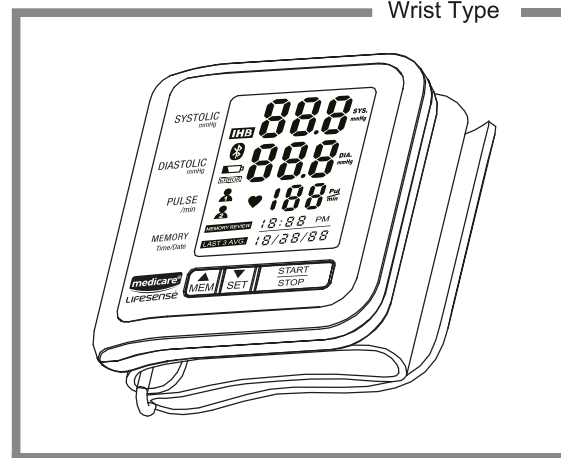


User Manual

A3 Wrist Blood Pressure Monitor Wireless MD1810

Wrist Type



- Please read the user manual carefully and thoroughly so as to ensure the safe usage of this product, and keep the manual well for your further reference in case you have problems.

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♥ General Description

Thank you for selecting MEDICARE LIFESENSE blood pressure monitor (MD1810).

The monitor features blood pressure measurement, pulse rate measurement and the result storage. The design provides you with two years of lifetime.

Readings taken by the MD1810 are equivalent to those obtained by a trained observer using the cuff and stethoscope auscultation method.

This manual contains important safety and care information, and provides step by step instructions for using the product.

Please do read this user manual carefully and thoroughly before use.

FEATURES:

- Systolic Blood Pressure
- Diastolic Blood Pressure
- Pulse Rate
- Memory: Up to 60 pieces of records

♥ Measurement Principle

This product uses the Oscillometric Measuring Method to detect blood pressure. Before every measurement, the unit establishes a "zero point" equivalent to the atmospheric pressure. Then it starts inflating the cuff. Meanwhile, the unit detects pressure oscillation generated by beat-to-beat pulsatile, which is used to determine the systolic pressure and diastolic pressure as well as pulse rate.

♥ Contraindications

1. The device is not suitable for use on may be pregnant women or pregnant women.
2. The device is not suitable for use on patients with implanted, electrical devices, such as cardiac pacemakers, defibrillators.
















♥ Safety Information

The signs below might be in the user manual, labeling or other components. They are the requirement of standard and using.

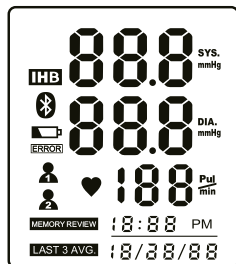
♥ Indications for Use

The Medicare Lifesense Blood Pressure Monitor is digital monitors intended for use in measuring blood pressure and heartbeat rate with wrist circumference ranging from 13.5 cm to 21.5 cm (about 5-8.5 inches).

It is intended for adult indoor use only.

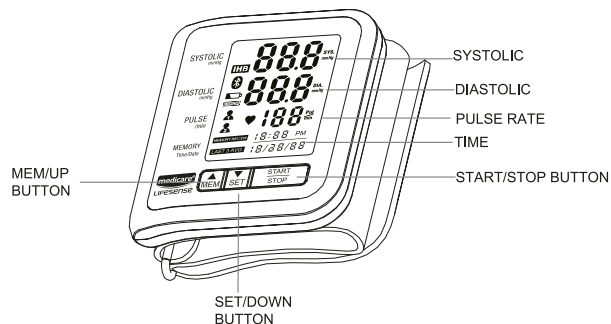
	Symbol for "THE OPERATION GUIDE MUST BE READ"		Symbol for "TYPE BF APPLIED PARTS"
	Symbol for "COMPLIES WITH MDD 93/42/EEC REQUIREMENTS"		Symbol for "ENVIRONMENT PROTECTION - Electrical waste products should not be disposed of with household waste. Please recycle where facilities exist. Check with your local authority or retailer for recycling advice"
	Symbol for "MANUFACTURER"		Symbol for "DIRECT CURRENT"
	Symbol for "SERIAL NUMBER"		Caution: These notes must be observed to prevent any damage to the device.
	Symbol for "Humidity Limitation"		Symbol for "For indoor use only"
	Symbol for "Class II Equipment"		Symbol for "Including RF Transmitter"
	Symbol for "Recycle"		Symbol for Authorised Representative in the European Community
	The Green Dot is the licence symbol of a European network of industry-funded systems for recycling the packaging materials of consumer goods.		

♥ LCD Display Signal



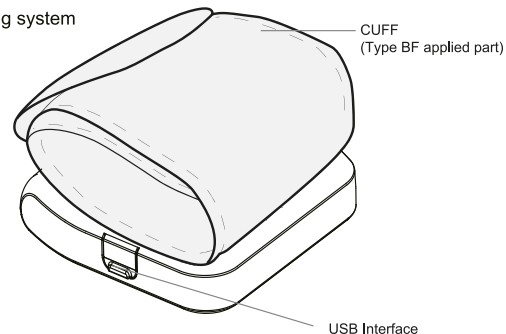
SYMBOL	DESCRIPTION	EXPLANATION
SYS	Systolic Blood Pressure	High blood pressure
DIA	Diastolic Blood Pressure	Low blood pressure
Pul min	Pulse	Beat/minute
+Lo	Low Battery	Low battery and please charge the power.
mmHg	Unit	Measurement unit of blood pressure (1mmHg=0.133kPa)
IHB	IHB Detector	Irregular Heartbeat Detector
Bluetooth	Bluetooth	Successful Bluetooth Connection
ERROR	Error	Error
MEMORY REVIEW	Memory	Recalling the history records
18:88 PM 18/88/88	Time	Hour:Minute (Month/Day/Year)
Heartbeat	Heartbeat	Heartbeat detection during the measurement
User 1	User 1	Start measurement, save and transmit the measuring results for user 1
User 2	User 2	Start measurement, save and transmit the measuring results for user 2
LAST 3 AVG.	Average value	The average value of the latest three records

