

# **Watch**BP office

Simultaneous dual-arm measurement and auscultatory function for accurate office blood pressure measurement.

**Instruction Manual** 



EN →



WatchBP Office combines the advantages of an automatic blood pressure device and hybrid sphygmomanometer and is designed to provide convenient, accurate and reliable in-office blood pressure measurement following recommended guidelines of the European Society of Hypertension (ESH) <sup>1</sup>, American Heart Association (AHA), and World Health Organization (WHO).

<sup>&</sup>lt;sup>1</sup> O'Brien E, Asmar R, Beilin L, Imai Y, et al. European Society of Hypertension recommendations for conventional, ambulatory and home blood pressure measurement. European Society of Hypertension Working Group on Blood Pressure Deviceing. *J Hypertens* 2003;21:821-848.

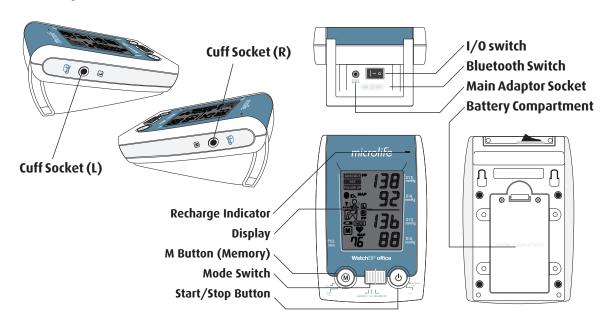
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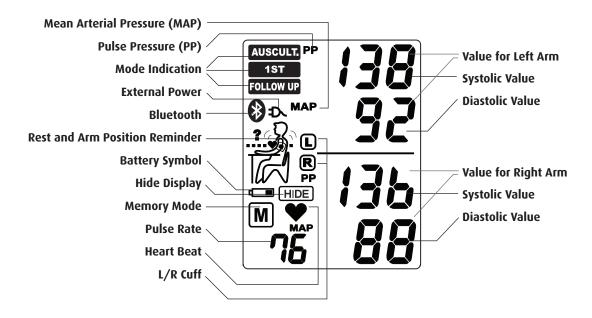
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## **Product description**

## Name of parts



## **Display**



# **WatchBP Office and components**



WatchBP Office blood pressure device (1 pcs.)



AC Adaptor X1 (Input: 100-240V~50/60Hz 0.7A Output: +7.5V 2A)



Bluetooth receiver X1
Install CD X1



WatchBP Office Software CD X1

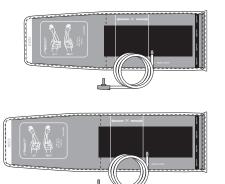


**M** size (22cm~32cm) X2 **L** size (32cm~42cm) X2



Manual Instruction X1 Quick Start Guide X1

## **Selective Cuffs**



### M (Medium size)

22 - 32 cm (8.75 - 12.5 inches) With air tube 130 cm

### L (Large size)

32-42 cm (12.5-16.5 inches) *With air tube 130 cm* 

<sup>\*</sup> Please contact Microlife or its distributor to purchase cuffs.

## **Before using WatchBP Office**

### Selecting the correct cuff

Two different cuff sizes are provided with the WatchBP Office: Medium and Large. Select the cuff size that best matches the circumference of the patient's upper arm.



### M (Medium size)

22 - 32 cm (8.75 - 12.5 inches) *M is the correct size for most people.* 



### L (Large size)

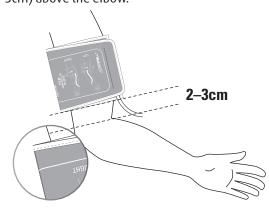
32-42 cm (12.5-16.5 inches)

Connect the cuff to the device by inserting the cuff connector into the cuff connector socket.



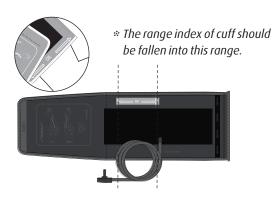
## Fitting the cuff properly

- Place the cuff over the left (right) upper arm so that the air tube and artery mark arrow point toward the lower arm.
- 2) Lay the cuff on the arm. Make sure that the lower edge of the cuff lies approximately 3/4" to 1"(2 to 3cm) above the elbow.



