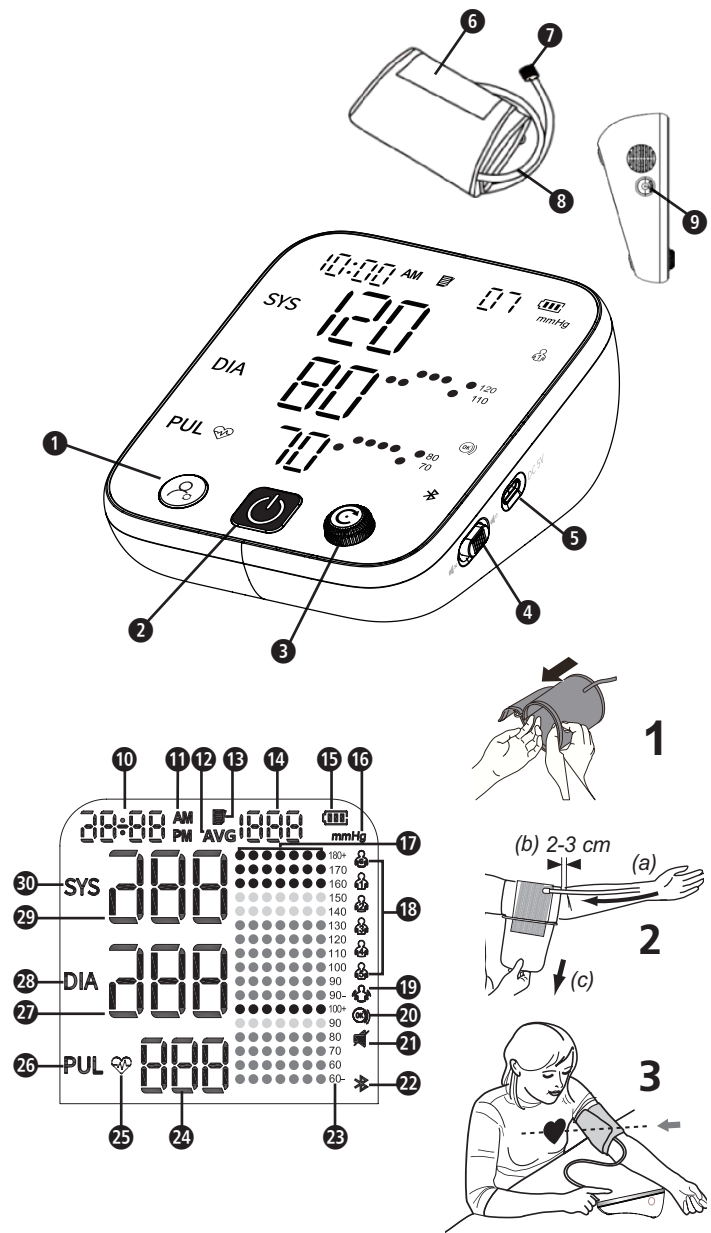




Explanation of symbols



IMPORTANT
Please read the instructions carefully and follow the directions before use.
Non-observance of these instructions can result in serious injury or damage to the device.



WARNING
These warning notes must be observed to prevent any injury to the user.



CAUTION
These notes must be observed to prevent any damage to the device.



NOTE
These notes give you useful additional information on the installation or operation.



Device classification: type BF applied part



Temperature range

IP21 Ingress protection rating

RoHS RoHS mark

LOT LOT number **SN** Serial number

Manufacturer  Date of manufacture

Device information:
• Internally powered equipment
• Not suitable for use in presence of flammable anesthetic mixture with air or with oxygen or nitrous oxide

Intended use

- This fully automatic over-the-counter electronic blood pressure monitor is intended for measuring human's systolic and diastolic blood pressure and heart rate by using an oscillometric technique by means of a cuff, which needs to be fitted on the upper arm. All values can be read out in one LED panel. The device is intended for adult indoor use at home only.
- The device is able to detect irregular heartbeat and indicate this with a symbol.

Contraindication

- The device is not suitable for use on pregnant women and patients with implanted, electronical devices (e.g. pacemaker or defibrillator).

GB Safety instructions



Read the instruction manual carefully before using this device, especially the safety instructions, and keep the instruction manual for future use. Should you give this device to another person, it is vital that you also pass on these instructions for use.



- The unit is intended only for use in the home. Consult your doctor prior to using the blood pressure monitor if you are concerned about health matters.
- Only use the unit for its intended purpose in accordance with the instructions for use.
- Please consult your doctor prior to using the unit if you suffer from illnesses such as arterial occlusive disease.
- The unit may not be used to check the heart rate of a pacemaker.
- Pregnant women should take the necessary precautions and pay attention to their individual circumstances. Please consult your doctor if necessary.
- Consult your physician to get more information about your blood pressure. A self-diagnosis and self-treatment based on the measured values may be dangerous. Always follow the instructions given by your physician!
- If you experience discomfort during a measurement, such as pain in the upper arm or other complaints, press the Start / Stop Button **2** to immediately to stop the measurement, loosen the cuff and remove it from your arm.
- The device only works correct with the fitting cuff.
- The unit is not suitable for children.
- Do not allow children to use the unit. Medical products are not toys!
- Please ensure that the unit is kept away from the reach of children.
- Do not put the air tube around your neck - danger of suffocation!
- The swallowing of small parts like packaging bag, battery, battery cover and so on may cause suffocation.
- The user needs to check that the equipment functions properly and that it is in proper working condition before being used.
- Only the cuff provided can be used, and cannot be changed to any other branded cuff. It can only be replaced with a cuff of exactly the same type.
- The device may not be operated in rooms with high levels of radiation or in the vicinity of high-radiation devices, such as radio transmitters, mobile telephones or microwaves, as this could cause functional defects or incorrect measurements.
- Do not use the equipment where flammable gas (such as anaesthetic gas, oxygen or hydrogen) or flammable liquids (such as alcohol) are present.
- No modification of this unit/device is allowed.
- Please do not attempt to repair the unit yourself in the event of malfunctions. Only have repairs carried out by authorized service centers.
- Protect the unit against moisture. If liquid does manage to penetrate into the unit, remove the batteries immediately and do not continue to use the unit. In this case contacts your specialist dealer or notify us directly.
- Please do not use a dilution agent, alcohol or petrol to clean the unit.
- Please do not hit the device heavily or let it fall down from a high place.
- Do not use mobile phones in the range of the device. This may lead to malfunctions.
- If the unit is not going to be used for a long period, please remove the batteries.

