



**Microlife BP3GK1-4B**  
Instruction Manual  
English

## Important Product and Safety Information

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**Follow Instructions for Use.** This document provides important product operation and safety information regarding this Blood Pressure Monitor. Please read this document thoroughly before using the device and keep for future reference.

This blood pressure monitor is an automatic digital blood pressure measuring device for use by adults on the wrist at home or in the doctor's office. It enables a very fast and reliable measurement of the systolic and diastolic blood pressure, as well as the pulse rate, by way of the oscillometric method. This device detects the appearance of irregular heartbeats during measurement and provides a warning signal when the irregular heartbeat is detected.

### **This blood pressure monitor IS intended to be used:**

- For self-measurement/monitoring of blood pressure and pulse in adults; whereas the person being measured may be the user/operator of the device.
- Within a home healthcare environment.
- With a cuff located upon the user's wrist; ½ inch from the hand.

### **This blood pressure monitor IS NOT intended for use with:**

- Pregnancy
- Preeclampsia
- Children under 12
- Neonatal patients

### **WARNING – Potentially hazardous situation that if not avoided may result in serious injury or death.**

- Self-measuring means monitoring, not diagnosis or treatment. Unusual values must always be discussed with your doctor. Under no circumstances should you independently alter the dosages of any drugs prescribed by your physician
- Consult your physician before using this device if any of the following or similar conditions are present: arrhythmias such as atrial or ventricular premature beats or atrial fibrillation, arterial sclerosis, poor perfusion, diabetes, age, pregnancy, preeclampsia, renal diseases. Motion during measurement, including trembling or shivering may affect the measurement.
- Though not for use with children under 12, ensure that any children around this device are supervised; some parts are small enough to be swallowed.

### **DO NOT:**

- Use this device if you think it is damaged or anything appears unusual (e.g. sporadic operation, open packaging upon purchase).
- Use the displayed pulse for checking the frequency of heart pacemakers as this device is not suitable for this action.
- Open/modify this device; inaccuracy and/or harmful injury may result.

- Conduct many frequent measurements as this may result in harmful injury due to blood flow interference.
- Place the Cuff over a wound as this may cause further injury.
- Place and pressurize the Cuff over/near any present intravascular access or therapy, or arteriovenous shunt, as this may cause blood flow interference and result in harmful injury.
- Place and pressurize the Cuff over a limb near the side of a mastectomy as this may cause harmful injury.
- Use the Blood Pressure Monitor on a limb simultaneously with other medical equipment on the same limb due to possible interference with such medical equipment.
- Maintain pressure in the Cuff applied to the limb for a prolonged amount of time. Ensure that circulation in the limb is not impaired by checking circulation if prolonged/repeated exposure to pressure occurs.
- Service the device when being used or when power is supplied. When the device is not in use and power is removed, batteries may be replaced by the user. No other parts/components are accessible.



**CAUTION – Potentially hazardous situation that if not avoided may result in minor/moderate injury, property damage, and/or damage to the device**

- This device contains sensitive electronics components. Avoid strong electrical or electromagnetic fields in the direct vicinity of the device (e.g., mobile telephones, microwave ovens). These can lead to temporary impairment of the measuring accuracy. Move the device to another location if interference is determined.
- When not using the Blood Pressure Monitor for extended lengths of time, remove the batteries to avoid potential battery leakage and damage to the monitor.
- When replacing the batteries, ensure all the batteries are replaced simultaneously to avoid battery damage and potential damage to the monitor. Microlife USA does not recommend using rechargeable batteries.
- To avoid inaccurate measurements and to lessen any discomfort from Cuff pressure, ensure the Cuff is placed correctly on the limb and fits correctly when snug (not tight), as indicated by markings with the Cuff.
- Consult your physician in cases of frequent irregular heartbeat detections.
- This Risk Indicator feature is provided in order to help you understand your potential blood pressure risk. However, this feature is neither a diagnosis nor a substitute for a medical examination. It is important to consult with your physician to determine your risk.

**DO NOT:**

- Drop this device or expose it to strong vibrations; sensitive components may be affected resulting in inaccuracies and/or operational issues.
- Use the Blood Pressure Monitor outside of its specified operation temperature and humidity rating, or if stored outside of its specified storage temperature and humidity rating. Avoid storage in direct sunlight.
- Use this device in a moving vehicle; inaccurate measurements may result.
- Use third party accessories. Only use Microlife authorized accessories, such as cuffs or AC adapters, as those not approved for use with the device may provide inaccurate measurements, injury, and/or damage the device.

