

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 LCD 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 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 LCD-Display

- 1 Date and Time

4 Diastolic Blood Pressure Icon

7 Memory Icon

10 Movement detected

13 Unit of Blood Pressure

16 Blood Pressure Indicator
- 2 Systolic Blood Pressure Icon

5 Diastolic Blood Pressure Value

8 Memory Number

11 Heartbeat Icon

14 Average Value Icon

17 Battery Icon
- 3 Systolic Blood Pressure Value

6 Pulse Rate Icon

9 Cuff fitness detection

12 Irregular Heartbeat Icon

15 Pulse Rate Value

18 User 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 (AAA, LR03) 1.5V
- 1 instruction manual
- 1 cuff with air tube
- 1 USB Type-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

- 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.

Getting started - insert/ replace batteries

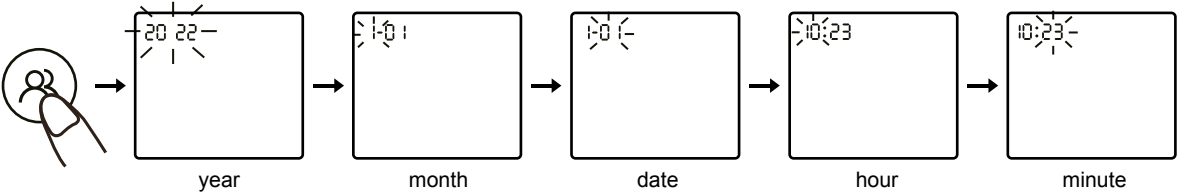
You must insert the batteries provided before you can use your unit. The lid of the battery compartment is located on the underside of the unit. Open it by slightly pushing it and moving it upwards. Remove it and insert the 4 AAA batteries supplied. Ensure correct polarity when inserting the batteries (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 external power supply through a Type-C port. (The USB Type-C cable is included in the packing)

Settings - date and time

In the power-off mode, press the "⌚" button for about 3 seconds to enter the date setting interface, and the "year" will flash. Press the "⏪" button to adjust the year, and press the "⌚" button to confirm the selection. When the year is set, it will automatically enter the month setting. Press the "⏩" button to adjust the month, and press the "⌚" button to confirm the selection. Follow the same steps to adjust the date/hour/minute.



Measurement unit setting

In the power-off mode, press the START/STOP button for about 5 seconds to enter the unit setting interface, and press "⏪" button to change the measurement unit to mmHg/kPa. Press the "⌚" button to confirm the setting.

Fitting the cuff

- Connect the air hose to the connector on the left side of the device.
- Slide the open end of the cuff through the metal bracket so that the Velcro fastener is on the outside and it becomes a cylindrical form (Fig.1). Slide the cuff over your left upper arm.
- 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 2 separate memories, each with a capacity of 199 memory slots. Press the "⌚" button to select user memory 1 (display: ⏪ or ⏩).

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.
 - If the START/STOP button is pressed, all display characters are shown (display test). This test can be used to check that the display is indicating properly and in full.
 - The unit is ready for measurement. The number 00 flashes for 2 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 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 heart symbol on the display starts to flash; you can hear the beep for every heartbeat once the heartbeat signal is detected.
 - When the measurement is finished, you can hear a long beep and cuff is deflated completely. The systolic and diastolic blood pressure and the pulse value appears on the display. The blood pressure indicator is display next to the relevant colored bar depending on the blood pressure classification. If the unit has detected an irregular heartbeat, the irregular heartbeat display also appears.

Displaying stored results

This unit features 2 separate memories, each with a capacity of 199 memory slots. Results are automatically stored in the memory selected by the user. Press the "⏪" button when power off, to call up the average measured values of 2 or 3 times stored.

All values average appears on the display. Press the "⏪" button again to call up the last measurement value. Repeatedly pressing the "⏪" button displays the respective values measured previously. If you have reached the final entry and do not press a button, the unit automatically switches itself off after approximately 8 seconds in memory recall mode. Memory recall mode can be exited at any time by pressing the START/STOP button, which will also switch the unit off. Once the memory log is full, old values will be refreshed with new ones.

