

Pr♥Health Mini

Talking Blood Pressure Monitor

**Operating Manual of Fully Intelligent Arm Style
Electronic Blood Pressure Monitor**

Model: ZK-B869

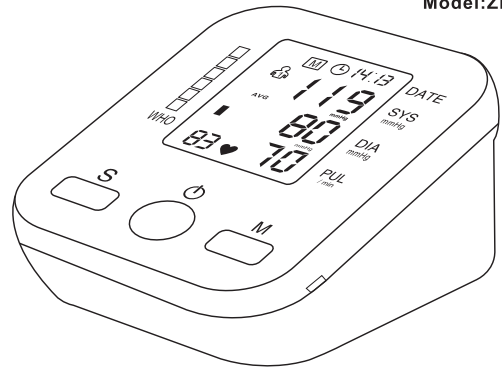


Table of Content

Important information about blood pressure	2-4
Safety Notice	5-6
Unit Illustration	7-9
Battery Installation	10
Important Testing Guidelines	11
Quick Start	12-13
Memory Recall	14
Unit Operation	15-17
Fault Prevention	18-19
Troubleshooting and warranty	20
Specifications	21

Important Information about Blood Pressure

What is blood pressure?

Blood pressure indicates the pressure borne by arterial vascular walls when the blood flows through the arterial vascular walls. During cardiac cycle, the blood pressure of the arterial vascular walls changes constantly.

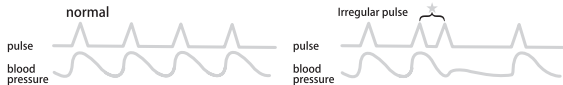
The highest pressure during cardiac cycle is called high pressure value (systolic pressure); the lowest pressure is called low pressure value (diastolic pressure).

The high and low pressure values are a necessary basis for diagnosis of blood pressure conditions of patients by doctors.

What is irregular pulse wave?

Irregular pulse wave indicates instantaneous heartbeat rhythm is detected to exceed 25% out of the range of average heartbeat rhythm when the blood pressure monitor is used for measuring high and low pressure values.

If there is irregular pulse wave, please consult a doctor.



What is arrhythmia?

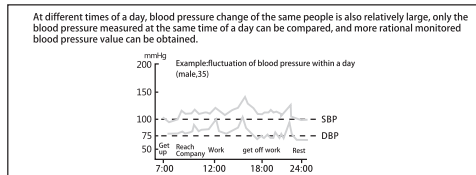
Arrhythmia is a result-driven electrical system of the heart as a result of abnormal heart rhythm conditions. The typical symptoms are

Important Information about Blood Pressure

- Palpitations (a feeling of skipped heart beats, fluttering or "flip-flops," or feeling that your heart is "running away").
- Pounding in your chest.
- Dizziness or feeling light-headed.
- Fainting.
- Shortness of breath.
- Chest discomfort.
- Weakness or fatigue (feeling very tired).

Why it is good to measure blood pressure at home?

Your blood pressure will be affected by body movement, anxious motion and different time periods in the day. You should measure at least two times and get an average value measurement for accuracy. Therefore, it is the best to measure blood pressure at the same time of each day to obtain accurate signs of blood pressure change. Usually blood pressure measured in the morning is relatively low, and gradually rises from afternoon to the night. Additionally, blood pressure is relatively low in summer, and relatively high in winter.



Important Information about Blood Pressure

Classification of blood pressure by World Health Organisation

The World Health Organisation (WHO) made classifications of blood pressure as shown in the following diagram.

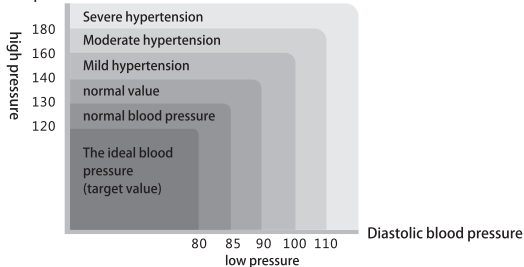
This table displays blood pressure measurements of different people at different postures in hospital outpatient departments as the standard.

Notes:

Low blood pressure has no definition.

Generally people whose high pressure value is not up to 100mmHg (13.3kPa) are called hypotensive.