♥ Monitor Components



Component list of pressure measuring system

- 1 PCBA
- 2 Air pipe
- 3 Pump
- 4 Valve
- 5 Cuff

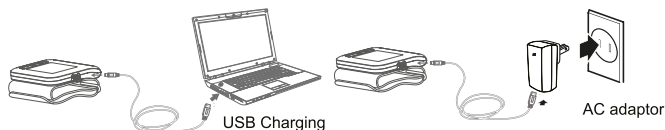


♥ Contents List

1. Blood Pressure Monitor (MD1810)
2. USB Cable
3. User Manual

♥ Power Supply and Charge Power

1. The battery of MD1810 is built-in rechargeable lithium-ion battery, the battery current is 420 mAh.
2. Please use the AC adaptor and/or USB cable to charge the battery, as shown below:



Charging the power under following circumstances:

- + displays on the LCD
- The LCD display dims
- When powering on the monitor, the LCD doesn't light up.



CAUTION

1. The battery of MD1810 is built-in rechargeable lithium-ion battery, please do not disassemble it by the unauthorized maintenance personnel.
2. Under the normal using, it can charge power about 300 times, if the battery cannot charge the power normally or the blood pressure monitor cannot use normally, please connect with the authorized maintenance personnel. If measured three times per day, and the battery is fully charged, it can be used for about 20 days.
3. Storage and use the blood pressure monitor at the cool, dry and ventilated environment. Avoid to approach to the fire and the heat source, or it will cause the battery explode.
4. Only use the Medicare Lifesense's authorized USB cable (5V 1A) to charge the power. You cannot use the blood pressure monitor during the process of charging.
5. During the process of charging, the blood pressure monitor display When the charging is finished, please pull the plug in time.
6. When charging, shall not touch charging connector and the patient simultaneously.



CAUTION

- Do not attempt to replace your blood pressure monitor's battery. It is built-in and not changeable.
- Only charge the battery in accordance with the user instructions supplied with the blood pressure monitor.
- Avoid charging your blood pressure monitor in extremely high or low temperatures.
- Do not use your blood pressure monitor while you are charging it.
- Do not attempt to disassemble the blood pressure monitor or force open the built-in battery.
- Do not clean the blood pressure monitor when it is being charged. Always unplug the charger first before cleaning the blood pressure monitor.
- Do not dispose of your blood pressure monitor in a fire. The battery could explode causing injury or death.
- Batteries (battery pack or batteries installed) shall not be exposed to excessive heat such as sunshine, fire or the like.

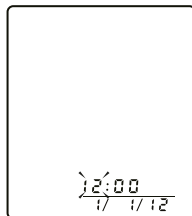
♥ Activate Your Blood Pressure Monitor

When you get the Blood Pressure Monitor, the first thing you must do is to activate it. Please press and hold the SET button to activate it, then it will enter the setting mode.

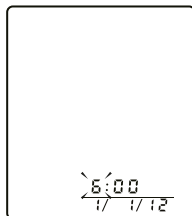
♥ Setting Date and Time

Please proceed to time setting before your initial use so as to ensure each piece of record are labled with a time stamp. (Year Range: 2012-2052; Time Format: 12 Hours)

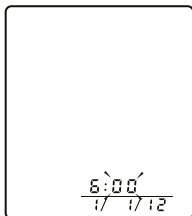
1. When the monitor is OFF, press and hold "SET" button for 3 seconds to enter Time Setting Mode.



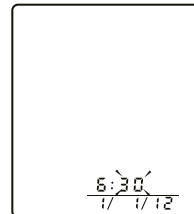
2. As pictured in the right, the blinking numeral representing [HOUR]. Press "MEM" button to change the numeral. Each press will increase the numeral by one in a cycling manner.



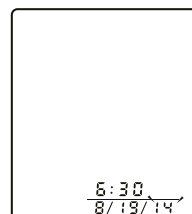
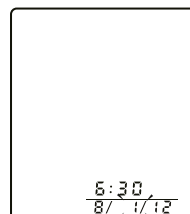
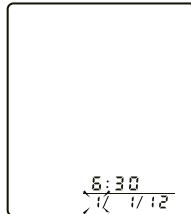
3. Press "SET" button again to confirm [HOUR]. Then the numeral representing [MINUTE] blinks.



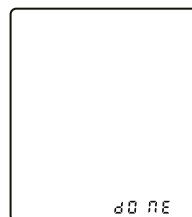
4. Repeat steps 2 and 3 to confirm [MINUTE].



5. Repeat steps 2 and 3 to confirm [MONTH], [DAY] and [YEAR].



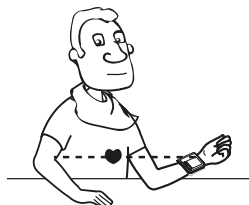
6. After confirming [YEAR], the LCD will display "dONE" and then shut off.





♥ Positioning the Cuff

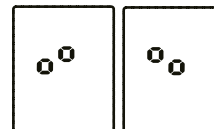
1. Remove all accessories (watch, bracelet, etc) from your left wrist. If your physician has diagnosed you with poor circulation in your left wrist, use your right wrist.
2. Roll or push up your sleeve to expose the skin.
3. Apply the cuff to your left wrist with your palm facing up.
4. Position the edge of the cuff about 1-2 cm.
5. Fasten the wrist cuff around your wrist, leaving no extra room between the cuff and your skin. If the cuff is too loose, the measurement will not be accurate.
6. Patients with Hypertension:
The middle of the cuff should be at the level of the right atrium of the heart;
Before starting measurement, please sit comfortably with legs uncrossed, feet flat on the floor, back and arm supported.