**STANDARDS**

This medical device is compliant with:

- Medical device and non-invasive blood pressure monitor standards IEC 60601-1, IEC 60601-1-2, IEC 60601-1-11, and AAMI/ANSI/IEC 80601-2-30, and
- Electromagnetic standards IEC 60601-1-2, along with FCC Part 15, and
- Clinical Testing per standard ISO 81060-2:2013 was conducted on blood pressure device using the same measurement technology.

Please note: According to international standards, your monitor should be checked for accuracy every 2 years.

**TYPE**

IP22: Protected against solid foreign objects of 12.5 mm diameter and greater. Protected against vertically falling water drops when the device is tilted up to 15°.

Type BF Applied Part

**Expected Life**

Monitor 5 Years

Cuff 2 Years

Batteries and electronic instruments must be disposed of in accordance with the locally applicable regulations, not with domestic waste.

**FCC**

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. Changes or modifications to the product are not approved by Microlife USA and could void the user's authority to operate the equipment under FCC jurisdiction.

This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to Part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This

equipment generates, uses, and can radiate radio frequency energy, and if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures: reorient or relocate the receiving antenna, increase the separation between the equipment and receiver, connect the equipment into an outlet on a circuit different from that to which the receiver is connected, consult the dealer or an experienced radio/TV technician for help. The device has been evaluated to meet general RF exposure requirement. The device can be used in portable exposure condition without restriction.

**Trademark Usage:**

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Android and Google Play are both trademarks of Google Inc.

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## Wrist Blood Pressure Monitor

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Instruction Manual

Table of contents

### **1. Introduction**

---

- 1.1. Your automatic wrist blood pressure monitor
- 1.2. Inflation mode technology

### **2. How is blood pressure measured?**

---

- 2.1. What is blood pressure, and why does it fluctuate?
- 2.2. Measurement guidelines
- 2.3. What can I do to change my blood pressure?

### **3. Components of your blood pressure monitor**

---

### **4. How do I get started?**

---

- 4.1. Inserting the batteries
- 4.2. Setting the date and time

### **5. How do I take a measurement?**

---

- 5.1. Preparing to take a measurement
- 5.2. Common errors
- 5.3. Using the cuff
- 5.4. Selecting the user
- 5.5. Microlife Averaging Mode (MAM)
- 5.6. Taking a measurement
- 5.7. Stopping a measurement
- 5.8. Irregular heartbeat detection
- 5.9. Hypertension risk indicator
- 5.10. Memory: reviewing readings
- 5.11. Memory: Clearing readings

### **6. Battery change indicator**

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### **7. Bluetooth® functions and application (App)**

---

### **8. Error messages/troubleshooting**

---

### **9. Care and maintenance**

---

### **10. Limited warranty**

---

### **11. Technical specifications**

---

### **12. How to contact us**

## 1. Introduction

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### 1.1. Your automatic wrist blood pressure monitor

Thank you for purchasing a fully automatic wrist blood pressure monitor. Your monitor is designed to provide fast and reliable digital readings of your pulse, and systolic / diastolic blood pressure using the oscillometric method on your wrist. It offers clinically proven accuracy and has been designed to be user friendly.

Before using your blood pressure monitor, please read this instruction manual carefully to ensure correct use. If you have additional questions regarding blood pressure measurements please contact your doctor.

### 1.2. Inflation mode technology

Please note that this device employs "Inflation Mode Technology." This means your blood pressure is measured while the wrist cuff is inflating, rather than first inflating to a peak pressure, and then measuring during a slow deflation process. With this process, it is a normal occurrence for the inflation speed to vary. This unique technology provides a faster, more comfortable blood pressure reading for you.

If you have any questions about your blood pressure reading or monitor, please call us at 1-888-287-1915.

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## 2. How is blood pressure measured?

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### 2.1. What is blood pressure, and why does it fluctuate?

Your level of blood pressure is determined in the circulatory center of the brain and adjusts to a variety of situations through feedback from the nervous system. To adjust blood pressure, the strength and frequency of the heart (pulse), as well as the width of circulatory blood vessels is altered.