Systolic blood pressure



Safety Notice

Thank you for purchasing the ZK-B869 blood pressure monitor. The Pro Health Mini Talking Blood Pressure Monitor uses the oscillometric measuring method to measure the systolic, diastolic and pulse rate of an adult.




Please read this manual thoroughly before using the unit. Please retain this manual for future reference. For specific information about your monitor, please CONSULT YOUR DOCTOR.



To avoid risk and damage, follow all warning precautions, operate the unit only as intended and read all the instructions prior to use.

WARNING SIGNS AND SYMBOLS USED

	Caution
	Mandatory
	Prohibited
	Type BF Applied Part

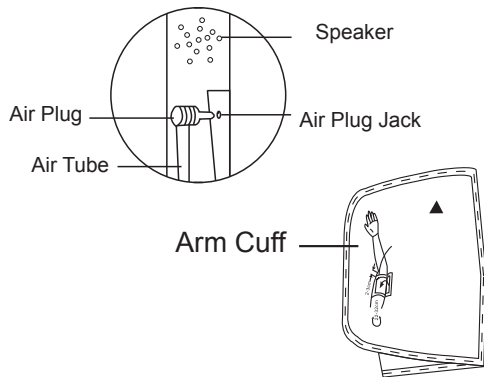
Safety Notice

 Caution	
Individuals with serious circulation problems may experience discomfort. Consult your physician prior to use.	
Contact your physician if test results regularly indicate abnormal readings. Do not attempt to self-treat these symptoms without consulting your physician first.	
Product is designed for its intended use only. Do not misuse in any way.	
Product is not intended for infants or individuals who cannot express their intentions.	
Do not disassemble or attempt to repair.	
Do not use cell phones near the unit as they may cause incorrect readings.	

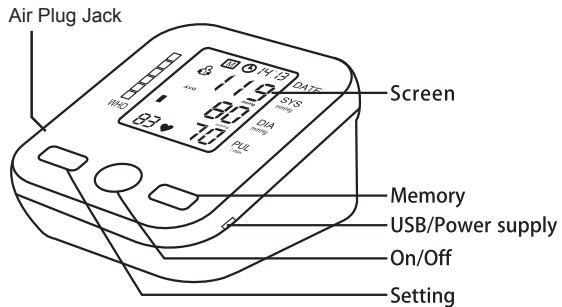
 Battery Precautions	
Do not mix new and old batteries simultaneously.	
Replace batteries when <i>Low Battery Indicator</i> "  " appears on screen.	
Be sure battery polarity is correct.	
Do not mix battery types. Long-life alkaline batteries are recommended.	
Remove batteries from device when not in operation for more than 3 months.	
Dispose batteries properly; observe local laws and regulations.	

Unit Illustration

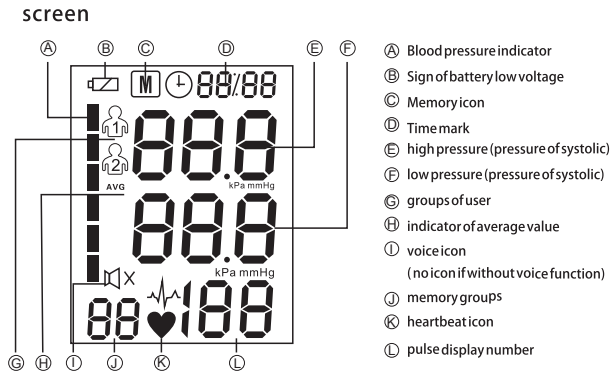
LEFT SIDE




Unit Illustration

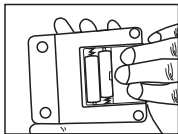
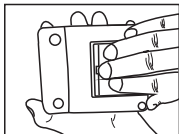


Unit Illustration





Battery Installation

Replace batteries when *Low Battery Indicator* "  " appears on screen.



1. turn over the instrument, press the \triangle part of the battery cover , take out the battery cover along the arrow direction.
2. Confirm the $\oplus\ominus$ charges of the battery and load the battery.
3. close the cover.

