

QUICK START GUIDE **Upper Arm Blood Pressure Monitor**

1. Lay left arm on the table with palm up. Place the cuff on upper arm.



2. Fasten the cuff tight enough so you can slide two fingers underneath it.

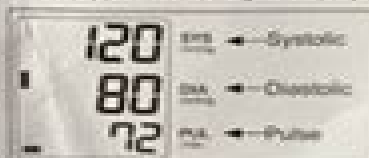


3. Sit comfortably with arm resting on a flat surface, elevated to heart level, palm up.

4. Press START/STOP button. (Battery installation required.)



5. Sit quietly as cuff inflates & deflates.
6. Wait for measurement to complete.
7. When measurement is complete, the cuff deflates automatically.
8. The systolic pressure, and pulse rate appear on the digital display.



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BLOOD PRESSURE **TAKING TIPS**

- Try to measure your blood pressure at the same time every day.
- Do not smoke, exercise, or consume anything for at least 30 minutes before measurement.
- Sit comfortably on a chair with your feet on the floor and your back straight. Do not cross your legs.
- Place your arm on a table with your palm facing upward and the cuff at the same level as your heart.
- Relax for several minutes before measurement.
- Remain still and keep quiet during measurement.

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Digital Arm Blood Pressure Monitor **4000 Series** **Instruction Manual**

1. Introduction

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

2. Precautions

- Precautions concerning use used in the construction of this device. Excessive vibrations, humidity, direct sunlight, shock or heat should be avoided.
- Clean the device and cuff with a dry, soft cloth in a cool, dampened, with water and a neutral detergent. Never use alcohol, benzene, acetone or other harsh chemicals to clean the device or cuff.
- Avoid tightly fastening the cuff or placing the hose tightly bent for long periods. An such practices may shorten the life of the components.
- Take care to avoid accidental disconnection of tubes or cables with the hose.
- Do not hold the air hose during measurement. This may affect measurement and compromise cuff pressure.

E	Device turned on	Remove the batteries and press the START/STOP button, and then install the batteries again. If the error still appears, contact customer service.
E 9	Excessive heart pressure due to movement during measurement.	Take another measurement. Remain still during measurement.
E 1 or 2	The systolic and diastolic values are within 10 mmHg of each other.	
E 3	The pressure value did not increase during the inflation.	Apply the cuff correctly, and take another measurement.
E	The cuff is not applied correctly.	
E	NO CHANGE/ERRATIC MEASUREMENTS TO NOT DETECTED CORRECTLY.	

Symbols printed on the device case

Symbols	Function/Meaning
Power button	Standby and Turn the device on
Systolic pressure icon	Systolic blood pressure is rising
Diastolic pressure icon	Diastolic blood pressure is rising
Pulse icon	Pulse per minute
Battery icon	Battery installation guide
Direct current icon	Direct current
Warning icon	Warning: Device, cuff and tubing are designed to provide special protection against electrical shocks.
Serial number icon	Serial number
Manual icon	Refer to instruction manual/leaflet
Protection icon	Electromagnetic protection system

Man Machine Pem22 Monitors Owners Manual

J Elliott



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