- Wrap and tighten the cuff around the arm.
- Leave a little free space between the arm and the cuff. The patient should be able to fit 2 fingers between the arm and the cuff. Clothing must not restrict the arm. Remove all clothing covering or constricting the measurement arm.
- 5) Cuffs that do not fit properly can result in incorrect blood pressure measurements. Use a different size cuff if the range Index at the end of the cuff does not fall into the range specified by the range stripes.
- 6) Apply the same steps to the other arm if a double arm measurement is required.

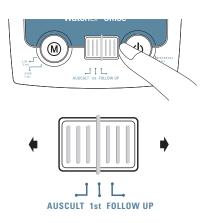




## Three operation modes

### Choose a desired operation mode

The WatchBP Office device includes three convenient operation modes: **«AUSCULTATION»**, **«1st VISIT»** and **«FOLLOW-UP»** Mode.Use the Mode Switch on the side of the device to select the desired mode.

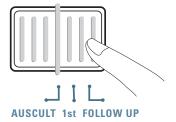


#### «AUSCULTATION» Mode

Select **AUSCULTATION** Mode for blood pressure measurement of patients with arrhythmia, and, if needed, to confirm if a patient is suitable for the oscillometric method using a digital blood pressure monitor.







#### «1st VISIT» Mode

Select **«1st VISIT»** Mode to complete a fullyautomated triple measurement on both arms according to recommended ESH/AHA blood pressure measurement protocols for a patient's first office visit.







#### Simultaneous dual-arm measurements

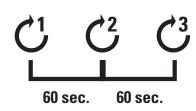
In **«1st VISIT»** Mode, the WatchBP Office device measures the patient's blood pressure on both arms simultaneously, helping to determine the preferred measurement arm and reveal other potential cardiovascular risks.



#### Three operation modes (cont.)

#### **Automated triple measurement**

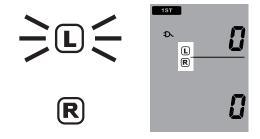
In **«1st VISIT»** Mode, the WatchBP Office device automatically takes three consecutive measurements at one minute intervals by default. The result of these three measurements are averaged to produce the first visit blood pressure measurement.



\* The user can manually set up the measurement interval of 15, 30, 45 or 60 seconds in 1st Visit and Follow-up Mode. (Please refer to special functions section page.24 "Set up measurement interval").

#### Determine proper measurement arm

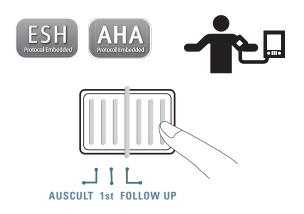
If the measurement result between the two arm differs more than 20mmHg for Systolic or 10mmHg for Diastolic for all three measurements, the device will indicate the higher measurement arm by a flashing L or R.



The higher arm should be used as the preferred measurement arm for future measurements.

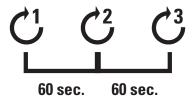
#### **«FOLLOW-UP» Mode**

Select **FOLLOW-UP** Mode to complete a fullyautomated triple measurement on the preferred measurement arm. According to recommended ESH/AHA blood pressure measurement protocols for follow-up blood pressure measurement.



### **Automated triple measurement**

In «FOLLOW-UP» Mode, the WatchBP Office device automatically takes three consecutive measurements at one minute intervals by default. The result of these three measurements are averaged to produce the follow-up visit blood pressure measurement.



\* The user can manually set up the measurement interval of 15, 30, 45 or 60 seconds in 1st Visit and Follow-up Mode. (Please refer to special functions section page.24 "Set up measurement interval").

## Taking measurements using WatchBP Office

#### **«AUSCULTATION»** Mode

 Turn on the power – Turn on the device by switching the I/O switch at the back of the device into the ON position. and make sure Bluetooth switch is in off position.

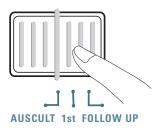


Apply the cuff – Properly fit one cuff to the preferred measurement arm.