BATTERY SAFETY INFORMATION

- Do not disassemble batteries!
- Replace all batteries if the unit display shows the low battery symbol.
- Never leave any low battery in the battery compartment since it may leak and cause damage to the unit.
- Increased risk of leakage! Avoid contact with skin, eyes and mucous membranes! If battery acid comes in contact with any of these parts, rinse the affected area with copious amounts of fresh water and seek medical attention immediately!
- If a battery has been swallowed, seek medical attention immediately!
- Replace all of the batteries simultaneously!
- Only replace with batteries of the same type, never use different types of batteries together or used batteries with new ones!
- Insert the batteries correctly, observing the polarity!
- Remove the batteries from the device if it is not going to be used for an extended period of 3 months or more!
- Keep batteries out of children's reach!
- Do not attempt to recharge batteries! There is a danger of explosion!
- Do not short circuit! There is a danger of explosion!
- Do not throw into a fire! There is a danger of explosion!
- Do not throw used batteries into the household refuse; put them in a hazardous waste container or take them to a battery collection point, at the shop where they were purchased!

Unit and LED-Display

- | | | |
|--|--|--|
| 1 User Selection / Setting Button | 2 START / STOP Button | 3 Memory Button |
| 4 Voice ON/OFF Button | 5 USB-C Power Supply Port | 6 Cuff |
| 7 Connector for the Hose | 8 Air Hose | 9 Air Jack |
| 10 Date and Time | 11 AM / PM Icon | 12 Average Value / Triple Measurement Mode Icon |
| 13 Memory Icon | 14 Memory Number | 15 Battery Icon |
| 16 Unit of Blood Pressure | 17 Weekly Blood Pressure Log | 18 User Icon |
| 19 Movement Detection Icon | 20 Cuff Fitness Detection Icon | 21 Mute / Unmute Icon |
| 22 Bluetooth Icon | 23 Blood Pressure Segments (mmHg) | 24 Pulse Rate |
| 25 Heartbeat Icon | 26 Pulse Rate Icon | 27 Diastolic Pressure Value |
| 28 Diastolic Pressure Icon | 29 Systolic Pressure Value | 30 Systolic Pressure Icon |

Scope of supply

Please check first of all that the device is complete and is not damaged in any way. In case of doubt, do not use it and contact your dealer or your service centre.
The following parts are included:
• 1 **medisana** blood pressure monitor
• 4 batteries (AA, LR6) 1.5V
• 1 instruction manual
• 1 cuff with air tube
• 1 USB-A to USB-C cable
Please contact your supplier if you notice any transport damage on unpacking the unit.

WARNING - Please ensure that the polythene packing is kept away from the reach of children! Risk of suffocation!

How is blood pressure measured?

The **medisana** is a blood pressure unit which is used to measure blood pressure at the upper arm. The measurement is carried out by a microprocessor, which, via a pressure sensor, measures the vibrations resulting from the inflation and deflation of the cuff over the artery.

Blood pressure classification

systolic mmHg	diastolic mmHg	Blood pressure indicator
≥ 160	≥ 100	red
140 - 159	90 - 99	yellow
90 - 139	60 - 89	green
< 90	< 60	green

WARNING - Blood pressure that is too low represents just as great a health risk as blood pressure that is too high! Fits of dizziness may lead to dangerous situations arising (e.g. on stairs or in traffic)!

Influencing and evaluating readings

- Measure your blood pressure several times, then record and compare the results. Do not draw any conclusions from a single reading.
- Your blood pressure readings should always be evaluated by a doctor who is also familiar with your personal medical history. When using the unit regularly and recording the values for your doctor, you should visit the doctor from time to time to keep him updated.
- When taking readings, remember that the daily values are influenced by several factors. Smoking, consumption of alcohol, drugs and physical exertion influence the measured values in various ways.
- Measure your blood pressure before meals.
- Before taking readings, allow yourself at least five minutes rest.
- If the systolic and diastolic readings seem unusual (too high or too low) on several occasions, despite correct use of the unit, please inform your doctor. This also applies to the rare occasions when an irregular or very weak pulse prevents you from taking readings.

Influencing and evaluating readings

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- If the systolic and diastolic readings seem unusual (too high or too low) on several occasions, despite correct use of the unit, please inform your doctor. This also applies to the rare occasions when an irregular or very weak pulse prevents you from taking readings.

Getting started - insert/ replace batteries

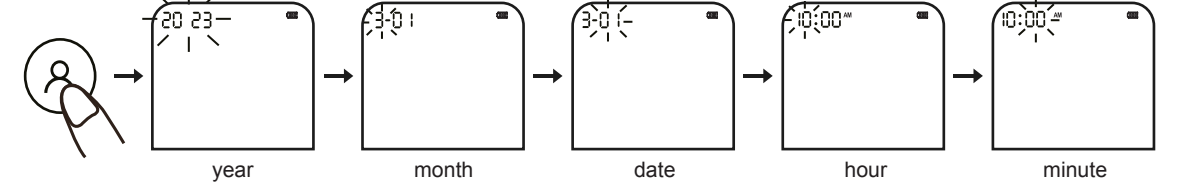
You must insert the batteries provided before you can use your unit. The lid of the battery compartment is located on the underside of the unit. Open it by slightly pushing it and moving it upwards. Remove it and insert the 4 AA batteries supplied. Ensure correct polarity when inserting the batteries (as marked inside the battery compartment). Close the battery compartment. Replace the batteries if the low battery symbol appears on the display or if nothing appears on the display after the unit has been switched on.

USB Type-C for power supply

In addition to the batteries, the power can also be supplied by plugging into D.C. 5V externa power supply through a USB-C Power Supply Port **5**. (The USB-C cable is included in the packing)

Settings - date, time and unitWhen the device is turned off, press the "R" Setting button **1** for about 3 seconds to enter the date setting interface, and the "year" will flash. Rotate the "C" Memory button **3** to adjust the year, and press the "R" Setting button **1** to confirm the selection. When the year is set, it will automatically enter the month setting. Rotate the "C" Memory button **3** to adjust the month, and press the "R" Setting button **1** to confirm the selection. Follow the same steps to adjust the date/hour/minute.