- Rest for 5 minutes before measuring.
- Wait at least 3 minutes between measurements. This allows your blood circulation to recover.
- For a meaningful comparison, try to measure under similar conditions. For example, take daily measurements at approximately the same time, on the same wrist, or as directed by a physician.





♥ Pair-up the Blood Pressure Monitor with Your Device

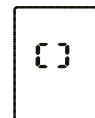
1. Turn on Bluetooth and the app.
Make sure both are ON when pair-up is proceeding.
2. When the monitor is OFF, press and hold the START/STOP button to start pair-up. The symbol  and the symbol  will be shown on the LCD alternatively, indicating pair-up is proceeding.



3. Then please select the user ID you want to connect with your mobile device on the app to continue the pair-up.

If **SUCCEED**, symbol  will be shown on the LCD.


If **FAIL**, symbol  will be shown on the LCD.



4. The monitor will shut off after Pair-up process is complete.

Bluetooth Module No.: AW2540MV1
RF Frequency Range: 2402 MHz to 2480 MHz
Output Power Range: -1 dBm
Supply Voltage: 2 V to 3.6 V
Transmitting Distance: 10 meters

⚠ CAUTION

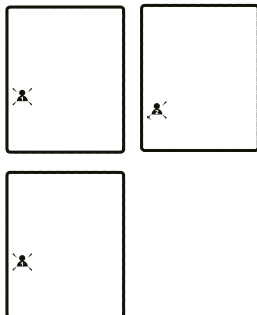
- Interference may occur in the vicinity of equipment marked with the following symbol .
- And MD1810 may interfere with nearby electrical equipment.
- Sensitive people, including pregnant women pre-eclamptic and those who have implanted medical electronic instruments, should avoid using the unit whenever possible.
- Keep the monitor at least 20 centimeters away from the human body (especially the head) when the data transmission is proceeding after measurement.
- To enable the data transmission function, this product should be paired to Bluetooth end at 2.4 GHz.

How to mitigate possible interference?

1. The range between the device and BT end should be reasonably close, from 1 meter to 10 meters. Please ensure no obstacles between the device and BT end so as to obtain quality connection and to lower the RF output range.
2. To avoid interference, other electronic devices (particularly those with wireless transmission / Transmitter) should be kept at least 1 meter away from the monitor.

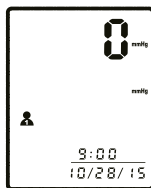
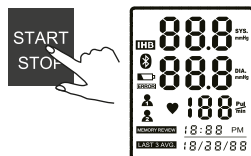
♥ Select the User

- When the monitor is off, press the MEM button for 3 seconds to enter the selecting user mode, then press MEM button to select the user between User 1 and User 2.
- Press SET button to confirm your selection. Then press the START/STOP button, you can start your measuring.

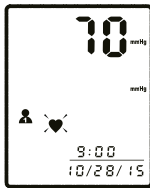


♥ Start Measurement

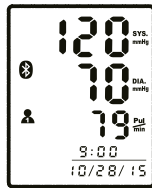
- After correctly positioning the cuff press START/STOP button to turn on the monitor and it will complete the measurement process.



Adjust to zero.



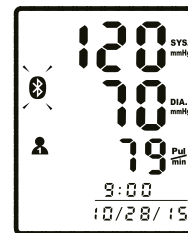
Inflating and measuring.



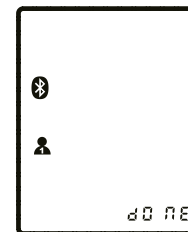
Display and save the measuring result.

- This device will proceed to data transmission after measurement.

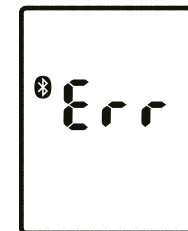
The Bluetooth symbol blinks on the LCD indicates data is transmitting.



- If the data is successfully transmitted, the LCD will then display "dONE".



If the data transmission fails, the LCD will display "Err" instead.

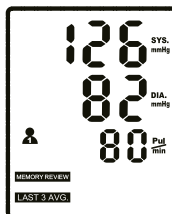


- Press START/STOP button to turn off the monitor. Otherwise it will power off automatically in a few seconds.



♥ Recall the Records

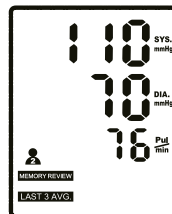
1. Press "MEM" button to access the memory when the BPM is off.
The monitor will display the average value of the latest three records first.



2. Press "MEM/UP" button or "SET/DOWN" button to rotate the history records.
"MEM/UP" to go forward;
"SET/DOWN" to go backward.



3. If you want to check another user's records, press START/STOP button to turn off the monitor when it is in the memory recall mode. Then press MEM button for 3 seconds, the user icon will blink, press "MEM" button to select the desired user ID, press "SET" button to confirm, then press "MEM" button to review the selected user's records. It will show the average value first.



4. Press STOP button to turn off the monitor. Otherwise if there is no operation, it will turn off automatically in a few seconds.

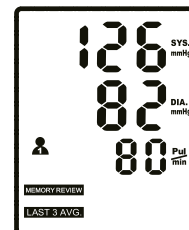
⚠ CAUTION

The most recent record (1) is shown first. Each new measurement is assigned to the first (1) record. All other records are pushed back one digit (e.g., 2 becomes 3, and so on), and the last record (60) is dropped from the list.