\* Additional visual instruction can be found on the cuff

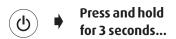
 Switch to «AUSCULTATION» Mode – Slide the Mode Switch to «AUSCULTATION» Mode.



4) Adjust inflation pressure if necessary –

Inflation pressure can be set manually from 140 to 280 mmHg by pressing and holding the Start/Stop Button for 3 seconds.

Press the M Button to adjust the pressure and press Start/Stop to save the setting.





- \* The default inflation pressure is 180 mmHg.
- \* When the device is in standby mode, it will remind you the current preset pressure setting by displaying the current pressure setting on the screen.

5) **Start inflation** – Press the Start/Stop Button to start inflation of the cuff.



- Take note Take note of the systolic and diastolic values in the same manner used for sphygmomanometer measurements.
- 7) **Set device to Stand by Mode** The device can be set to Stand by Mode by pressing the Start/ Stop Button. The device will automatically switch to Idle Mode if left for five minutes.



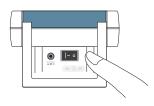


Stand by mode

#### Taking measurements using WatchBP Office (cont.)

#### «1st VISIT» Mode

 Turn on the power – Turn on the device by switching the I/O switch at the back of the device to the ON position. and make sure Bluetooth switch is in off position.



 Apply the cuff – Properly fit one cuff to each of the patient's arms.



\* Additional visual instruction can be found on the cuff

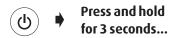
 Switch to «1st VISIT» Mode – Slide the Mode Switch to «1st VISIT» Mode.



4) Adjust inflation pressure if necessary –

Inflation pressure can be set manually from 140 to 280 mmHg by pressing and holding the Start/Stop Button for 3 seconds.

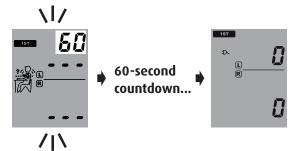
Press the M Button to adjust the pressure and press Start/Stop to save the setting.





- \* The default inflation pressure is 180 mmHg.
- \* The device will delate and re-pump more air into the cuff if the blood pressure of the patient is higher than that of the inflation setting of the device.
- \* When the device is in standby mode, it will remind you the current preset pressure setting by displaying the current pressure setting on the screen.

- 5) **Start measurements** Press the Start/Stop Button to start the measurement sequence.
  - \* A 60-second countdown will proceed the first measurement.

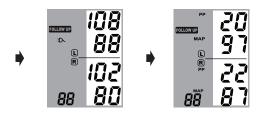


 Three consecutive measurements – The device will take three consecutive measurements with one minute intervals in between measurements.

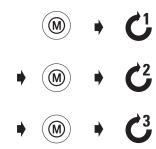


#### Taking measurements using WatchBP Office (cont.)

 View the average measurement – Only the average measurement will be displayed once the triplicate measurement is completed.



\*\* When the measurements are completed, the blood pressure measurement corresponding with the consistently higher arm will blink continuously for 5 seconds. If no significant difference (20mmHg for systolic blood pressure or 10 mmHg for diastolic blood pressure or both) exists between the two arms, neither measurement will blink. 8) View all measurements – Results of the three individual measurements can be accessed by pressing the M Button. Press the M Button once to review the first measurement. Continue to press the M Button to review the other measurements.



\* WatchBP Office only stores the last three measurements completed in «1st VISIT» and «FOLLOW-UP» Modes. To store patient blood pressure for later retrieval, please use the included WatchBP Office software.

#### **«FOLLOW-UP»** Mode

 Turn on the power – Turn on the device by switching the I/O switch at the back of the device to the ON position and make sure Bluetooth switch is in off position..



Apply the cuff – Properly fit one cuff to the preferred measurement arm.



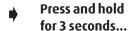
\* Additional visual instruction can be found on the cuff

 Switch to «FOLLOW-UP» Mode – Slide the Mode Switch to «FOLLOW-UP» Mode.