Deleting stored values

If you are sure that you want to permanently remove all stored memories, press the "⌚" button in power-off mode to select the user group whose measured values need to be deleted. Press the START/STOP button to power off and press "⏪" button to activate the screen, then keep pressing the "⏪" button for about 3 seconds to delete the memories of the selected user and the icon "NO" will be shown on the display.

Abnormal phenomena and handling troubleshooting

Abnormal displays	Cause	Solution
Er U	The pressure cannot reach 30 mmHg (4 kPa) in 12seconds	Pleased try again
Er H	The inflation reaches 295mmHg, and it deflates automatically after 20ms	
Er 1	The pulse rate is not detected correctly	Move to a closer distance
Er 2	Too much disturbance (Move, talk, or magnetic disturbance during a measurement)	
Er 3	The measurement result is abnormal	Pleased try again
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 195mmHg	

Abnormal phenomena and handling troubleshooting

Abnormal displays	Cause	Solution
Failure to power on	Whether the power is insufficient	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	Whether the air tube plug is inserted tightly	Insert the air tube plug firmly into the jack
	Whether the air tube is broken or leaked	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 standards EN 1060-3, EN 81060-1 and EN 81060-2. The specifications of EU Guideline "93/42/EEC of the Council Directive dated 14 June 1993 concerning medical devices" are met.

Technical specifications

Name and model:	medisana Upper arm blood pressure monitor
Display system / Memory slots:	Digital display / 2 x 199
Measuring method:	Oscillometric
Power supply:	4 x AAA "LR03" Alkaline batteries 1.5V / Type-C D.C 5V
Measurement pressure:	0 - 295 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. 250 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. 130 x 100 x 60 mm / 22 - 42 cm
Weight:	Approx. 263 g without batteries
Item number:	48912
EAN number:	40155 88 48912 9

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:

- 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.
- Defects in material or workmanship will be removed free of charge within the warranty period.
- Repairs under warranty do not extend the warranty period either for the unit or for the replacement parts.
- The following is excluded under the warranty:
 - All damage which has arisen due to improper treatment, e.g. nonobservance of the user instructions.
 - All damage which is due to repairs or tampering by the customer or unauthorised third parties.
 - Damage which has arisen during transport from the manufacturer to the consumer or during transport to the service centre.
 - Accessories which are subject to normal wear and tear.
- 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
Heerdter Lohweg 83, 40549 Düsseldorf, 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001597號



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產品。
	警告 必須遵守這些警告說明，以防對用戶造成任何傷害。
	小心 必須遵守這些說明，以防對產品造成任何損壞。
	注意 這些說明提供了有關安裝或操作的額外說明。
	產品分類：BF 型應用部件
	溫度範圍
	外殼保護等級
	非電離電磁輻射
	批號
	序列號
	製造業者
	製造日期

產品信息：

- 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

- 這款全自動非處方電子血壓計旨在使用震盪法透過臂帶測量人體的收縮壓和舒張壓以及心率。所有數值都可在單一 LCD 面板上顯示。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。如果您要將本產品轉交給其他人，務必同時移交本說明書。