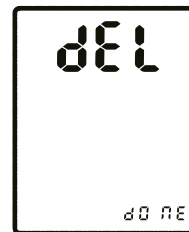
♥ Delete the Records

When you did not obtain the accurate measurement, you can clear all the measuring results by following below steps.

1. Under Memory Recalling Mode, press and hold both the "MEM" button and the "SET" button for 3 seconds.



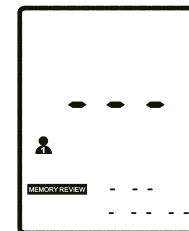
2. The LCD will display "dEL dONE", indicating that memory clearing is complete. And then it will shutdown.



⚠ CAUTION

Under Memory Recalling Mode, if you wish to give up clearing, press "START/STOP" to turn off the monitor.

3. When there is no memory in the monitor, if you press the "MEM" button to look up history, the LCD will display as pictured to the right.



List of compatible devices

For iOS devices:

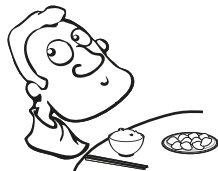
The operating system must be iOS 8 or more, such as iPhone 4S, iPhone 5/5C/5S, iPhone 6/6 Plus, and so on.

For Android devices:

The operating system must be 4.3 or ore.

♥ Tips for Measurement

Measurements may be inaccurate if taken in the following circumstances.



Within 1 hour
after dinner or drinking



Within 20 minutes
after taking a bath



In a very cold environment



Immediate measurement
after tea, coffee, smoking



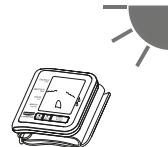
When talking or moving your fingers



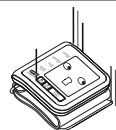
When you want to discharge urine

♥ Maintenance

To obtain the best performance, please follow the instructions below.



Put in a dry place and
avoid the sunshine



Avoid shaking and collisions.



Use the slightly damp cloth
to remove the dirt.



Avoid immersing it in the water.
Clean it with a dry cloth in case.



Avoid dusty environment and
unstable temperature surrounding



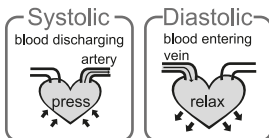
Avoid washing the cuff

⚠ CAUTION

1. Please make sure the unit functions safely and it is in proper working conditions before use. Don't service or maintain while the device is in use.
2. If you have any problems with this device, such as setting up, maintaining or using, please contact the SERVICE PERSONNEL of Fleming Medical. Don't open or repair the device by yourself.
3. Please report to Medicare Lifesense if any unexpected operation or events occur.
4. Cleaning: Dust environment may affect the performance of the unit. Please use the soft cloth to remove the dirt of the device and cuff before and after use.
5. Calibration: The manufacturer does not require such preventive inspections or calibration by other persons and will make available on request of circuit diagrams, component part list, etc.
6. Disposal: Degraded sensors may result in inaccurate measurement while loosened electrodes may cause the monitor's failure to power on. Please dispose of ACCESSORIES, detachable parts, and ME EQUIPMENT according to local guidelines.

♥ What are systolic pressure and diastolic pressure?

When ventricles contract and pump blood out of the heart, the blood pressure reaches its maximum value in the cycle, which is called systolic pressure. When the ventricles relax, the blood pressure reaches its minimum value in the cycle, which is called diastolic pressure.

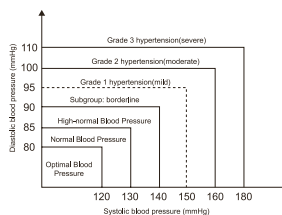


♥ What is the standard blood pressure classification?

The blood pressure classification published by World Health Organization (WHO) and International Society of Hypertension (ISH) in 1999 is as follows:

⚠ CAUTION

Only a physician can tell your normal BP range. Please contact a physician if your measuring result falls out of the range. Please note that only a physician can tell whether your blood pressure value has reached a dangerous point.



Level Blood Pressure (mm Hg)	Optimal	Normal	High-normal	Mild	Moderate	Severe
SYS	<120	120-129	130-139	140-159	160-179	≥180
DIA	<80	80-84	85-89	90-99	100-109	≥110

♥ Irregular Heartbeat Detector

An irregular heartbeat is detected when a heartbeat rhythm varies while the device is measuring systolic pressure and diastolic pressure. During each measurement, blood pressure monitor will keep a record of all the pulse intervals and calculate the average value of them. If there are two or more pulse intervals, the difference between each interval and the average is more than the average value of $\pm 25\%$, or there are four or more pulse intervals, the difference between each interval and the average is more than the average value of $\pm 15\%$, then the irregular heartbeat symbol will appear on the display with the measurement result.

⚠ CAUTION

The appearance of the IHB icon indicates that a pulse irregularity consistent with an irregular heartbeat was detected during measurement. Usually this is NOT a cause for concern. However, if the symbol appears often, we recommend you seek medical advice. Please note that the device does not replace a cardiac examination, but serves to detect pulse irregularities at an early stage.

♥ Why does my blood pressure fluctuate throughout the day?

1. Individual blood pressure varies multiple times everyday. It is also affected by the way you tie your cuff and your measurement position, so please take the measurement under the same conditions.
2. If the person takes medicine, the pressure will vary more.
3. Wait at least 3 minutes for another measurement.



♥ Why do I get a different blood pressure at home compared to the hospital?

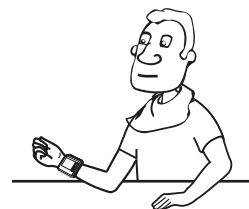
The blood pressure is different even throughout the day due to weather, emotion, exercise etc. Also, there is the "white coat" effect, which means blood pressure usually increases in clinical settings.