When the time is set, it will automatically enter the measurement unit setting. Rotate the "C" Memory button **3** to change the measurement unit to mmHg / kPa, and press the "R" Setting button **1** to confirm the setting.



Voice setting

Use the Voice ON/OFF button **4** on the side of the device to activate or deactivate the voice output.

Fitting the cuff

- Connect the air hose **3** to the air jack **9** on the left side of the device.
- Slide the cuff over your left upper arm (Fig.1).
- Position the air hose in the middle of your arm in line with your middle finger (Fig.2) (a). The lower edge of the cuff should be 2 - 3 cm above the crease of the elbow. (b). Pull the cuff tight and close the Velcro fastener (c).
- Tighten the end of the cuff so that it wraps evenly around your arm, leaving room for 2 fingers between the cuff and your arm.
- Measure the blood pressure on your bare arm.
- Only position the cuff on the right arm if it cannot be used on the left arm. Always carry out measurements on the same arm.
- Correct measuring position for sitting (Fig.3). Make sure that the cuff does not slip during measurement and that the printed arrow points to the crook of the arm.

User memory setting

The **medisana** blood pressure monitor features 1000 memories for each of 5 users and a guest mode (👤) (There is no memory for guest user). Press the "R" user selection button **1** to select the desired user memory **10** (👤-👤).

Taking a blood pressure measurement

After the cuff has been appropriately positioned, the measurement can begin:

- Switch the unit on by pressing the START/STOP button **2**.
- The number 00 flashes for 3 seconds. The device then automatically inflates the cuff slowly in order to measure your blood pressure. The rising pressure in the cuff is shown on the display. The Cuff Fitness Detection icon **20** is always displayed on the screen when the cuff is worn correctly. When the cuff is worn too loosely, the icon will flash to remind you. The Movement Detection Icon **19** flashes when body movement is detected. It may cause inaccurate measurement results. Please restart the measurement.
- The unit inflates the cuff until sufficient pressure has built up for a measurement. Then the unit slowly releases air from the cuff and carries out the measurement. When the device detects the signal, the Heartbeat icon **25** on the display starts to flash.
- When the measurement is finished the systolic and diastolic blood pressure and the pulse value appears on the display. The weekly blood pressure log **17** display relevant color depending on the blood pressure classification. If the unit has detected an irregular heartbeat, the Heartbeat icon **25** keep flashing. The device automatically turns off after 1 minutes.

Triple measurement mode

After the cuff has been appropriately positioned, the measurement can begin:

- When the device is power off, press and hold the START/STOP button **2** for 3 seconds to activate the triple measurement mode.
- The Triple measurement mode icon **12** flashes for 3 times and then the device takes the first measurement.
- After the first measurement is completed, the value is displayed for about 5 seconds, and then the device takes a 60-second break with a countdown display.
- Once the countdown ends, the second and third measurement begin with the same procedure as the first measurement.
- After all three measurements are completed, the device calculates the average blood pressure and pulse rate. The results are displayed on the screen.

Transfer via Bluetooth®

This device offers the possibility to transfer your measured values via Bluetooth® to the VitaDock® app. The VitaDock® app allows the evaluation, storage and synchronisation of your data between multiple iOS- and Android-devices to have access to it anytime and anywhere. You may share your results with your friends or your doctor. Therefore you need a free user account, which you can create on the website www.vitadock.com. For Android or iOS mobile devices, you may download the respective apps. You will find a detailed instruction for how to install and use the software on the mentioned website. After each measurement an automatic transfer of the values will take place (provided that Bluetooth® is activated and configured on the receiving device).

WARNING
• Keep the device at least 20 centimeters away from the human body (especially the head) when the Bluetooth® data transmission is proceeding after measurement.
• The distance between the device and the receiver should be between 1 meter to 10 meters to avoid possible disturbances.

Bluetooth® type: 4.2 BLE; System requirements: Android 6.0 or newer; iOS 7.0 or newer
RF Frequency range: 2402 MHz - 2480 MHz; Equivalent isotropic radiant power: 3,99 dBm;
Maximum permitted power: 0,47 mW; Transmitting distance: 10 m (Class 2); Data throughput: 1 Mbps

Displaying stored results

This unit features 5 separate memories, each with a capacity of 1000 memory logs. Results are automatically stored in the memory selected by the user. When a user memory reaches 900 logs, the pulse rate **24** will display a flashing "FUL". When the user memory reaches 1000 logs, the pulse rate **24** will display "END". There are two memory display modes:

- Daily average display mode
When the device is turned off, press the Memory button **3** to enter daily average display mode. The daily average value of the last day is displayed on the left, and the weekly blood pressure trend **17** of daily average value of the last seven days is displayed on the right. Rotate the Memory button **3** to view the average value of each day.
- Single value display mode
When the device is turned off, press and hold the Memory button **3** for about 3 seconds to enter single value display mode. The last measured value is displayed on the left, and the blood pressure trend **17** of the last seven measured values is displayed on the right. Rotate the Memory button **3** to view the measured value of each measurements.

Deleting stored values

If you are sure that you want to permanently remove all stored memories, press the "R" User selection button **1** in power-off mode to select the user memory whose measured values need to be deleted. Press the START/STOP button **2** to power off and press "C" Memory button **3** to activate the screen, then keep pressing the "C" Memory button **3** for about 3 seconds to delete the memories of the selected user and the icon "Trg" will be shown on the display.