使用前請務必詳閱原廠之使用說明書並遵照指示使用。



- 本產品僅供家庭使用。如您對健康有任何顧慮,請先諮詢醫師後再使用血壓計。
- 請按照使用說明,僅將本產品用於其預期用途。
- 如果您患有動脈閉塞性疾病等疾病,請在使用本產品前諮詢醫師。
- 本產品不能用於檢查心臟節律器的心率。
- 孕婦應採取必要的預防措施,並關注個人情況。如有必要,請諮詢醫師。
- 請諮詢醫師,以獲取更多關於血壓的資訊。基於測量值的自我診斷和自我治療可能很危險。請務必遵循醫師的指示!
- 如果在測量過程中感到任何不適,如上臂疼痛或其他症狀,請立即按下開始/停止按鈕停止測量,鬆開壓脈帶並從手臂上取下。
- 本產品僅能與合適的壓脈帶一起正確工作。
- 本產品不適合兒童使用。
- 請勿讓兒童使用本產品。醫療產品不是玩具!
- 請確保本產品遠離兒童接觸。
- 請勿將空氣軟管繞在脖子上 – 有窒息危險! 吞食小零件如包裝袋、電池、電池蓋等也可能會造成窒息。
- 使用者需要檢查產品是否正常運作,並確保處於良好運作狀態。
- 只能使用提供的壓脈帶,不能更換其他品牌的壓脈帶。只能用完全相同型號的壓脈帶進行更換。
- 本設備不能在高輻射水平的房間或高輻射設備附近(如無線電發射器、行動電話或微波爐)操作,否則可能會導致功能故障或測量不正確。
- 請勿在有易燃氣體 (如麻醉氣體、氧氣或氫氣) 或易燃液體 (如酒精) 的場所使用本產品。
- 不得擅自改裝本產品。
- 如果出現故障,請勿自行嘗試維修,只能由授權服務中心進行維修。
- 請保護本產品免受潮濕。如果液體滲入產品,請立即取出電池,不要繼續使用。在這種情況下,請聯繫您的專業經銷商或直接告知我們。
- 請勿使用稀釋劑、酒精或汽油來清潔本產品。
- 請勿重擊本產品或從高處掉落。
- 不要在產品附近使用手機。這可能會導致故障。
- 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!
- 如果設備顯示低電池電量標示,請更換所有電池。
- 請勿將電量耗盡的電池留在電池艙中,因為它可能會滲漏並損壞設備。
- 產一電池滲漏,避免接觸皮膚、眼睛和黏膜!如果電池滲沾到這些部位,請用大量清水沖洗受影響區域,並立即就醫!
- 如果吞食了電池,請立即就醫!
- 請同時更換所有電池!
- 只能更換相同類型的電池,切勿混用不同類型的電池或新舊電池!
- 正確插入電池,注意極性!
- 如果設備長時間(3個月或以上)不使用,請取出電池!
- 將電池放在兒童接觸不到的地方!
- 請勿嘗試給電池充電!有爆炸危險!
- 請勿使電池短路!有爆炸危險!
- 請勿投入火中!有爆炸危險!
- 請勿將廢舊電池丟入家庭垃圾,而是放入有害廢物容器或帶到購買電池的商店!

產品和液晶螢幕

- | | | |
|----------|-----------|------------|
| 1 日期和時間 | 2 收縮壓標誌 | 3 收縮壓 |
| 4 舒張壓標誌 | 5 舒張壓 | 6 脈搏率標誌 |
| 7 記憶體標誌 | 8 記憶體編號 | 9 壓脈帶佩戴檢測 |
| 10 檢測到移動 | 11 脈搏標誌 | 12 不規則心跳偵測 |
| 13 測量單位 | 14 平均值標誌 | 15 脈搏頻率 |
| 16 血壓指標 | 17 電池電量標示 | 18 使用者標誌 |

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：

- 1 個馬德保康電子血壓計
- 1 個帶空氣管的壓脈帶
- 4 顆電池 (AAA，LR03 型) 1.5V
- 1 條 USB Type-C 傳輸線
- 1 本使用說明書

如果您注意到未打開包裝的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？

本產品是一種用於在上臂測量血壓的產品。由微處理器進行測量，微處理器透過壓力感測器測量動脈上壓脈帶充氣和放氣所產生的振動。

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！陣陣眩暈可能導致危險情況出現（例如在樓梯上或在行駛途中）！

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。這也適用於脈律不齊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