Blood vessel width is affected by way of fine muscles in the blood vessel walls. Your level of arterial blood pressure changes periodically during heart activity. During the "blood ejection" (Systole), the value is highest (systolic blood pressure value). At the end of the heart's "rest period" (Diastole), pressure is lowest (diastolic blood pressure value). Your blood pressure values must lie within certain normal ranges in order to prevent particular diseases.

### 2.2. Measurement guidelines

Blood pressure is very high if your systolic blood pressure is over 160 mmHg and/or your diastolic pressure is above 100 mmHg, while at rest. In this case, please consult your physician immediately. Long-term values at this level endanger your health due to continual damage to the blood vessels in your body.

If your systolic blood pressure values are between 140 mmHg and 159 mmHg and/or the diastolic blood pressure values are between 90 mmHg and 99 mmHg, consult your physician. Regular self-checks are necessary.

If you have blood pressure values that are too low (i.e., systolic values under 105 mmHg and/or diastolic values under 60 mmHg), consult your physician. Even with normal blood pressure values, a regular self-check with your blood pressure monitor is recommended. You can detect possible changes in your values early and react appropriately.

If you are undergoing medical treatment to control your blood pressure, keep a record of values along with time of day and date. Show these values to your physician.

Never use the results of your measurements to independently alter the medication prescribed by your physician.

### Which values are normal?

The following standards for assessing high blood pressure (in adults) have been established by the American Heart Association (AHA) and American College of Cardiology (ACC) in 2017.

Category	Systolic (mm Hg)	Diastolic (mm Hg)
Normal	<120	and <80
Elevated	120-129	and <80
<b>Hypertension</b>		
Stage 1 Hypertension	130-139	or 80-89
Stage 2 Hypertension	140-179	or 90-119
Hypertensive Crisis	≥180	or ≥120

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**Additional information**

• If your values are mostly normal under resting conditions but exceptionally high under conditions of physical or psychological stress, it is possible that you are suffering from so-called "labile hypertension." Consult your physician.

**2.3. What can I do to change my blood pressure?**

- a). Consult your physician.
- b). Increased blood pressure values (various forms of hypertension) are associated with considerable health risks over time. Arterial blood vessels in your body are endangered due to constrictions caused by deposits in the vessel walls (arteriosclerosis). A deficient supply of blood to important organs (heart, brain, muscles) can result. Furthermore, the heart will become structurally damaged with increased blood pressure values.
- c). There are many different causes of high blood pressure. We differentiate between the common primary (essential) hypertension and secondary hypertension. Secondary hypertension can be ascribed to specific organ malfunctions. Please consult your physician for information about the possible origins of your own increased blood pressure values.
- d). There are measures you can take to reduce and even prevent high blood pressure. These measures must be permanent lifestyle changes.

**1) Eating habits**

- Strive for a normal weight corresponding to your age. See your doctor for your ideal weight.
- Avoid excessive consumption of common salt.
- Avoid fatty foods.

**2) Previous illnesses**

Follow consistently any medical instructions for treating illness such as:

- Diabetes (diabetes mellitus)
- Fat metabolism disorder
- Gout

**3) Habits**

- Give up smoking completely.
- Drink only moderate amounts of alcohol.
- Restrict your caffeine consumption (e.g., coffee).

**4) Physical constitution**

- After a preliminary medical examination, do regular exercise.
- Choose sports which require stamina and avoid those which require strength.
- Avoid reaching the limit of your performance.
- With previous illnesses and/or an age of over 40 years, please consult your doctor before beginning your exercise routine. He will advise you regarding the type and extent of exercise that is appropriate for you.