Abnormal phenomena and handling troubleshooting

Abnormal displays	Cause	Solution
Er U	The cuff is too loose	Pleased try again
Er H	The inflation reaches 295mmHg, and it deflates automatically after 20ms	
Er 1	The pulse rate is not detected correctly	
Er 2	Too much disturbance (Move, talk, or magnetic disturbance during a measurement)	Move to a closer distance
Er 3	The pulse rate is too low (<40bpm) or too high (>199bpm).	
Er 23	SYS value reads lower than 57mmHg	
Er 24	SYS value reads higher than 255mmHg	
Er 25	DIA value reads lower than 25mmHg	
Er 26	DIA value reads higher than 190mmHg	
Failure to power on	Insufficient battery power	Replace the batteries or insert the USB Type-C cable for power supply
	Whether the positive and negative poles of the battery are installed reversely	Install the batteries correctly
No inflation	The air tube is not inserted correctly	Insert the air tube plug firmly into the jack
	The air tube is broken or leaking	Please contact the dealer to replace with a new cuff
Unable to measure due to the display error	Whether the arm is moved when pressurization	Keep your arm and body still
	Whether you talk during the measurement	Keep quiet while measuring the blood pressure
Air leakage of the cuff	Whether the cuff is twined too loose	Please tighten the cuff
	The airbag of the cuff is ripped	Please contact the dealer to replace with a new cuff

WARNING - If the blood pressure still cannot be measured after trying the above-stated solutions, please contact the dealer. Do NOT attempt to disassemble the device by yourself.

Cleaning and maintenance

Remove the batteries before cleaning the unit. Clean the unit using a soft cloth lightly moistened with a mild soapy solution. Never use abrasive cleaning agents, alcohol, naphta, thinner or gasoline etc. Never immerse the unit or any component in water. Be cautious not to get any moisture in the main unit. Do not wet the cuff or attempt to clean the cuff with water. Using a dry cloth, gently wipe away any excess moisture that may remain on the cuff. Lay the cuff flat in an unrolled position and allow the cuff to air dry. Do not expose the unit to direct sunlight; protect it against dirt and moisture. Do not expose the unit to extreme hot or cold temperatures. Keep the device in the storage case when not in use. Store the unit in a clean and dry location.

Disinfection

- If used by yourself in a home environment, wipe the cuff once a month with a commercially available cotton cloth with 75% alcohol for more than 30 seconds at a time for disinfection in addition to the normal cleaning routine.
- If used for more than one person (home use), wipe the cuff once a week with a commercially available cotton cloth with 75% alcohol for more than 30 seconds at a time for disinfection in addition to the normal cleaning routine.
- After cleaning/disinfection and before use, make sure that there are no blood stains or dirt on the display, the device or the cuff. If there are blood spots or dirt that cannot be removed, please dispose of the device without reusing it.
- If used in a complex environment (e.g. in a hospital) or by persons outside your own family, replace the cuff with a new one after use.

Disposal



This product must not be disposed of together with domestic waste. All users are obliged to hand in all electrical or electronic devices, regardless of whether or not they contain toxic substances, at a municipal or commercial collection point so that they can be disposed of in an environmentally acceptable manner. Remove the batteries before disposing of the device/unit. Do not dispose of old batteries with your household waste, but at a battery collection station at a recycling site or in a shop. Consult your local authority or your supplier for information about disposal.

Guidelines / Standards

This blood pressure monitor meets the requirements of the EU standard for noninvasive blood pressure monitors. It is certified in accordance with EC Guidelines and carries the CE symbol (conformity symbol) "CE 0123 The blood pressure monitor corresponds to European regulations EN 60601-1 and EN 60601-1-2. The specifications of EU Guideline "MDR (EU) 2017/745" are met.

Technical specifications

Name and description:	medisana Upper arm blood pressure monitor (Model no.: ARM-HA101+)
Display system / Memory:	Digital display / 5 x 1000
Measuring method:	Oscillometric
Power supply:	4 x AA "LR6" Alkaline batteries 1.5V / Type-C DC 5V 1A
Blood pressure measuring range:	SYS: 57-255 mmHg DIA: 25-195 mmHg
Pulse measuring range:	40 - 199 beats per minute
Maximum error tolerance for static pressure:	± 3 mmHg
Maximum error tolerance for pulse rate:	± 5 % of the value
Pressure generation:	Automatic with pump
Deflation:	Automatic
Auto power-off:	1 minute after use
Battery life:	Approx. 100 measurements
Product life span:	Approx. 5 years with 4 times daily use
Operating conditions:	+5°C to +40°C, 15 to 90 % max. relative humidity
Storage / Transportation conditions:	-20°C to +55°C, 10 to 93% max. relative humidity
Dimensions / Cuff:	Approx. 120 x 140 x 63 mm / 22 - 42 cm
Weight:	Approx. 320 g without batteries
Item number:	50060
EAN number:	48971 38 50060 3

In accordance with our policy of continual product improvement, we reserve the right to make technical and visual changes without notice.

Warranty and repair terms

Please contact your supplier or the service centre in case of a claim under the warranty. If you have to return the unit, please enclose a copy of your receipt and state what the defect is. The following warranty terms apply:
1. The warranty period for medisana products is 5 years from date of purchase. In case of a warranty claim, the date of purchase has to be proven by means of the sales receipt or invoice.
2. Defects in material or workmanship will be removed free of charge within the warranty period.
3. Repairs under warranty do not extend the warranty period either for the unit or for the replacement parts.
4. The following is excluded under the warranty:
a. All damage which has arisen due to improper treatment, e.g. nonobservance of the user instructions.
b. All damage which is due to repairs or tampering by the customer or unauthorised third parties.
c. Damage which has arisen during transport from the manufacturer to the consumer or during transport to the service centre.
d. Accessories which are subject to normal wear and tear.
5. Liability for direct or indirect consequential losses caused by the unit are excluded even if the damage to the unit is accepted as a warranty claim.

Shenzhen AOJ Medical Technology Co., Ltd.
Room 301&4F, Block A, Building A, Jingfa Intelligent Manufacturing Park, Xiaweiyuan, Gushu Community, Xixiang Street, Bao'an District, 518126 Shenzhen, China