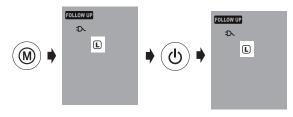
4) Select the inflation cuff – Set the device to inflate only the designated (right or left) cuff. Press and hold the M Button for 3 seconds.





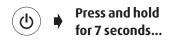
#### Taking measurements using WatchBP Office (cont.)

5) Press the M Button to toggle between the right(R) and left(L) cuff. Press the Start/Stop Button to save the setting.



6) Change inflation pressure – Inflation pressure can be set manually from 140 to 280 mmHg by pressing and holding the Start/Stop Button for 7 seconds.

Press M Button to adjust the pressure and press Start/Stop again to save the setting.





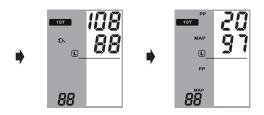
7) **Start measurements** – Press the Start/Stop Button to start the measurement sequence.



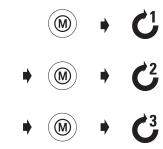
3) Three consecutive measurements – The device will take three consecutive measurements with one minute intervals in between measurements.



 View the average measurement – Only the average measurement will be displayed once the triplicate measurement is completed.



10) View all measurements – Results of the three individual measurements can be accessed by pressing the M Button. Press the M Button once to review the first measurement. Continue to press the M Button to review the other measurements.



\*\* WatchBP Office only stores the last three measurements completed in <1st VISIT» and <FOLLOW-UP» Modes. To store patient blood pressure for later retrieval, please use the included WatchBP Office software.

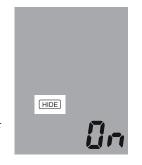
## **Special Functions**

### Hiding measurement values

The WatchBP Office device features a Hide function in order to prevent unnecessary elevated blood pressure in patients due to nervousness triggered by visible blood pressure measurements.

\* This feature is only available in follow up mode

- \* When the «Hide» function is ON, the countdown between each measurement and the Hide icon will be displayed.
- \* Please make sure the Bluetooth switch is in OFF position, otherwise the «Hide» function can not be set.



1) **Activate the «Hide» Function** – pressing and holding the M Button for 7 seconds.



•

Press and hold for 7 seconds...

2) **Select ON or OFF** – Press the M Button again to turn the "Hide" function ON or OFF.





>0n <





⇒ OFF €

3) **Confirm** – Press Start/Stop to confirm the setting.





> 0n <

\* The «1st VISIT» Mode "Hide" default setting is set to ON and cannot be set to OFF.

### MAP (Mean Arterial Pressure)

The WatchBP Office device measures the true mean arterial pressured (MAP) of the patient. Each measurement includes the calculation of a single MAP value. The average measurement will display the average MAP value. When viewing in Memory mode, the MAP value will be displayed with the systolic/diastolic pressure once every 5 seconds.





### PP (Pulse Pressure)

The WatchBP Office device measures the pulse pressure (PP) of the patient: pulse pressure = systolic - diastolic pressure. Each measurement includes the calculation of a single PP value. The average measurement will display the average PP value. When viewing in Memory mode, the PP value will be displayed with the systolic/diastolic pressure once every 5 seconds.





#### Special Function (cont.)

## Taking fewer than three measurements

In **«FOLLOW-UP»** Mode only, the measurement sequence can be stopped at anytime by pushing the Start/Stop Button. By pushing the Start/Stop Button remaining the device enters standby, cancelling remaining measurements in the sequence. Data from the measurements completed can be by viewed by pushing the M Button.



Cancels remaining measurements at anytime during the measurement sequence.

## Skipping the 60-second countdown

In **«1st VISIT»** and **«FOLLOW-UP»** Mode, the 60-second pre-measurement countdown can be skipped by pushing the Start/Stop Button. Once the Start/Stop Button is pushed, the device will immediately begin the next measurement.





Skips the 60-second countdown and begins measurement.

\* The device can put into Stand by Mode by pressing the Start/Stop Button after the completion of measurements. The device will automatically switch to Stand by Mode if left unattended for five minutes.

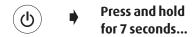




Stand by mode

## Setting inflation pressure

Inflation pressure can be set manually from 140 to 280 mmHg by pressing and holding the Start/Stop Button for 7 seconds.