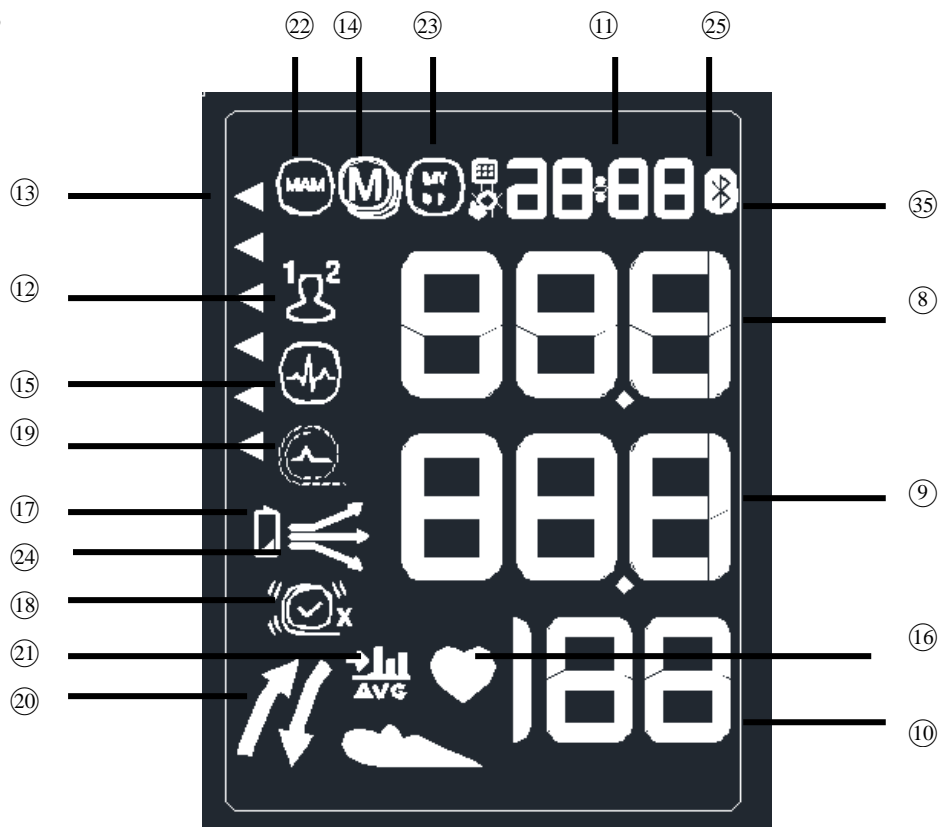
### 3. Components of your blood pressure monitor

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The illustration shows your blood pressure monitor, consisting of:

- ① ON/OFF button
- ② Display
- ③ Battery Compartment
- ④ Cuff
- ⑤ M-button (memory)
- ⑥ Time Button
- ⑦ User Switch





Display

- 8 Systolic Value
- 9 Diastolic Value
- 10 Pulse Rate
- 11 Date/Time
- 12 User Indicator
- 13 Hypertension Triangle
- 14 Memory
- 15 Irregular Heartbeat
- 16 Pulse Indicator
- 17 Battery Display
- 18 Cuff Signal Indicator
- 19 Optimal Cuff Placement
- 20 Position Check Indicator
- 21 Memory Averaging
- 22 MAM
- 23 MyBP
- 24 MyCheck
- 25 Bluetooth®

## 4. How do I get started?

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### 4.1. Inserting the batteries

After you have unpacked your device, insert the batteries. The battery compartment is located on the side of the device.

- a). Remove the battery cover.

*To open battery cover:* Turn the monitor over, locate the pull on cover and use your finger tip to pull it towards you. *To close battery cover:* Align cover in the battery compartment at approximately a 15 degree angle, inserting the tabs into the holes found on the inside. Once the back of the cover has been seated, push down on the battery cover pull.

- b). The door will click into place.

- c). Insert the batteries (2 x size AAA 1.5 V), following the indicated polarity.

If the battery warning appears in the display, the batteries are discharged and must be replaced with new ones.

#### **Attention!**

- After the low battery indication warning appears, the device will not function until the batteries have been replaced.
- Please use “AAA” Long Life or Alkaline 1.5V batteries. When replacing batteries, replace all at the same time, and ensure they are correctly connected, as shown on the symbols in the compartment.

If the blood pressure monitor is left unused for long periods, remove the batteries from the device.

### 4.2. Setting the date and time

1. After the new batteries are activated, the year number flashes in the display. You can advance the year by pressing the memory button. To confirm and then set the month, press the time button.
2. You can now set the month. To advance the selection, press the memory button. To confirm a selection, press the time button.
3. You can now set the day. To advance the selection, press the memory button. To confirm a selection, press the time button.
4. You can now set the hour. To advance the selection, press the memory button. To confirm a selection, press the time button.
5. You can now set the minute. To advance the selection, press the memory button. To confirm a selection, press the time button.
6. Once you have set the last minute and pressed the time button, the date and time are set, and the time is displayed.
7. If you want to change the date and time, press and hold the time button down for approx. 3 seconds until the year starts to flash, then release and press the memory button.