Share Info GmbH
Am Schulzentrum 12, 41564 Kaarst, Germany

medisana®

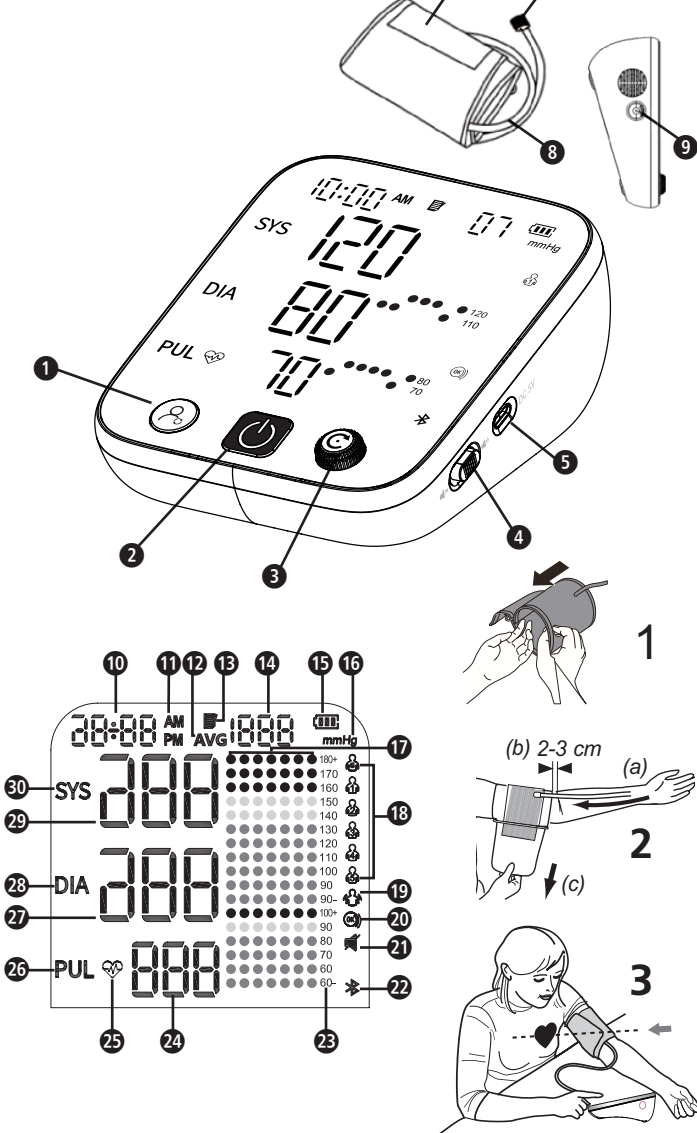
"馬德保康"手臂式電子血壓計

"medisana" Upper Arm Blood Pressure Monitor

衛部醫器陸輸字第001799號

說明書

TV 本產品和螢幕



標誌說明

重要
使用前請詳閱說明書並遵照指示說明。
不遵守這些說明可能會嚴重傷害人體或是損壞本產品。

警告
必須遵守這些警告說明以防止對用戶造成任何傷害。

小心
必須遵守這些說明以防止對本產品造成任何損壞。

注意
這些說明提供了有關安裝或操作的額外說明。

本產品分類：BF 型應用部件

溫度範圍

IP21 外殼保護等級

RoHS RoHS 標誌

LOT 批號 SN 序號

製造業者 製造日期

本產品訊息：
• 內部供電設備
• 不適合在混有空氣或氧氣或一氧化二氮的易燃麻醉劑混合物中使用

預期用途

• 本產品用於測量人體的收縮壓和舒張壓以及心率，透過對佩戴在上臂的壓脈帶充氣並進行血壓測量。可在發光二極體螢幕上讀到所有測量值。
• 本產品僅供成人在居家使用。
• 本產品能夠檢測到不規則心跳，並顯示相應標誌。

禁忌

• 本產品不適用於孕婦和有植入性電子裝置（如心臟節律器或除顫器）的患者。

TW 安全說明

請在使用本產品之前仔細閱讀本說明書，尤其是安全說明，並保留說明書以備將來使用。使用前請務必詳閱原廠之使用說明書並遵照指示使用。

本產品涉及個人資料之蒐集、處理及利用，應遵守個人資料保護法之規範。

• 本產品僅供居家使用。若您對自身健康狀況有任何疑慮，請在使用本產品前先諮詢醫師。
• 僅可根據使用說明將本產品用於其預期用途。
• 如您患有動脈閉塞性疾病等，請在使用本產品前諮詢醫師。
• 本產品不適用於佩戴心臟起搏器的人員進行心率檢測。
• 孕婦在使用時應採取必要的預防措施，並根據個人情況謹慎使用。如有需要，請諮詢醫師。
• 如需瞭解您血壓的詳細資訊，請諮詢醫師。僅憑測量值進行自我診斷或治療可能會帶來嚴重風險。請務必遵循醫師的建議！
• 如果您在測量期間感覺不舒服，例如上臂疼痛或其他不適，請按 START/STOP (啟動/停止) 按鈕2讓壓脈帶立即放氣。鬆開壓脈帶並將其從您的手臂上取下。
• 本產品必須配合合適的壓脈帶使用，才能確保正常工作。
• 本產品不適用於兒童。
• 請勿讓兒童使用本產品。醫療產品不是玩具！
• 請將本產品放在遠離兒童的地方。
• 請勿將空氣管繞頸部，以免發生窒息危險！
• 吞咽包裝袋、電池、電池蓋等小零件可能導致窒息。
• 使用前，應檢查本產品是否完好，確保處於正常工作狀態。
• 僅能使用隨本產品附帶的壓脈帶，不能更換為其他品牌的壓脈帶。壓脈帶只能用與原裝壓脈帶同一型號的壓脈帶進行更換。
• 本產品應避免在輻射強度較高的房間或靠近高輻射設備（如無線電發射器、手機或微波爐）處使用，以免導致設備故障或測量不準確。
• 請勿在存放易燃氣體（如麻醉氣體、氧氣或氬氣）或易燃液體（如酒精）的地方使用本產品。
• 請勿對本產品進行任何改裝。
• 若發生故障，請勿嘗試自行維修本產品。只能由授權服務中心執行維修。
• 請保護本產品避免受潮。若液體不慎進入本產品，請立即取出電池並停止使用。此時，請聯繫您的專業經銷商或直接與我們聯繫。
• 請勿使用稀釋劑、酒精或汽油清潔本產品。
• 避免本產品受到重擊，切勿令其掉落。
• 請勿在本產品的有效範圍內使用手機。這可能導致設備故障。
• 如果長時間不使用本產品，請取出電池。