What you need to pay attention to when you measure your blood pressure at home:


- If the cuff is tied properly.
- If the cuff is too tight or too loose.
- If the cuff is tied on the wrist.
- If you feel anxious.
- Taking 2-3 deep breaths before beginning will be better for measuring.
- Advice: Relax yourself for 4-5 minutes until you calm down.


♥ Is the result the same if measuring on the right wrist?

It is ok for both wrists, but there will be some different results for different people. We suggest you measure the same wrist every time.



This section includes a list of error messages and frequently asked questions for problems you may encounter with your blood pressure monitor. If the products not operating as you think it should, check here before arranging for servicing.

PROBLEM	SYMPTOM	CHECK THIS	REMEDY
No power	Display is dim or will not light up.	Power is exhausted	Charge the power
Low batteries	 Show on the display	Power is low	Charge the power
Error message	Err 1 shows	The cuff is not secure or very tight	Refasten the cuff and then measure again
	Err 2 shows	The monitor detected motion,talking or the pulse is too poor while measuring	Movement can affect the measurement. Relax for a moment and then measure again
	Err 3 shows	The measurement process does not detect the pulse signal	Loosen the clothing on the arm and then measure again
	Err 4 shows	The treatment of the measurement failed	Relax for a moment and then measure again.
	EEExx,shows on the display.	A calibration error occurred.	Retake the measurement. If the problem persists, contact the retailer or our customer service department for further assistance. Refer to the warranty for contact information and return instructions.
Warning message	"out" shows	Out of measurement range	Relax for a moment and then measure again.

Power supply	3.7V 420mAh Built-in rechargeable lithium-ion battery, 5V  1A USB Cable
Display mode	Digital LCD V.A.46.5mmx36.5mm
Measurement mode	Oscillographic testing mode
Measurement range	Rated cuff pressure: 0mmHg-300mmHg(0kPa-40kPa) Measurement pressure: 40mmHg-230mmHg (5.3kPa-30.7kPa) pulse value:(40-199)beat/minute
Accuracy	Pressure: 5°C-40°C within±3mmHg(0.4kPa) pulse value:±5%
Normal working condition	Temperature:5°C-40°C Relative humidity: ≤85%RH Atmospheric pressure: 86kPa to 106kPa
Storage & transportation condition	Temperature:-20°C to 60°C Relative humidity: 10%RH to 93%RH Atmospheric pressure: 50kPa to 106kPa
Measurement perimeter of the wrist	About 13.5cm-21.5cm
Weight	Approx.106g
External dimensions	Approx.79.8mm×72.5mm×13.2mm
Attachment	USB cable, user manual
Mode of operation	Continuous operation
Degree of protection	Type BF applied part
Protection against ingress of water	IP22, It means the device could protected against solid foreign objects of 12.5 mm and greater, and against vertically falling water drops when ENCLOSURE tilted up to 15°
Software version	V01
Device classification	Battery Powered Mode: Internally Powered ME Equipment AC Adaptor charged Mode: Class II ME Equipment

WARNING: No modification of this equipment is allowed.

♥ The Matched Component

1. Please use the MEDICARE LIFESENSE authorized adaptor (not included)



Adaptor

Type: UE05WCP-050100SPC

Input: 100-240V, 50-60Hz, 0.18A

Output: 5.0V $\overline{\text{---}}$ 1.0A

♥ Contact Information

For more information about our products, please visit www.flemingmedical.ie

Customer Support:

Company: Fleming Medical Ltd.

Address: Corcanree Business Park,
Dock Road,
Limerick,
Ireland.

Tel: +353 (0)61 304600

Email: info@flemingmedical.ie

♥ Complied European Standards List

Risk management	ISO/EN 14971:2012 Medical devices - Application of risk management to medical devices.
Labeling	EN ISO 15223-1:2016 / ISO 15223-1:2016 Medical devices. Symbols to be used with medical device labels, labelling and information to be supplied. Part 1: General requirements.
User manual	EN 1041: 2008 Medical equipment manufacturers to provide information.
General Requirements for Safety	EN 60601-1: 2006 Medical electrical equipment - Part 1: General requirements for basic safety and essential performance. IEC/EN 60601-1-11: 2010 Medical electrical equipment - Part 1-11: General requirements for basic safety and essential performance - Collateral standard: Requirements for medical electrical equipment and medical electrical systems used in the home healthcare environment
Electromagnetic compatibility	IEC/EN 60601-1-2:2007 Medical electrical equipment - Part 1-2: General requirements for basic safety and essential performance - Collateral standard: Electromagnetic compatibility - Requirements and tests.
Performance requirements	EN 1060-1:1995+A2:2009 Non-invasive blood pressure Part 1: General requirements EN 1060-3:1997+A2:2009 Non-invasive blood pressure Part 3: Supplementary requirements for electromechanical blood pressure measuring system.
Clinical investigation	EN 1060-4: 2004 Automatic Blood Pressure Monitor over all system Interventional accuracy of the testing process.
Usability	EN 60601-1-6:2010+A1:2015 / IEC 60601-1-6:2010+A1:2013 Medical electrical equipment - Part 1-6: General requirements for basic safety and essential performance - Collateral standard: Usability IEC 62366-1:2015 Medical devices - Part 1: Application of usability engineering to medical devices.
Software life-cycle processes	IEC/EN 62304:2006+AC: 2008 Medical device software - Software life cycle processes.
Bio-compatibility	ISO 10993-1:2009 Biological evaluation of medical devices - Part 1: Evaluation and testing within a risk management process ISO 10993-5:2009 Biological evaluation of medical devices - Part 5: Tests for in vitro cytotoxicity ISO 10993-10:2010 Biological evaluation of medical devices - Part 10: Tests for irritation and skin sensitization


EMC GUIDANCE

- 1)* This product needs special precautions regarding EMC and needs to be installed and put into service according to the EMC information provided, and this unit can be affected by portable and mobile RF communications equipment.
- 2)* Do not use a mobile phone or other devices that emit electromagnetic fields, near the unit. This may result in incorrect operation of the unit.
- 3)* Caution: This unit has been thoroughly tested and inspected to assure proper performance and operation!
- 4)* Caution: This machine should not be used adjacent to or stacked with other equipment and that if adjacent or stacked use is necessary, this machine should be observed to verify normal operation in the configuration in which it will be used.