## 5. How do I take a measurement?

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Please note: You should always be seated before and during the measurement.

### 5.1. Preparing to take a measurement

- Avoid eating, talking and smoking as well as all forms of exertion directly before your measurement. These factors influence the measurement result. Relax by sitting in an armchair in a quiet atmosphere for about 5 minutes before your measurement.
- Always measure on the same wrist (normally left).
- Compare readings at the same time of day, since your blood pressure changes during the course of the day.

### 5.2. Common errors

Note:

Comparable blood pressure measurements always require the same conditions. These are normally always quiet conditions.

- All efforts to support the arm can increase blood pressure. Make sure you are in a comfortable, relaxed position and do not flex any of the muscles in the measurement arm during the measurement. Use a cushion for support if necessary.
- If the wrist artery lies considerably lower (higher) than the heart, an erroneously higher (lower) blood pressure will be measured. (Each 15 cm/6" difference in height results in a measurement error of 10 mmHg.)
- A loose cuff causes false measurement values.
- With repeated measurements, blood can accumulate in the respective arm, which can lead to false results. Correctly executed blood pressure measurements should therefore first be repeated after a 1 minute pause or after the arm has been held up in order to allow the accumulated blood to flow away.

### 5.3. Using the cuff

- a) Remove all objects and jewelry (e.g., wristwatch) from the wrist in use. This is normally the left wrist. Put the cuff over the wrist with the monitor face on the inside of the wrist.
- b) The distance between the cuff and the hand should be approx. 10 mm (1/2").
- c) Secure the cuff with the hook and loop fastener so that it lies comfortably and not too tight. No space should remain between the cuff and the wrist.

**Cuff placement icons:**

Support the arm with a small cushion so that the monitor rests at about the same height as the heart. Then press Start button to begin measurement:

a) Position indicator: the indicator will show 4 seconds to suggest user moving wrist up or down to proper position, the indicator will disappear and start measurement.



b) Cuff placement: when the cuff is positioned on the wrist correctly, and is sufficiently tight the "optimal" cuff symbol will appear during the inflation process.



Caution: Although the positioning light has been designed to work for most body types, not all can be accounted for. If you feel your wrist height does NOT match your heart level when using the indicator, then please follow your best judgment.

Note: It is extremely important to have the wrist supported and at heart level as illustrated. Failure to do so may result in incorrect measurements. Please ensure the wrist elevation is consistent for all measurements.

**5.4. Selecting the user**

This monitor is equipped with two memory zones. The unit can be shared by two people, each using their own specific memory zone.

To toggle between user 1 and user 2, switch user button.

**5.5 Microlife Averaging Mode (MAM)**

- Activate MAM mode: when the device is off, press Time button, the MAM icon will appear, press O/I button again to confirm.



- In Microlife Averaging Mode (MAM), three measurements are automatically taken in succession and the result is then automatically analyzed and displayed.

Because your blood pressure constantly fluctuates, a result determined in this way is more reliable than one produced by a single measurement.

**5.6. Taking a measurement**

After the cuff has been appropriately positioned the measurement can begin. Remain still during your measurement, do not flex muscles.

a) Remain seated quietly for 5 minutes before you begin the measurement.

b) Press the POWER button to begin. After pressing the POWER button you will see a position indicator showing up or down, please follow the instruction, then you will hear a series of short beeps and the pump begins to inflate the cuff. The measurement is performed while cuff inflates. The pumping speed can vary, which is completely normal. The increasing cuff pressure will show on the display.

c) When the device has detected the pulse, the heart symbol in the display begins to blink, and a cuff signal is shown.

d) When the measurement has been concluded, air in the cuff is released. The systolic, diastolic and pulse values display for about a minute. (Pulse=number of heartbeats each minute) Example (Fig.): Systolic 118, Diastolic 73, Pulse 75.