電池安全信息

• 請勿拆解電池！
• 當本產品顯示低電量標誌時，請及時更換所有電池。
• 切勿將低電量電池長時間留在電池倉內，因電池可能會漏液並造成本產品損壞。
• 漏液風險增加，避免漏液接觸皮膚、眼睛和黏膜！如不慎接觸，請請使用大量的清水沖洗並立即就醫！
• 如果誤吞嚥了電池，應立即就醫！
• 請同時更換所有電池！
• 請僅使用相同類型的電池進行更換，切勿將不同類型的電池一起使用或新舊混用！
• 正確插入電池，正負極不要接反！
• 如果長期（三個月或更長時間）不使用本產品，請取出電池！
• 將電池保存在兒童不能接觸的地方！！
• 請勿嘗試為電池充電！存在爆炸危險！
• 請勿使電池發生短路！存在爆炸危險！
• 請勿將電池扔向火中！存在爆炸危險！
• 請勿將使用過的電池扔進生活垃圾中；應將它們放入危險廢物箱或帶到電池售賣商店的電池收集點！

儀器和發光二極體螢幕

1 用戶選擇/設置按鈕
2 語言開/關按鈕
3 軟管接頭
4 日期和時間
5 記憶圖示
6 血壓單位
7 移動檢測圖示
8 藍牙圖示
9 心跳圖示
10 舒張壓圖示
11 啟動/停止按鈕
12 USB-C 電源埠
13 氣管
14 上午/下午圖示
15 記憶編號
16 每週血壓記錄
17 壓脈帶佩戴檢測圖示
18 血壓值 (mmHg)
19 脈搏率圖示
20 收縮壓值
21 記憶按鈕
22 壓脈帶
23 氣管插口
24 平均值/三次測量模式圖示
25 電池圖示
26 用戶圖示
27 靜音/取消靜音圖示
28 脈搏率
29 舒張壓值
30 收縮壓圖示

產品內容物

請首先檢查本產品是否完整以及是否存在任何形式的損壞。如果存在疑問，請勿使用它並聯繫您的經銷商或服務中心。包括以下零件：
• 本產品主機
• 4 節 1.5V 電池 (AA，LR6型)
• 1 本說明書
• 1 個帶空氣管的壓脈帶
• 1 根 USB-A 至 USB-C 傳輸線
• 1 個收納袋

如果您注意到未打開包裝的本產品上有任何運輸損壞，請聯繫您的供應商。

警告——請確保將塑膠包裝放在兒童不能接觸的地方！窒息風險！

血壓是如何測量的？

本產品是一種用於上臂測量血壓的儀器，裝置透過微處理器，利用壓力感測器測量壓脈帶充氣和放氣過程中，血管上產生的震動，從而測定血壓。

血壓分類

收縮壓 mmHg	舒張壓 mmHg	血壓指標
≥ 160	≥ 100	紅色
140 – 159	90 – 99	黃色
90 – 139	60 – 89	綠色
< 90	< 60	綠色

警告——過低的血壓就像過高的血壓一樣代表嚴重的健康風險！過低的血壓就像過高的血壓一樣代表嚴重的健康風險！

影響及評估讀數

• 多次測量您的血壓，然後記錄並比較結果。不要從單個讀數得出任何結論。
• 您的血壓讀數應始終由熟悉您的個人病歷的醫師來評估。定期使用本產品並為您的醫師記錄值時，您應不時拜訪醫師以讓其瞭解最新情況。
• 在理解您的血壓量測數值時，請記住，每天的值都會受到若干因素的影響，包含吸煙、喝酒、藥物和強體力活動等都會以多種方式影響測量值。
• 在餐前測量您的血壓。
• 測取讀數之前，請至少休息 5 分鐘。
• 在正確使用本產品的情況下，如果多次出現收縮壓和舒張壓異常（過高或過低），請通知您的醫師。這也適用於不規則心跳或脈搏極弱導致您無法獲取讀數的罕見情況。

影響及評估讀數

• 多次測量您的血壓，然後記錄並比較結果。不要從單個讀數得出任何結論。
• 您的血壓讀數應始終由熟悉您的個人病歷的醫師來評估。定期使用本產品並為您的醫師記錄值時，您應不時拜訪醫師以讓其瞭解最新情況。
• 在理解您的血壓量測數值時，請記住，每天的值都會受到若干因素的影響，包含吸煙、喝酒、藥物和強體力活動等都會以多種方式影響測量值。
• 在餐前測量您的血壓。
• 測取讀數之前，請至少休息 5 分鐘。
• 在正確使用本產品的情況下，如果多次出現收縮壓和舒張壓異常（過高或過低），請通知您的醫師。這也適用於不規則心跳或脈搏極弱導致您無法獲取讀數的罕見情況。

開始使用 – 插入/更換電池

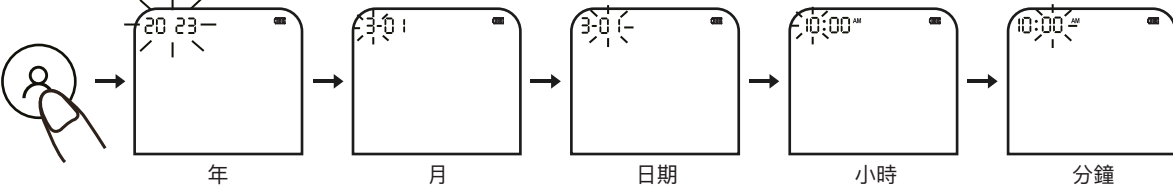
必須插入所提供的電池，然後才能使用本產品。電池槽的蓋子位於本產品的底側。輕輕推壓並向上移動電池倉蓋打開。將其打開並取下，然後插入所提供的 4節AA電池。插入電池時確保極性正確（標記在電池倉內）。闔上電池槽蓋。如果螢幕上出現低電量標誌，或打開本產品後螢幕上不顯示任何信息，請更換電池。

USB Type-C供電

除使用電池外，還可通過USB-C電源埠1連接外部DC 5V電源進行供電。（包裝內包含USB-C傳輸線）

設置 – 日期、時間及單位當本產品關閉時，長按“R”設置按鈕1約3秒鐘，進入日期設置界面，顯示年份並開始閃爍。旋轉“C”記憶按鈕2調整年份，按下“R”設置按鈕1確認選擇。年份設置完成後，本產品將自動進入月份設置。旋轉“C”記憶按鈕2調整月份，按下“R”設置按鈕1確認選擇。按照相同步驟調整日期、小時和分鐘。