Press the M Button to adjust the pressure and press Start/Stop again to save the setting.



### **Setting measurement intervals**

It is concluded that a 15-second interval between blood pressure readings and these measurements are started after a 5 minute rest period.

Pressing and holding the Start/Stop Button for 3 seconds.



Press the M Button to adjust the measurement interval, then press the Start/Stop Button to confirm, the meter will back to stand by Mode.



## **Viewing Measurements**

#### **«AUSCULTATION»** Mode

The WatchBP Office blood pressure measurement device in «AUSCULTATION» mode serves only as a pressure gauge. No oscillometric measurements will be taken and a mental note must be made of the systolic and diastolic values.



#### «1st VISIT» and «FOLLOW-UP» Mode

 Switch the mode switch – The M Button can be pressed in either «1st VISIT» or the «FOLLOW-UP» mode to retrieve the last set of the triplicate measurements.



2) Viewing the average of all measurements – At first an "A" will be displayed, followed by an average of all measurements taken in the last sequence of measurements.



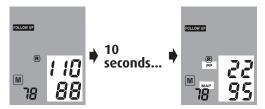






## Viewing MAP and PP values –

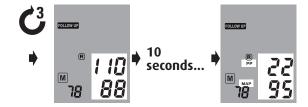
Ten seconds after the display of the average blood pressure, the device will display values for Pulse Pressure (PP) and Mean Arterial Pressure (MAP).



Viewing individual measurements – Press the M Button once again to view individual measurements. The display will flash a number "3" indicating the third measurement.



5) Values for the third measurement (including PP and MAP values) will be shown on the display in the order listed in step 3.

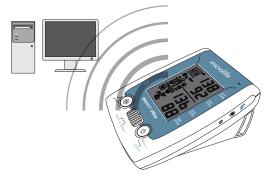


Press the M Button to retrieve values for second and first measurements from the last completed set of measurements.



# **Controlling the WatchBP Office wirelessly**

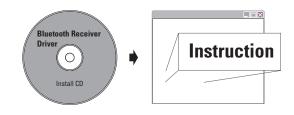
The WatchBP Office can be controlled wirelessly via Bluetooth with the included WatchBP Office software. Please follow the steps listed here to set up a wireless connection with a computer.



- \* Before installing the WatchBP Office software, the driver software for the Bluetooth receiver must be first installed on the computer.
- \* The distance between WatchBP office and operating computer should be within 10m.

## Setting up the Bluetooth receiver

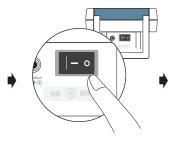
- Place the included "Bluetooth USB Adaptor" CD in the CD-ROM of the computer. Click on «setup. exe» in the CD-ROM directory.
- 2) An installation window will appear. Follow the instructions on the screen.



- 3) Insert the Bluetooth receiver into a USB port of the computer after the installation program requests to do so.
- Restart the computer after installation is completed.
- \* Select a single USB port and make sure to always use the same port in the future.
- \* Do not use other Bluetooth receiver.

- 5) Turn on the Bluetooth function of the WatchBP Office device on by switching the Bluetooth switch at the back of the device to the "ON" position. The Bluetooth icon will illuminate and flash continuously to show a connection.
- It is noted that WatchBP office device will not respond to any button pressing or switching when the Bluetooth is on. It is to prevent accidental interruptions during the measurement.







#### Controlling the WatchBP Office wirelessly (cont.)

### Installation of the software program

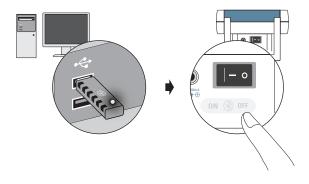
- Put the CD in the CD-ROM drive of your computer.
   Then click on **«setup.exe»** in the CD's directory.
- Follow the instructions provided in the installation window on the computer screen.
- When the installation is complete, be sure restart the computer before using the program for the first time.