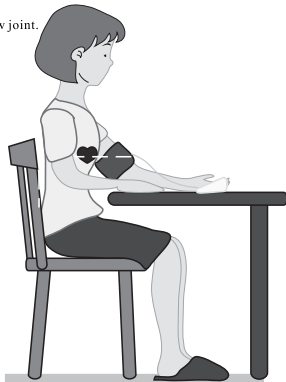
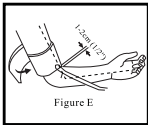
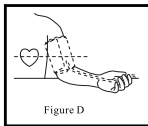
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Be sure battery polarity is correct.
Do not mix battery types. Long-life alkaline batteries are recommended.
Remove batteries from device when not in operation for more than 3 months.
Dispose batteries properly; observe local laws and regulations.

Important Testing Guidelines

1. Avoid eating, exercising, and bathing for 30 minutes prior to testing.
2. Sit in a calm environment for at least 5 minutes prior to testing.
3. Do not use cell phones and other devices, which generate strong electrical or electromagnetic fields, near the device, as they may cause incorrect readings.
4. Avoid speaking or moving body parts while testing.
5. While testing, avoid strong electromagnetic interference such as microwave ovens and cell phones.
6. Wait 3 minutes or longer before re-testing.
7. Try to measure your blood pressure at the same time each day for consistency.
8. Test comparisons should only be made when monitor is used on the same arm, in the same position, and at the same time of day.
9. This blood pressure monitor is not recommended for people with severe arrhythmia.

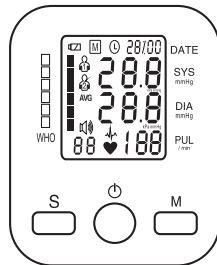
Quick Start

1. Install batteries.
2. Insert cuff air plug into the left side of monitor unit.
3. Remove thick clothing from the arm area.
4. Rest for several minutes prior to testing. Sit down in a quiet place, preferably at a desk or table, with your arm resting on a firm surface and your feet flat on the floor.
5. Apply cuff to your left arm and keep level with your heart.
Bottom of cuff should be placed approximately 1-2cm (1/2") above elbow joint.
(See Figures D&E)
6. Press " ON/OFF " Button to start testing.



12

Quick Start



Automatic air-filling

When the air pressure is discharging slowly, the value falls and the hear icon flashes.

When the measurement is finished, it will deflate automatically and show the blood pressure and pulse rate results.



13

Memory Recall

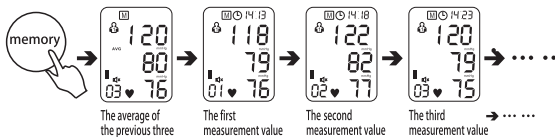
The blood pressure monitor stores up to 99 tests in its memory. After each measurement, the result will be saved automatically, replacing the oldest memory saved.

To view results press the "Memory" button. Average of the last 3 tests will display first. You can scroll through each memory by pressing the memory button again.

DELETE MEMORIES

With the meter off, press and hold the "Memory" button down for 3 seconds, then press the setting button.

Once $\overline{\text{MEM}}$ displays, release the buttons.



Unit Operation

USER SELECTION

With the meter off, press and hold the "Setting" button down for 3 seconds. When the MEM icon flickers, use the "Memory" button to select user 1 or 2.

TIME AND DATE SETTING

After selecting user 1 or 2, press the setting button again.

The icon MEM is displayed.

1. Use the setting button to move through the "YEAR, MONTH, DATE, HOUR, MINUTE" sequence.
2. Use the memory button to adjust the "YEAR, MONTH, DATE, HOUR, MINUTE" flashing display.

Unit Operation

VOICE SETTING

1. After setting the time and date, press the setting button again to enter the voice mode.
2. Use the memory button to select between ON or OFF for the audible results (sound).

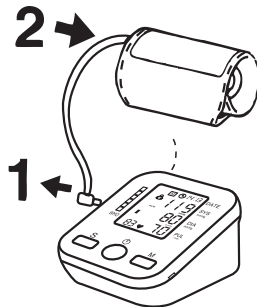
UNIT SETTING

1. After setting the sound ON/OFF, press the setting button again to enter unit selection mode.
2. Use the memory button to select between ON or OFF.
ON = kPa | OFF= mmHg
3. Press the setting button to confirm selection.

Unit Operation

BP METER STORAGE

1. Remove the cuff by unplugging the cuff from the meter.
2. Roll the arm cuff gently and put the air tub inside the cuff.
DO NOT roll the air tube around the meter
DO NOT stretch or bend the air tube.