Guidance and MANUFACTURER'S declaration – ELECTROMAGNETIC EMISSIONS-for all ME EQUIPMENT and ME SYSTEMS

Guidance and manufacturer's declaration – electromagnetic emissions		
The device is intended for use in the electromagnetic environment specified below. The customer or the user of the device should assure that it is used in such an environment.		
Emissions test	Compliance	Electromagnetic environment - guidance
RF emissions CISPR 11	Group 1	The device uses RF energy only for its internal function. Therefore, its RF emissions are very low and are not likely to cause any interference in nearby electronic equipment.
RF emissions CISPR 11	Class B	The device is suitable for use in all establishments, including domestic establishments and those directly connected to the public low-voltage power supply network that supplies buildings used for domestic purposes.
Harmonic emissions IEC 61000-3-2	Class A	
Voltage fluctuations/ flicker emissions IEC 61000-3-3	Complies	

Guidance and MANUFACTURER'S declaration – electromagnetic IMMUNITY – for ME EQUIPMENT and ME SYSTEMS that are not LIFE-SUPPORTING

Guidance and manufacturer's declaration – electromagnetic immunity		
The device is intended for use in the electromagnetic environment specified below. The customer or the user of the device should assure that it is used in such an environment.		
IMMUNITY test	IEC 60601 TEST LEVEL	Electromagnetic environment - guidance
Conducted RF IEC 61024-4-6	150 kHz to 80 MHz: 30V/m 6V/m (in ISM) and smaller ratio bands) 80% Am at 150 kHz	150 kHz to 80 MHz: 20V/m 6V/m (in ISM) and smaller ratio bands) 80% Am at 150 kHz Portable and mobile RF communications equipment should be used no closer to any part of the device, including cables, than the recommended separation distance calculated from the equation applicable to the frequency of the transmitter. Recommended separation distances: $d = 0.3 \sqrt{P}$ $d = 1.2 \sqrt{P}$ Where P is the maximum output power rating of the transmitter in watts (W) according to the transmitter manufacturer and d is the recommended separation distance in metres (m). Field strengths from fixed RF transmitters, as determined by an electromagnetic site survey, should be less than the compliance level in each frequency range. Interference may occur in the vicinity of equipment marked with the following symbol: 
Radiated RF IEC 61024-3	10 V/m, 80% Am at 150 kHz	10 V/m, 80% Am at 150 kHz 800 MHz to 2500 MHz: $d = 1.2 \sqrt{P}$ 800 MHz to 1.2 MHz: $d = 2.3 \sqrt{P}$

NOTE 1 At 80 MHz and 800 MHz, the higher frequency range applies.

NOTE 2 These guidelines may not apply in all situations. Electromagnetic propagation is affected by absorption and reflection from structures, objects and people.

- a. Field strengths from fixed transmitters, such as base stations for radio (cellular/cordless) telephones and land mobile radios, amateur radios, AM and FM radio broadcast and TV broadcast cannot be predicted theoretically with accuracy. To assess the electromagnetic environment due to fixed RF transmitters, an electromagnetic site survey should be considered. If the measured field strength in the location in which the device is used exceeds the applicable RF compliance level above, the device should be observed to verify normal operation. If abnormal performance is observed, additional measures may be necessary, such as re-orienting or relocating the device.
- b. Over the frequency range 150 kHz to 80 MHz, field strengths should be less than 20V/m.

Guidance and MANUFACTURER'S declaration – electromagnetic IMMUNITY – for all ME EQUIPMENT and ME SYSTEMS

Guidance and manufacturer's declaration – electromagnetic immunity			
The device is intended for use in the electromagnetic environment specified below. The customer or the user of the device should assure that it is used in such an environment.			
IMMUNITY test	IEC 60601 test level	Compliance level	Electromagnetic environment - guidance
Electrostatic discharge (ESD) IEC 61000-4-2	±8 kV contact ±10 kV air	±8 kV contact ±10 kV air	Floors should be wood, concrete or ceramic tile. If floors are covered with synthetic material, the relative humidity should be at least 30%.
Electrical fast transient/burst IEC 61000-4-4	±2 kV for power supply lines ±1 kV for non-supply lines	±2 kV for power supply lines	Main power quality should be that of a typical commercial or hospital environment.
Surge IEC 61000-4-5	±1 kV line(s) to line(s) ±2 kV line(s) to earth 100 kHz repetition frequency	±1 kV line(s) to line(s) ±2 kV line(s) to earth 100 kHz repetition frequency	Main power quality should be that of a typical commercial or hospital environment.
Voltage dips, short interruptions and voltage variations on power supply input lines IEC 61000-4-11	70%U _n : 0.5 cycle At 0°: 40%, 50%, 130° 180°: 22%, 27% and 315° 70%U _n : 1 cycle and 70%U _n : 25-30 cycles Single phase, at 0° 0% U _n : 350 cycle	70%U _n : 0.5 cycle At 0°: 40%, 50%, 130° 180°: 22%, 27% and 315° 70%U _n : 1 cycle and 70%U _n : 25-30 cycles Single phase, at 0° 0% U _n : 350 cycle	Main power quality should be that of a typical commercial or hospital environment. If the user of the device requires continued operation during power mains interruptions, it is recommended that the device be powered from an uninterruptible power supply or a battery.
Power frequency (50/60Hz) magnetic field IEC 61000-4-8	30A/m 50/60Hz	30A/m 50/60Hz	Power frequency magnetic fields should be at levels characteristic of a typical location in a typical commercial or hospital environment.