時間設置完成後，本產品將自動進入單位設置。旋轉“C”記憶按鈕2，將測量單位設置為mmHg / kPa，按下“R”設置按鈕1確認選擇。



語音設置

通過使用本產品側面的語音開/關按鈕1，啟用或禁用語音提示功能。

安裝壓脈帶

1. 將空氣軟管連接3至本產品左側的氣管插口4。
2. 將壓脈帶套到您的左上臂（圖1）。
3. 將空氣管定位在您手臂中間與中指對齊的位置（圖2）
 (a) 壓脈帶的下緣應在肘彎上方 2–3 cm 處。
 (b) 拉緊壓脈帶並扣上尼龍搭扣（c）。
4. 拉緊壓脈帶末端，使其均勻地包裹住手臂，在壓脈帶和手臂之間留出 2 個手指的空隙。
5. 在您的裸臂上測量血壓。
6. 僅當無法在左臂上使用時才將壓脈帶定位在右臂上。始終在同一手臂上執行測量。
7. 糾正測量坐姿（圖3）。確保壓脈帶在測量過程中不會滑落，並且印刷的前額指向臂彎處。

用戶記憶體設置

本產品血壓計為每位用戶提供1000個記憶容量，可支援5位用戶，並有1個訪客模式（3）（訪客用戶沒有記憶功能）。按下“R”用戶選擇按鈕1，選擇所需的用戶記憶體（3、4、5）。

測量血壓

正確佩戴壓脈帶後，即可開始測量：

1. 按下啟動/停止按鈕2啟動本產品。
2. 數位“00”會在螢幕上閃爍3秒鐘。本產品將自動對壓脈帶充氣以便測量您的血壓。螢幕上顯示壓脈帶中不斷上升的壓力。壓脈帶佩戴檢測圖示1始終顯示在螢幕上，表示壓脈帶佩戴正確。當壓脈帶佩戴過鬆時，圖示會通過閃爍提醒您。當檢測到身體移動時，移動檢測圖示1會閃爍。這可能導致測量結果不準確，請重新開始測量。
3. 本產品將向壓脈帶充氣，直至壓力足以進行測量。隨後，壓脈帶內的空氣將被緩慢釋放，開始測量。當本產品檢測到信號時，螢幕上的心跳圖示2將開始閃爍。
4. 測量完成後，收縮壓、舒張壓和脈搏值將顯示在螢幕上。每週血壓記錄1將根據血壓分類顯示不同顏色。如果本產品檢測到心律不整，心跳圖示2將持續閃爍。本產品將在1分鐘後自動關閉。

三次測量模式

正確佩戴壓脈帶後，即可開始測量：

1. 當設備關閉時，長按啟動/停止按鈕23秒鐘以啟用三次測量模式。
2. 三次測量模式圖示12將閃爍3次，隨後本產品開始第一次測量。
3. 第一次測量完成後，結果將顯示約5秒鐘，隨後本產品會進行60秒的休息，螢幕上會顯示倒計時。
4. 倒計時結束後，第二次和第三次測量將按照相同程序進行。
5. 三次測量完成後，本產品將計算平均血壓和脈搏率。結果將顯示在螢幕上。

通過 Bluetooth® 傳輸數據

本產品可以通過 Bluetooth® 將您的測量值傳輸到 VitaDock+ 應用程式。VitaDock+ 應用程式支援跨多個 iOS 和 Android 設備評估、儲存和同步您的數據，方便您隨時隨地查看該數據。您可以與朋友或醫師分享您的測量結果。因此，您需要一個免費的用戶帳號，您可以在 www.vitadock.com 網站建立該帳戶。對於 Android 或 iOS 移動設備，您可以下載相應的應用程式。您可以在上述網站上找到關於如何安裝和使用該軟件的詳細說明。每次測量後，數值都將自動傳輸同步（前提是已在接收設備上激活並配对了 Bluetooth®）。

警告
• 測量後通過 Bluetooth® 傳輸數據時，請將產品與人體（尤其頭部）保持至少 20 釐米的距離。
• 本儀器與接收器之間的距離應在 1 到 10 米之間，以避免可能的干擾

Bluetooth® 型號：4.2 BLE；系統要求：Android 6.0 或更新系統；iOS 7.0 或更新系統
射頻範圍：2402 MHz – 2480 MHz；等效各向同性輻射功率：3.99 dBm；
最大允許功率：0.47 mW；傳送距離：10 m (Class 2)；數據吞吐量1 Mbps

顯示存儲的結果

本產品提供5個獨立記憶體，每個記憶體的容量為1000個記憶位置。結果會自動儲存在用戶選擇的記憶體中。當用戶存儲的記憶達到900個時，脈搏率2將閃爍顯示“FUL”字樣。當用戶存儲的日誌達到1000條時，脈搏率2將顯示“END”字樣。本產品具有兩種記憶顯示模式：

1) 日均值顯示模式
當本產品開機時，按下記憶按鈕1，進入日均值顯示模式。左側顯示前一天的日均值，右側顯示過去七天日均值的血壓趨勢圖2。旋轉記憶按鈕2可查看每一天的平均值。
2) 單次測量值顯示模式
當本產品開機時，長按記憶按鈕1約3秒，進入單次測量值顯示模式。左側顯示最後一次測量的數值，右側顯示過去七次測量值的血壓趨勢圖2。旋轉記憶按鈕2可查看每次測量的具體數值。

刪除存儲的數據

若您確認要永久刪除所有存儲體的數據，請在本產品關閉狀態下按下“R”用戶選擇按鈕1，選擇需要刪除測量數據的用戶存儲體進行刪除。按下啟動/停止按鈕2關閉電源，然後按下“C”記憶按鈕3以啟動螢幕。長按“C”記憶按鈕3約3秒鐘，可刪除所選用戶的記憶，螢幕上將顯示圖示“n0”。