\*\* System Requirements: 550MHz CPU. 256MB Memory, 1024x768 pixel resolution, 256 color, CD-ROM drive, 1 free USB port, 40MB free hard disk space, Microsoft Windows 2000 / XP / Vista.

## Controlling the device wirelessly

- Turn on the Bluetooth switch located on the back of the device.
- 2) Make sure the Bluetooth receiver is at right position and the light is on (if applicable).
- Launch WatchBP Office Software from the computer. Follow these steps to control the WatchBP Office from the computer.



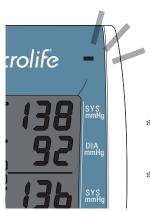
Software commands		
Choose measure blood pressure	Click «1st VISIT», «FOLLOW-UP»	
Enter Patient ID	Input Patient ID	
Start to perform	Press the «Measure» button	
Store blood pressure measurements	Click «Save». The data is stored in an Excel data table. The file name is generated automatically from the following format «Patient ID+ WatchBP Office +measurement mode + yyyymmdd.xls».	
View the data	Go to the folder where the file is saved and open the corresponding excel file.	
Print the data sheet	While the corresponding Excel file is open, click print in Excel.	
Disconnect the device	Click << Disconnect>> before existing the program	
Close the program	Click «Close»	

<sup>\*</sup> The software automatically searches for the nearest WatchBP device when the program is launched. If the device is not located, confirm that the Bluetooth switch on the WatchBP Office is set to the ON position.

## Rechargeable battery and power adaptor

### **Rechargeable Battery**

WatchBP Office features a built-in, rechargeable Ni-MH battery pack that delivers up to 400~500 measurement cycles. The battery can be recharged between use with the provided power adaptor.

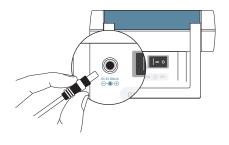


- An orange recharge indicator means recharge in progress.
- A green recharge indicator means recharge is completed.

## Using a power adaptor

Please use only the Microlife adaptor (DSA-20P-05 Adaptor) supplied with the WatchBP Office to recharge the device.

- Plug the adapter cable into the Power Plug in the WatchBP Office device.
- Plug the adaptor plug into the wall socket. When the power adaptor is connected, no battery power is consumed.



# Troubleshooting

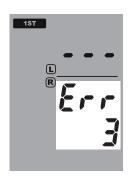
Problem	Possible cause	How to make correction
No power(No LCD display)	Power supply is not properly plugged	Plug power supply into wall socket.
	Battery is fully discharged	Recharge the rechargeable battery by plugging in the power supply.
Cuff does not inflate properly	Loose connection of the tube	Make sure the tube of the cuff is securely connected to the device.
	Leakage of the tube / bladder	Check for cracks on the tube or the bladder. Please contact Microlife customer service for this issue.
Hide, pressure, or pause interval can not be set	Wireless option is ON	The device can not be operated by the Start/Stop and M Button when the Bluetooth switch is in thev
Unable to take measurement		ON position. Please switch off the Bluetooth or use the included software to control the device.
No result displayed between measurements	Device is in AUSCULTATION mode or the Hide function is activated	Disable "hide" function, or use «1st VISIT» / «FOLLOW-UP» mode to measure the blood pressure.
Can't access device via computer	Bluetooth software not installed	Make sure the Bluetooth software provided with the device is installed on the computer.

## **Error** messages

If an error occurs during measurement, the measurement is interrupted and an error message «Err» is displayed.



- Please contact your local Microlife service center if the error persists.
- If you think the results are unusual, please read through the information in this instruction manual carefully.



Error	Description	Potential cause and remedy
«Err 1»	Signal too weak	The pulse signals on the cuff are too weak. Re-position the cuff and repeat the measurement.
«Err 2»	Error signal	During the measurement, error signals were detected by the cuff, caused for instance by movement or muscle tension. Repeat the measurement, keeping your arm still.

«Err 3»	No pressure in the cuff	An adequate pressure cannot be generated in the cuff. A leak may have occurred. Replace the batteries if necessary. Repeat the measurement.
«Err 5»	Abnormal result	The measuring signals are inaccurate and no result can therefore be displayed. Read through the checklist for performing reliable measurements and then repeat the measurement.