### 5.7. Stopping a measurement

If it is necessary to interrupt a blood pressure measurement for any reason (e.g., the patient feels unwell), the POWER button can be pressed at any time. The device then immediately lowers the cuff pressure automatically and enters into sleep mode.

### 5.8. Irregular heartbeat detection

The irregular heartbeat symbol indicates that certain pulse irregularities were detected during the measurement. In this case, the result may deviate from your normal basal blood pressure – repeat the measurement. In most cases, this is no cause for concern.

However, if the symbol appears on a regular basis (e.g., several times a week with measurements taken daily), we advise you to tell your doctor.



Please show your doctor the following explanation:

#### **Information for the doctor on frequent appearance of the irregular heartbeat symbol**

This instrument is an oscillometric blood pressure monitor device that also analyzes pulse frequency during measurement. The instrument is clinically tested. If pulse irregularities occur during measurement, the irregular heartbeat symbol is displayed after the measurement. If the symbol appears more frequently (e.g., several times per week on measurements performed daily) or if it suddenly appears more often than usual, we recommend the patient to seek medical advice.

The instrument does not replace a cardiac examination but serves to detect pulse irregularities at an early stage.

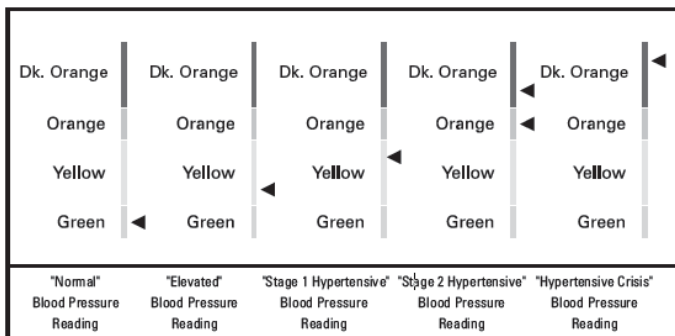
### 5.9. Hypertension risk indicator

The bars on the right-hand edge of the LCD show you the range within which the indicated blood pressure value lies. Depending on the height of the triangle, the readout value is either within the normal (green), borderline (yellow) or danger (orange, red) range.

The classification is based on standards established by the American Heart Association (AHA) and American College of Cardiology (ACC) in 2017.

Refer to the chart in section 2.2 of this instruction manual for details of the classifications. A triangle is displayed to the right of the traffic light bar according to your measurement. If the display shows a triangle in the:

- green zone, your measurement is "Normal."
- lower yellow zone, it is "Elevated."
- upper yellow zone, it is "Stage 1 Hypertensive."
- orange zone, it is "Stage 2 Hypertensive."
- lower dark orange zone, it is "Stage 2 Hypertensive."
- upper dark orange zone, it is "Hypertensive Crisis."



### 5.10. Memory: reviewing readings

- When the Time button is
  - first pressed, the screen will show average of **all last readings**
  - pressed again, the screen will show average of **all readings measured in AM**(AM 04:00~11:59)
  - pressed again, the screen will show average of **all readings measured in PM**(PM 18:00~23:59)
  - pressed again, the screen will show **MyBP** reading with the icon
  - pressed again, the screen will show **MyCheck** reading with the icon

#### MyBP

This clinical blood pressure average is only shown when 12 clinically relevant measurement values in the last 28 days have been performed. Only measurements that were performed in the morning between 05:00-10:59 or in the evening between 17:00-22:59 are considered. A maximum of 4 readings per day are considered (2 from the morning and 2 from the evening). Measurements performed in standard mode and in MAM mode are considered in the average, when they have been performed during the right time of the day.



Measurements performed in MAM-mode or single standard mode are both classed as single measurements for working out the «MyBP average».

#### MyCheck

This symbol indicates after each measurement, if the most recent measured value lies below, above or on the same level as your MyBP value.



If the measured Systole or Diastole is more than 5mmHg higher than the stored average, the arrow shows upwards.

If the measured Systole or Diastole is more than 5mmHg lower than the stored average, the arrow shows downwards.

If the measured Systole and Diastole do not differ by more than 5mmHg from the stored average, the arrow shows straight on.

If the measured systole and diastole differ in different directions from the stored average, this is indicated first with the systole figure flashing, together with the up or down arrow for



two seconds. Thereafter, the diastole figure flashes with the arrow pointing up or down for two seconds.

