selecting EXIT will take the user to the USER options screen. When selecting a particular USER, as for example REMOVE USER 2 (as shown in the example below), that particular user will be displayed requiring a confirmation to remove from the device.



Pressing NO will return the user to the USER options screen. SELECTING YES will display an hour glass while the device removes the selected USER from the device. When complete, the device will return to the default screen.

Care and Maintenance

Care and Maintenance

To maintain your IDEAL LIFE BP-Manager™ in the best condition, and protect the unit from damage, you should follow the directions listed below.

- **Clean the monitor with a soft dry cloth.** You may also use an alcohol swab to wipe the cuff and meter clean. Do not use any abrasive or volatile cleaners. Never immerse the unit or any components in water.
- **Store the IDEAL LIFE BP-Manager™ in a safe and dry location.** Do not fold the cuff and tubing tightly. Do not subject the monitor to extreme hot or cold temperatures, humidity and direct sunlight.
- **Avoid subjecting the IDEAL LIFE BP-Manager™ to strong shocks,** such as dropping the unit on the floor.
- **Remove the batteries** if the unit will not be used for three months or longer. Always replace the batteries with new ones at the same time.
- **Use the IDEAL LIFE BP-Manager™ consistent with instructions provided in this manual.** Use only authorized parts and accessories.

Specifications

Specifications

IDEAL LIFE BP-Manager™

Model:	BPM 0001 IDEAL LIFE BP-Manager™
Display:	LCD Digital Display
Measurement Range:	Pressure: 30-280 mmHg, Pulse: 40-200 Pulses per minute
Accuracy / Calibration:	Pressure: +/- 3 mmHg, Pulse: +/- 4%
Inflation:	Automatic by electronic pump
Deflation:	Linear Valve
Rapid Air Release:	Linear Valve
Pressure Detections:	Pressure transducer
Measurement Method:	Oscillometric method
Pulse Wave Detections:	By peaks of waveform
Power Source:	4 "AA" alkaline batteries
Battery Life:	battery life is approx. 3 months depending on usage
Operating Temperature/Humidity:	50°F to 104°F (10°C to 40°C)/Below 85% relative humidity
Meter Storage Temperature/Humidity	-4°F to 140°F (-20°C to 60°C)/Below 95% relative humidity
Console Weight:	Approx. 270g without batteries
Outer Dimensions:	Approx. 110 mm Width x 130 mm Depth x 78 mm Height
Cuff Dimensions:	Approx. 140 mm Width x 480 mm Length

Note: these specifications, to improve performance, are subject to change without notice.

IDEAL LIFE Pod™

(*An optional accessory, sold separately)

Model:	ILP 0001 IDEAL LIFE Pod™
Display:	3 LED's
Power Source:	AC adapter
Operating Temperature/Humidity:	50°F to 104°F (10°C to 40°C)/Below 85% relative humidity
Storage Temperature/Humidity	23°F to 122°F (-5°C to 50°C)/Below 90% relative humidity
Console Weight:	Approx. 142 g without batteries
Outer Dimensions:	Approx. 120 mm Width x 105 mm Depth x 30 mm Height

Note: These specifications are subject to change without notice.

FCC Statement

FCC Statement

Federal Communications Commission (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 of the device.

You are cautioned that changes or modifications not expressly approved by the part responsible for compliance could void the user's authority to operate the equipment.

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.

FCC RF Radiation Exposure Statement:

This equipment complies with FCC radiation exposure limits set forth for an uncontrolled environment. End users must follow the specific operating instructions for satisfying RF exposure compliance. This transmitter must not be co-located or operating in conjunction with any other antenna or transmitter.

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NOTE: THE MANUFACTURER IS NOT RESPONSIBLE FOR ANY RADIO OR TV INTERFERENCE CAUSED BY UNAUTHORIZED MODIFICATIONS TO THIS EQUIPMENT. SUCH MODIFICATIONS COULD VOID THE USER'S AUTHORITY TO OPERATE THE EQUIPMENT.

Service Requirements

Service Requirements

In the event of equipment malfunction, all repairs should be performed by our Company or an authorized agent. It is the responsibility of users requiring service to report the need for service to our Company or to one of our authorized agents. Please refer to the location you purchased or received your equipment for details of where service can be facilitated through.



IDEAL LIFE INC.

55 Eglinton Avenue East, Suite 808, Toronto ON M4P 1G8

Between 9:00 am and 5:00 pm (EST): Tel 416-489-1494 Fax: 416-489-3009 www.IDEALLIFOnline.com

Our 24 hour customer support line is available at: 1-888-433-2541

At all other times, you should contact your healthcare professional for assistance.

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