NOTE U_n is the a.c. mains voltage prior to application of the test level.

Recommended separation distances between portable and mobile RF communications equipment and the ME EQUIPMENT or ME SYSTEM – for ME EQUIPMENT and ME SYSTEMS that are not LIFE-SUPPORTING

Recommended separation distances between portable and mobile RF communications equipment and the device.			
The device is intended for use in an electromagnetic environment in which radiated RF disturbances are controlled. The customer or the user of the device can help prevent electromagnetic interference by maintaining a minimum distance between portable and mobile RF communications equipment (transmitters) and the device as recommended below, according to the maximum output power of the communications equipment.			
Rated maximum output power of transmitter (W)	Separation distance according to frequency of transmitter (m)		
	150 kHz to 80 MHz: $d = 1.2 \sqrt{P}$	80 MHz to 800 MHz: $d = 1.2 \sqrt{P}$	800 MHz to 2.5 GHz: $d = 2.3 \sqrt{P}$
0.01	0.12	0.12	0.23
0.1	0.38	0.38	0.73
1	1.2	1.2	2.3
10	3.8	3.8	7.3
100	12	12	23

For transmitters rated at a maximum output power not listed above, the recommended separation distance d in metres (m) can be estimated using the equation applicable to the frequency of the transmitter, where P is the maximum output power rating of the transmitter in watts (W) according to the transmitter manufacturer.

NOTE 1 At 80 MHz and 800 MHz, the separation distance for the higher frequency range applies.

NOTE 2 These guidelines may not apply in all situations. Electromagnetic propagation is affected by absorption and reflection from structures, objects and people.

CAUTION

This device is intended for adult use in homes only.

The device is not suitable for use on neonatal patients, pregnant women, patients with implanted, electronic devices, patients with pre-eclampsia, premature ventricular beats, atrial fibrillation, peripheral, arterial disease and patients undergoing intravascular therapy or arterio-venous shunt or people who received a mastectomy. Please consult your doctor prior to using the unit if you suffer from illnesses.

The device is not suitable for measuring the blood pressure of children. Ask your doctor before using it on older children.

The device is not intended for patient transport outside a healthcare facility.

The device is not intended for public use.

This device is intended for non-invasive measuring and monitoring of arterial blood pressure.

It is not intended for use on extremities other than the wrist or for functions other than obtaining a blood pressure measurement.

Do not confuse self-monitoring with self-diagnosis. This unit allows you to monitor your blood pressure. Do not begin or end medical treatment without asking a physician for treatment advice.

If you are taking medication, consult your physician to determine the most appropriate time to measure your blood pressure. Never change a prescribed medication without consulting your physician.

Do not take any therapeutic measures on the basis of a self measurement. Never alter the dose of a medicine prescribed by a doctor. Consult your doctor if you have any question about your blood pressure.

When the device was used to measure patients who have common arrhythmias such as atrial or ventricular premature beats or atrial fibrillation, the best result may occur with deviation. Please consult your physician about the result.

Don't kink the connection tube during use, otherwise, the cuff pressure may continuously increase which can prevent blood flow and result in harmful injury to the PATIENT.

When using this device, please pay attention to the following situation which may interrupt blood flow and influence blood circulation of the patient, thus cause harmful injury to the patient: connection tubing kinking too frequent and consecutive multiple measurements; the application of the cuff and its pressurization on any wrist where intravascular access or therapy, or an arterio-venous (A-V) shunt, is present; inflating the cuff on the side of a mastectomy.

Warning: Do not apply the cuff over a wound; otherwise it can cause further injury.

Do not inflate the cuff on the same limb which other monitoring ME equipment is applied around simultaneously, because this could cause temporary loss of function of those simultaneously-used monitoring ME equipment.

On the rare occasion of a fault causing the cuff to remain fully inflated during measurement, open the cuff immediately. Prolonged high pressure (cuff pressure > 300mmHg or constant pressure > 15mmHg for more than 3 minutes) applied to the wrist may lead to an echymosis.

Please check that operation of the device does not result in prolonged impairment of patient blood circulation.

When measurement, please avoid compression or restriction of the connection tubing.

The device cannot be used with HF surgical equipment at the same time.

The ACCOMPANYING DOCUMENT shall disclose that the SPHYGMOMANOMETER was clinically investigated according to the requirements of ISO 81060-2:2013.

To verify the calibration of the AUTOMATED SPHYGMOMANOMETER, please contact the manufacturer. This device is contraindicated for any female who may be suspected of, or is pregnant. Besides providing inaccurate readings, the effects of this device on the fetus are unknown.

Too frequent and consecutive measurements could cause disturbances in blood circulation and injuries. This unit is not suitable for continuous monitoring during medical emergencies or operations. Otherwise, the patient's wrist and fingers will become anaesthetic, swollen and even purple due to a lack of blood.

When not in use, store the device with the adapter in a dry room and protect it against extreme moisture, heat, lint, dust and direct sunlight. Never place any heavy objects on the storage case. This device may be used only for the purpose described in this booklet. The manufacturer cannot be held liable for damage caused by incorrect application.