### 5.11. Memory: Clearing readings

**Attention:** Before proceeding to clear the memory, make sure that you don't have to make reference to the readings in the future.

- To delete all stored readings, press and hold the MEMORY button for at least 7 seconds.
- The "CL" symbol will appear, blinking, on the display.
- To confirm deletion, press and release the MEMORY button again.
- 3 beeps will sound to indicate deletion of stored readings.
- Individual values cannot be cleared.

## 6. Battery change indicator

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### Batteries almost discharged

When the batteries are approximately 75% used, the battery symbol will flash as soon as the instrument is switched on. Although the instrument will continue to measure reliably, you should obtain replacement batteries.

### Batteries discharged – replacements required

When the batteries are discharged, the battery symbol will flash as soon as the instrument is switched on. You cannot take any additional measurements and must replace the batteries.

1. Open the battery compartment on the side of the instrument (see section 4.1 for diagram).

- *To open battery cover:* Turn the monitor over, locate the pull on cover and use your finger tip to pull it towards you.

- *To close battery cover:* Align cover in the battery compartment at approximately a 15 degree angle, inserting the tabs into the holes found on the inside.

- Once the back of the cover has been seated, push down on the battery cover pull. The door will click into place.

2. Replace all of the batteries at the same time. Ensure they are inserted correctly, as shown on the symbols in the compartment.

3. The memory retains all values although date and time must be reset – the year number will flash automatically after batteries are replaced.

4. To set date and time, follow the procedure described in Section 4.2.

#### **Note:**

Use two new, Long-Life 1.5 V AAA batteries. Do not use batteries beyond their expiration date. If the monitor is not going to be used for a prolonged period, the batteries should be removed.

**Rechargeable batteries are not recommended for use with this device.**

## 7. Bluetooth® functions and application (App)

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Please download the Microlife Connected Health App (Referred to as App in this document) from Apple's App Store® or Google Play® before pairing your devices.:

Questions?

- To access the tutorial, go to the App home screen (Microlife Connected Health) and press the "Settings & Help" button.
- Press "Tutorial" and select your topic.
- If you have any issues with your setup, please contact customer service toll free: 1-800-568-4147 for additional support.

### 7.1 Activating your Bluetooth®

The bluetooth® icon indicator on your blood pressure monitor, located in the upper right portion of the screen, is designed to provide information about the connection between your device and the monitor. Please note the following:

- The bluetooth® icon on your blood pressure monitor will flash initially when ready to connect with a device, and continue flashing for 2 minutes until a connection occurs.
- To manually activate the Bluetooth® on your monitor, press and hold the power button for approximately 8 seconds or until the Bluetooth® icon starts blinking.
- If a connection does not occur within 2 minutes, the Bluetooth® function on the monitor will automatically turn off.
- Note: At least one blood pressure reading must be taken and recorded on the monitor before the data can be transferred

### 7.2. Pairing your device:

- Download the App to your phone.
- Create User Profile on App.
- Confirm phone's Bluetooth® is turned on.
- Open the App on your phone.
- Select "Dashboard" from the App's home screen.
- Confirm at least one blood pressure reading has been taken and recorded on the monitor. This needs to occur before the data can be transferred.
- Press and hold the POWER/START button on the monitor for approx. 8 seconds or until the Bluetooth® icon starts blinking.
- On the App press the "sync" button located on the "Dashboard" screen.
- Data in monitor should successfully transfer over to the App on your phone.

## 8. Error messages/troubleshooting

If an error occurs during a measurement, the measurement is discontinued and a corresponding error code is displayed.

### Error No. Possible cause(s)

**ERR 1** No pulse detected.\* Ensure the cuff is properly placed on the inside of your wrist and repeat the measurement. See section 5.3.

**ERR 2** Abnormal pressure readings detected. The arm was moved during the measurement (artifact). Repeat measurement, keeping still and quiet.

**ERR 3** Inflation of the cuff takes too long. The cuff is not positioned correctly. Re-position cuff and repeat the measurement.

**ERR 5** There is an unacceptable difference between the measured systolic and diastolic readings. Take another reading, carefully following the directions. Contact your doctor if you continue to get unusual readings.