異常現象及故障排除

異常顯示	原因	解決方案
Er U	壓脈帶過鬆	
Er H	充氣達到295 mmHg後，20毫秒內自動放氣	請重新嘗試
Er 1	脈搏率未正確檢測	
Er 2	測量過程中干擾過大（如移動、說話或磁場干擾）	請移至更靠近的位置
Er 3	脈搏率過低(<40bpm) 或過高(>199bpm)	
Er 23	收縮壓值低於57 mmHg	
Er 24	收縮壓值高於255 mmHg	請重新嘗試
Er 25	舒張壓值低於25 mmHg	
Er 26	舒張壓值高於190 mmHg	
無法開機	電池電量不足 電池的正負極是否安裝反向	請更換電池或插入USB Type-C資料線供電 請正確安裝電池
無法充氣	空氣管插入不正確 空氣管破損或漏氣	請將空氣管插頭牢固插入插孔 請聯絡經銷商更換新的壓脈帶
測量無法進行，顯示錯誤	測量過程中是否移動手臂 測量時是否說話	請保持手臂和身體靜止 測量血壓時請保持安靜
壓脈帶漏氣	壓脈帶是否綁得過鬆 壓脈帶氣囊是否撕裂	請收緊壓脈帶 請聯絡經銷商更換新的壓脈帶

警告：如果在嘗試以上方法後仍無法測量血壓，請聯繫經銷商。 請勿自行拆解本產品。

清潔和維護

清潔本產品前，取下電池。用柔軟的乾布清潔本產品和壓脈帶，或使用乾布蘸水清潔本產品。切勿使用具有腐蝕性的清潔劑、酒精、石腦油、稀釋劑或汽油等。切勿將本產品或任何部件浸入水中。小心不要讓主機進水。不要弄濕壓脈帶或嘗試用水清潔壓脈帶。使用乾布，輕輕擦除可能留在壓脈帶上的任何多餘水分。將壓脈帶展開平放，通風乾燥。不要將本產品暴露在直射陽光下；防止其沾染灰塵和受。不要將本產品暴露在極熱或極冷的溫度下。不使用時將本產品保存在存儲盒中。將本產品存放在清潔、乾燥的地方。

消毒

1. 如果是在家庭環境中自己使用，除了正常的清潔程序外，每月用市面上購買的棉布蘸上 75% 的酒精擦拭壓脈帶一次，每次擦拭 30 秒以上來進行消毒。
2. 如果供多人使用（家庭使用），除了正常的清潔程序外，每周用市面上購買的棉布蘸上 75% 的酒精擦拭壓脈帶一次，每次擦拭 30 秒以上來進行消毒。
3. 清潔/消毒後和使用前，請確保螢幕、主機或壓脈帶上沒有血跡或污垢。如果有無法擦除的血跡或污垢，將主機廢棄，不再使用。
4. 如果在複雜的環境中（如醫院）或由自己家庭以外的人使用，使用後應更換新的壓脈帶。

廢棄處置

本產品不得隨一般垃圾一起處理。所有使用者都有義務將所有電氣或電子設備（無論它們是否包含有害物質）上交到收集點，以便按照環保的方式處理。處理本產品之前，請取下電池。舊電池不得隨家庭垃圾一起處理，而應送至回收點或商店的電池收集站。有關處理的資訊，請諮詢您的當地政府或供應商。

指導方針 / 標準

本血壓監測儀符合歐盟非侵入性血壓監測的標準要求。本產品符合CE指令認證，並攜帶CE標誌（合格標誌）“CE 0123”，符合歐洲EN 60601-1和EN 60601-1-2標準。符合歐盟《醫療器材指令》（MDR (EU) 2017/745）的相關要求。

技術規格

名稱和描述： "馬德保康"手臂式電子血壓計
顯示系統 / 記憶容量： 數字螢幕 / 5 x 1000
測量方法： 示波法
電源： 4顆電池 (AA型，"LR6") 鹼性 / Type-C DC 5V 1A電源
血壓測量範圍： 收縮壓： 57–255 mmHg | 舒張壓： 25–195 mmHg
脈搏測量範圍： 心跳 40 – 199 次/分鐘
最大靜壓容差： ± 3 mmHg
最大脈搏率容差： 值的 ± 5 %
壓力產生： 使用泵自動產生
放氣： 自動
自動開機： 使用後1分鐘
電池續航時間： 約100次測量
產品壽命： 每日使用4次，約5年
操作環境溫度： 溫度 +5°C至+40°C，最大相對濕度15–90%
存放溫度： 溫度 -20°C至+55°C，最大相對濕度10–93%
尺寸/壓脈帶： 約120 x 140 x 63 mm / 22 – 42 cm
重量： 約320 g (不含電池)
產品貨號： 50060
EAN 編號： 48971 38 50060 3

根據我們持續改善產品的政策，本公司保留不事先通知即可進行技術與外觀修改的權利。

保固和維修條款

如果在保固範圍內提出維修需求，請聯繫您的經銷商或服務中心。如果您必須退回本產品，請附上您的收據副本並說明具體缺陷。以下保固條款將適用：

1. 產品的保固期為從購買之日起的五年。如果有保固維修，則必須通過銷售收據或發票證明購買日期。
2. 如有材料或工藝缺陷，保固期內將予以免費排除。
3. 保固期內的維修不會延長本血壓計或更換零件的保固期。
4. 以下情況不在保固範圍之內：
 a. 由於使用不當（例如不遵守使用者說明）而導致的所有損壞。
 b. 由於客戶未經授權的第三方維修或篡改而導致的所有損壞。
 c. 在從製造業者向消費者運輸或到服務中心的運輸期間出現的損壞。
 d. 正常磨損的零件。
5. 因設備故障引起的直接或間接後果損失不在保固範圍內，即使該故障已被接受視為保固請求。

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取得審驗證明之低功率射頻器材，非經核准，公司、商號或使用者均不得擅自變更頻率、加大功率或變更原設計之特性及功能。低功率射頻器材之使用不得影響飛航安全及干擾合法通信；經發現有干擾現象時，應立即停用，並改善至無干擾時方得繼續使用。述合法通信，指依電信管理法規作業之無線電通信。低功率射頻器材須忍受合法通信或工業、科學及醫療用電波輻射性電機設備之干擾。

"馬德保康"手臂式電子血壓計

產品貨號： 50060

型號： ARM-HA101+

目錄編號： BU 600 connect

中國製造

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製造業者地址： Room 301&4F, Block A, Building A, Jingfa Intelligent Manufacturing Park, Xiaweiyuan,

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醫療器材商地址： 114679臺北市內湖區洲子街88號7樓之1

客服專線： 0800-251209

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