Storage Temperature **20°C-55°C**

Storage Humidity **≤93%RH**

Fault Prevention

The blood pressure cannot be accurate under below circumstances

Less than one hour after meal or after drinking



After coffee, black tea or tobacco



After exercise or bathing



Measure 20 mins after sports or shower

Measure in a moving vehicle



do not measure in cold condition



Measure in warm temperature around 20°C 68°F

When you have to urinate



Measure several mins after emission

Fault Prevention

Please don't fall the instrument on the floor and avoid crash or severe shock, or it will cause malfunction.



• Doing so may cause malfunction

Do not use it after it just out of -0C, use it after at least one hour under warm condition, or it cannot pressurize normally



• Otherwise it will cause not properly pressurized

Don't let dust or miscellaneous in, or it will cause malfunction.



• Doing so may cause malfunction

Use cloth with warm water or soapy water to wipe if there is filth, do not use alcohol, gasoline, or it will burst or change color



• Doing so may cause cracking or discoloration

Avoid placing it under high temperature, moisture or direct sunshine, or it will cause malfunction.



• Doing so may cause malfunction

Please do not wash the wrist band, or it will cause malfunction.



• Doing so may cause malfunction

Troubleshooting and Warranty

ERROR	REASON	SOLUTION
Er 1	Signal abnormality in the sensor.	Unplug the cuff from meter, re-plug and readjust on arm.
Er 2	No result detected.	Remove and re-adjust the arm cuff.
Er 3	Abnormality in the result.	Re-test. Consult your doctor if persists.
Er 4	Arm cuff is too loose or there is an air leak.	Remove and re-adjust the arm cuff. Replace cuff in case of leak.
Er 5	Arm cuff is too tight or there is a blockage.	Remove and re-adjust the arm cuff. Replace cuff in case of blockage.
Er 6	Pressure is too low to get a reading	Re-test. Consult your doctor if persists.
Er 7	Pressure exceeds upper limit.	Re-test. Consult your doctor if persists.

Concern	Possible Cause
Higher than max-value	Arm Cuff position is incorrect. Remove and readjust arm cuff. See Pg 9
Lower than min-value	
Blood pressure extreme low or high	
Blood pressure different from doctor's office	Different equipment and different settings will affect results. As long as you are within the accepted range provided by your doctor there is nothing to worry about.
Blood pressure is different each time	Mental and physical state affect results. As long as you are within the accepted range provided by your doctor there is nothing to worry about.
No display after pushing on/off button	Remove and check the batteries are working.
Display turns on then turns off	
Malfunction	Call 1-800-915-0116 for warranty.

We warrant this product to be free from manufacturing defects for a period of 2 years from the original date of consumer purchase. Please register your warranty at www.homeaide.us/warranty or Call Home Aide Diagnostics, Inc. 1-800-915-0116 for any questions

Specifications

Name	Pro Health Mini: Talking Blood Pressure Monitor	
Product Description	Arm-type Fully Automatic Digital Blood Pressure Monitor	
Model	ZK-B869	
Display	LCD Digital Display	
Measurement Method	Oscillometric Method	
Measurement range	Pressure	0-295mmHg (0kPa-39.9kPa)
	Pulse	40 - 195 beats/min
Measurement Accuracy	Pressure	±3mmHg (±4kPa)
	Pulse	±5%
Pressurization	Automatic Pressurization	
Memory	99 Memories in 2 Groups	
Function	Low Battery Detection	
	Automatic Power-Off	
Power Source	4 AAA batteries	
Battery Life	Approximately 2 months at 3 tests per day	
Unit Weight	Approx. 220g (excludes batteries)	
Unit Dimensions	115*96*59 mm (L*W*H)	
Cuff Circumference	8.66-12.60in (22cm-32cm)	
Operating Environment	Temperature	41° - 104°F (5°~40°C)
	Humidity	15%~80%RH
	Pressure	70kPa~106kPa
Storage Environment	Temperature	-4°~131°F (-20°~55°C)
	Humidity	10%~93%RH
	Pressure	50kPa~106kPa
Safety Classification	Internal Powered Equipment, Type BF, Cuff is the Applied Part	
IP Classification	IP22	