**HI** The cuff pressure is too high. Relax for 5 minutes and repeat the measurement.\*

**LO** The pulse is too low (less than 40). Repeat the measurement.\*

**\* If this or any other problem occurs repeatedly, please consult your doctor.**

### Other possible malfunctions and solutions

If problems occur when using the device, the following points should be checked and, if necessary, the corresponding measures are to be taken:

Malfunction	Remedy
The display remains blank when the instrument is switched on.	<ol style="list-style-type: none"> <li>1. Check batteries for correct polarity.</li> <li>2. If the display is unusual, re-insert batteries or exchange them.</li> </ol>
The device frequently fails to measure blood pressure values, or the values measured are too low (too high).	<ol style="list-style-type: none"> <li>1. Check the positioning of the cuff.</li> <li>2. Measure blood pressure again in peace and quiet, carefully following the details in Section 5.</li> </ol>
Every measurement produces a different value.	<p>Please read the following information listed in Section 5.2 "<b>Common sources of error.</b>" Repeat the measurement.</p> <p><b>Please note: Blood pressure fluctuates continually so successive measurements will show some variability.</b></p> <p><b>Allow 1-2 minutes between readings.</b></p>
Blood pressure values measured at your doctor's	Record the daily development of the measured values and consult your doctor.

office differ from your measurements.

**Please note: Individuals visiting their doctor frequently experience anxiety which can result in a higher reading than at home under resting conditions.**

## 9. Care and maintenance

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- a) The cuff contains a sensitive airtight bubble. Handle this carefully and avoid all types of straining through twisting or buckling.
- b) Clean the device with a soft, dry cloth. Do not use gasoline, thinners or similar solvents. Spots on the cuff can be removed carefully with a damp cloth and soapsuds. The cuff must not be washed.
- c) Never open the device. Otherwise the manufacturer's warranty becomes invalid.

## 10. Limited warranty

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Limited 1 year warranty:

Your Automatic Wrist Blood Pressure Monitor is warranted for 1 year by the manufacturer, against manufacturer defects for the original purchaser only, from date of purchase.

The 1 year warranty applies to the monitor. Batteries are not covered by this warranty. There are no user serviceable parts inside. The warranty does not apply to consequential and incidental damages, or damage caused by batteries, improper handling, and accidents.

Professional use, not following the operating instructions, and alterations made to the monitor or accessory by third parties, are also not included in this warranty. Some states do not allow the exclusion or limitation of incidental or consequential damages, so the above limitation or exclusion may not apply to you.

The manufacturer will investigate your concern. A monitor or accessory as defined by this warranty, determined to be out of specification, will be replaced and shipped to you at no cost. A monitor or accessory as defined by this warranty, determined to be within specification, will be returned to you with a report of findings, at no cost.

Please call customer service: 1-888-287-1915 to obtain the address of the inspection center regarding any warranty concerns. We ask that you please contact customer service before sending any product back in order to better identify, and more quickly process, your concern.

## 11. Technical specifications

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Weight: ..... 115 g (including batteries)  
Size: ..... 81 x 65 x 21 mm  
Storage temperature: .....-20 to +55°C (-4 to +131°F)  
Humidity:.....15 to 90% relative humidity noncondensed  
Operation temperature: .....10 to 40°C (50 to 104°F)  
Display: .....LCD (Liquid Crystal Display)  
Measuring method: .....Oscillometric  
Pressure sensor: ..... Semiconductor  
Measuring range: .....SYS: 60-255 mmHg DIA: 40-200 mmHg  
Pulse: .....40 to 199 per minute  
Cuff pressure display range: .....0-299 mmHg  
Memory: .....Automatically stores the last 100 measurements for 2 users (total 200)  
Measuring resolution: .....1 mmHg  
Accuracy: .....Pressure within  $\pm 3$  mmHg or 2% of reading  $>200$  mmHg  
Pulse  $\pm 5\%$  of the reading  
Power source: .....2 dry cells (batteries) Size AAA 1.5 V  
Technical alterations reserved.  
Made in China

## 12. How to contact us

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Distributed by:

Microlife USA, Inc.

1617 Gulf to Bay Blvd.

Clearwater, FL 33755

Toll Free Help Line: 1-800-568-4147

Email: [custserv@microlifeusa.com](mailto:custserv@microlifeusa.com)

[www.microlifeusa.com](http://www.microlifeusa.com)