This device comprises sensitive components and must be treated with caution. Observe the storage and operating conditions described in this booklet.

CAUTION

The maximum temperature that the applied part can be achieved is 42.5°C while the environmental temperature is 40°C.

The equipment is not AP/AGP equipment and not suitable for use in the presence of a flammable anesthetic mixture with air of with oxygen or nitrous oxide.

Warning: No servicing/maintenance while the ME equipment is in use.

The patient is an intended operator.

The patient can measure, transmit data and charge power under normal circumstances and maintain the device and its accessories according to the user manual.

To avoid measurement errors, please avoid the condition of strong electromagnetic field radiated interference signal or electrical fast transient/burst signal.

The blood pressure monitor, its adaptor, and the cuff are suitable for use within the patient environment. If you are allergic to polyester, nylon or plastic, please don't use this device.

During use, the patient will be in contact with the cuff. The materials of the cuff have been tested and found to comply with requirements of ISO 10993-5:2009 and ISO 10993-10:2010. It will not cause any potential sensitization or irritation reaction.

Adaptor is specified as a part of ME EQUIPMENT.

If you experience discomfort during a measurement, such as pain in the wrist or other complaints, press the START/STOP button to release the air immediately from the cuff. Loosen the cuff and remove it from your wrist.

If the cuff pressure reaches 40 kPa (300 mmHg), the unit will automatically deflate. Should the cuff not deflate when pressures reaches 40 kPa (300 mmHg), detach the cuff from the wrist and press the START/STOP button to stop inflation.

Before use, make sure the device functions safely and is in proper working condition. Check the device, do not use the device if it is damaged in any way. The continuous use of a damaged unit may cause injury, improper results, or serious danger.

Do not wash the cuff in a washing machine or dishwasher!

The service life of the cuff may vary by the frequency of washing, skin condition, and storage state. The typical service life is 10000 times.

It is recommended that the performance should be checked every 2 years and after maintenance and repair, by retesting at least the requirements in limits of the error of the cuff pressure indication and air leakage (testing at least at 50mmHg and 200mmHg).

Please dispose of ACCESSORIES, detachable parts, and the ME EQUIPMENT according to the local guidelines.

Manufacturer will make available on request circuit diagrams, component part lists, descriptions, calibration instructions, etc., to assist to service personnel in parts repair.

The plug/adaptor plug pins insulates the device from the main supply. Do not position the device in a position where it is difficult to disconnect from the supply mains to safely terminate operation of ME equipment.

The operator shall not touch output of batteries /adaptor and the patient simultaneously.

Cleaning: Dust environment may affect the performance of the unit. Please use the soft cloth to clean the whole unit before and after use. Don't use any abrasive or volatile cleaners.

The device doesn't need to be calibrated within two years of reliable service.

If you have any problems with this device, such as setting up, maintaining or using, please contact the SERVICE PERSONNEL of Medicare Lifesense. Don't open or repair the device by yourself in the event of malfunctions. The device must only be serviced, repaired and opened by individuals at authorized sales/service centers.

Please report to Medicare Lifesense if any unexpected operation or events occur.

Keep the unit out of reach of infants, young children or pets to avoid inhalation or swallowing of small parts. It is dangerous or even fatal.

Guidance and manufacturer's declaration • electromagnetic immunity							
The device is intended for use in the electromagnetic environment specified below. The customer or the user of the device should ensure that it is used in such an environment.							
Reduced RF (IEC 61000-4-3 (Test specifications for ENCLOSURE PORT IMMUNITY to RF wireless communications equipment))	Test Frequency (MHz)	Band a) (MHz)	Service a)	Modulation b)	Modulation b) (V)	Distance m)	IMMUNITY TEST LEVEL (V/m)
	385	380-395	TETRA 400	Pulse modulation b) 18Hz	1.8	0.3	27
	450	380-395	GSM-R 460, FRS 460	FM c) ± 5 kHz deviation 18Hz	2	0.3	28
	710	704-787	LTE Band 13	Pulse modulation b) 217Hz	0.2	0.3	9
	750						
	780						
	810	800-860	GSM 800/900, TETRA 800, DEH 820, COMA 850, LTE Band 5	Pulse modulation b) 18Hz	2	0.3	28
	870						
	930						
	1720	1700-1990	GSM 1800, COMA, GSM 1900, DECT, LTE Band 1, 3, 4, 25, UMTS	Pulse modulation b) 217Hz	2	0.3	28
	1845						
	1970						
	2450	2400-2570	Bluetooth, WLAN, 802.11 b/g/n, RFID 2450, LTE Band 7	Pulse modulation b) 217Hz	2	0.3	28
	5240	5100-5800	WLAN 802.11 a/n	Pulse modulation b) 217Hz	0.2	0.3	9
	5780						

NOTE: If necessary to achieve the IMMUNITY TEST LEVEL, the distance between the transmitting antenna and the ME EQUIPMENT or ME SYSTEM may be reduced to 1m. The 1m test distance is permitted by IEC 61000-4-3.

a) For some services, only the uplink frequencies are included.
b) The carrier shall be modulated using a 50% duty cycle square wave signal.
c) As an alternative to FM modulation, 50% pulse modulation at 18Hz may be used because while it does not represent actual modulation, it would be worst case.

The MANUFACTURER should consider reducing the minimum separation distance, based on RISK MANAGEMENT, and using higher IMMUNITY TEST LEVELS that are appropriate for the reduced minimum separation distance. Minimum separation distances for higher IMMUNITY TEST LEVELS shall be calculated using the following equation:

$$E = \frac{6}{d} \sqrt{P}$$

Where P is the maximum power in W, d is the minimum separation distance in m, and E is the IMMUNITY TEST LEVEL in V/m.