«HI»	Pulse or cuff pressure too high	The pressure in the cuff is too high (over 300 mmHg) OR the pulse is too high (over 200 beats per minute). Relax for 5 minutes and repeat the measurement.
«LO»	Pulse too low	The pulse is too low (less than 40 beats per minute). Repeat the measurement.

## Safety, care, accuracy test and disposal

### Safety and protection

This device may be used only for the purpose described in this booklet. The device comprises of sensitive components and must be treated with caution. The manufacturer cannot be held liable for damage caused by incorrect application.



- Ensure that children do not use the device unsupervised; some parts are small enough to be swallowed.
- Only activate the pump when cuff is installed.
- Do not use the device if you think it is damaged or if anything appears unusual.
- Read the further safety instructions in the individual sections of the instruction manual.
- Do not connect the device to a computer until prompted to do so by the computer software.

Observe the storage and operating conditions described in the "Technical specifications" section of this manual.



Protect the device from water and moisture



Protect the device from direct sunlight



Protect the device from extreme heat and cold



Avoid proximity to electromagnetic fields, such as those produced by mobile phones



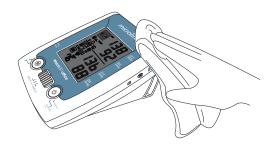
Never open device



Protect device from impact and drops

#### **Device care**

Clean the device with a soft, dry cloth.



### **Accuracy test**

We recommend the WatchBP Office device be tested for accuracy every 2 years or after mechanical impact (e.g. being dropped). Please contact Microlife to arrange for an accuracy test.

## Cleaning the cuff

DO NOT wash the cuff. DO NOT iron the cuff cover.



Do not wash the cuff!



Do not iron the cuff!

## **Disposal**

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

## **Technical specifications**

**Operation** 

temperature/humidity: • 10 - 40 °C / 50 - 104 °F

humidity:

**Storage temperature/** • -20 - +50 °C / -4 - +122 °F

15 - 90 % relative maximum humidity

Weight:

• 1100 a (including rechargeable

battery pack)

**Dimensions:** 

• 200 x 125 x 90 mm

Measuring method:

Oscillometric, corresponding to

Korotkoff

Measurement range:

• 30 - 280 mmHq - blood pressure

• 40 - 200 beats per minute - pulse

Cuff pressure display:

• Range: 0 - 299 mmHg

• Resolution: 1 mmHq

• Static accuracy: pressure within ±3

mmHq

• Pulse accuracy: ±5 % of the readout

value

Voltage source:

 Rechargeable battery pack; 4.8V C4000 mAh

Mains adapter DC 7.5V. 2 A

Reference to Standards: • EN 1060-1 /-3, NIBP-requirements

• IEC60601-1 General requirement for safety

• IEC60601-1-2 Requirements for EMC • EN1060-4, NIBP clinical investigation

• ANSI/AAMI SP10, NIBP requirements

Bluetooth system to V2.0

• FCC part15C

#### Federal Communications Commission (FCC) Statement

15.21

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.

5.105(b)

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.

#### Operation is subject to the following two conditions:

- 1) this device may not cause interference and
- 2) this device must accept any interference, including interference

that may cause undesired operation of the device.

#### **FCC RF Radiation Exposure Statement:**

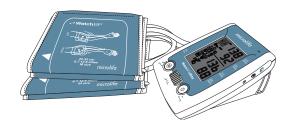
This equipment complies with FCC radiation exposure limits set forth for an uncontrolled environment. End users must follow the specific operating instructions for satisfying RF exposure compliance. This transmitter must not be co-located or operating in conjunction with any other antenna or transmitter.

## **Guarantee card**

This device is covered by a two-year guarantee and accessories are cover by a one-year guarantee from the date of purchase. This guarantee is valid only on presentation of the guarantee card completed by the owner confirming date of purchase or purchase receipt.

lame:			
\ddress:_			
ate:			
elephone	2:		
mail:			

<b>Product:</b> WatchBP Office
Product Number: Twin200
Date:



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