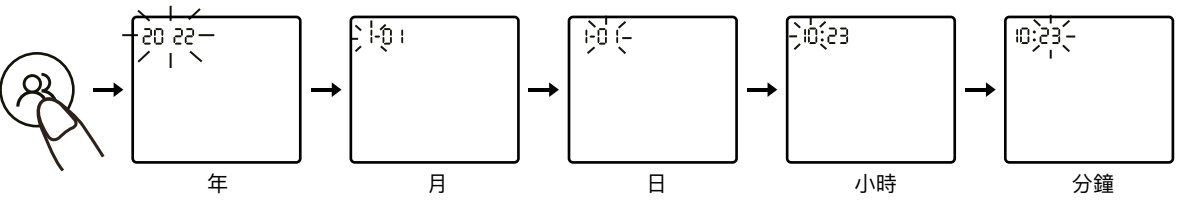
必須放入所提供的的電池，然後才能使用您的產品。電池槽的蓋子位於產品的底側。輕輕推開，向上移動並取下，然後插入所提供的 4 顆 AAA 電池。插入電池時確保極性正確（標記在電池槽內）。闔上電池槽蓋。如果螢幕上出現更換電池標誌或啟動產品後螢幕上不顯示任何信息，請更換電池。

USB Type-C 供電

除了電池供電外，還可以經由USB Type-C 埠連接直流5V外接電源供電。（Type-C 傳輸線在包裝內）

設定 – 日期和時間

在開機模式下，長按「」按鈕約 3 秒進入設置日期。首先是年份閃爍。按「」按鈕設置年份，按「」按鈕確認設置。設定年份後，會自動進入月份設置。按「」按鈕設置月份，按「」按鈕確認設置。按照相同的步驟設置日期、小時和分鐘。



設定測量單位

在開機模式下，按住START/STOP（啟動/停止）按鈕5秒鐘以進入測量單位設置。按「」切換mmHg/kPa單位，按「」確認設置並開機。

安裝壓脈帶

- 將空氣軟管連接至器材左側的接頭處。
- 通過金屬支架滑動壓脈帶的開口端，確保尼龍搭扣在外側，並且壓脈帶變為圓柱形（圖 1）。將壓脈帶套到您的左上臂。
- 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)。
- 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。
- 在您的裸臂上測量血壓。
- 僅當無法在左臂上使用時才將壓脈帶綁在右臂上。始終在同一手臂上執行測量。
- 糾正測量坐姿（圖 3）。確保壓脈帶在測量過程不會滑落，並且印刷的前端指向臂彎處。

用戶記憶體設置

本產品具有 2 個獨立用戶記憶體，每個記憶體為 199 個記憶容量。按「」按鈕選擇用戶記憶體 1（顯示： 或 ）。

測量血壓

正確安裝壓脈帶之後，就可以開始測量了：

- 按下 START/STOP（啟動/停止）按鈕啟動產品。
- 螢幕上將顯示所有字符（顯示測試）。此測試可用於檢查螢幕指示是否正確和完整。
- 產品已為測量做好準備，並顯示數字"00"閃爍 2 秒鐘。然後器材自動對壓脈帶充氣以便測量您的血壓。螢幕上顯示壓脈帶不斷上升的壓力。
- 本產品為壓脈帶充氣，直至已累積測量所需的足夠壓力。然後產品會緩慢釋放壓脈帶中的空氣並執行測量。器材檢測到信號時，脈搏標誌開始在螢幕上閃爍；檢測到心跳信號後，您可以聽到每次心跳的嗶嗶聲。
- 測量完成后，您會聽到一聲長嗶聲，壓脈帶完全放氣。收縮壓和舒張壓以及脈搏值出現在螢幕上。血壓指標會顯示在對應的彩條旁邊，該指標參照血壓分類。如果產品檢測到不規則心跳，將額外出現不規則心跳的顯示。

顯示存儲的結果

本產品具有 2 個獨立的記憶體，每個記憶體的容量為 199 個記憶位置。結果會自動儲存在用戶選擇的記憶體中。開機時按「」按鈕，螢幕上將顯示儲存的 2 或 3 次测量的平均值。

所有平均值都出現在螢幕上。再次按「」按鈕螢幕上將顯示最後一個測量值。反覆按「」按鈕顯示之前测量的平均值。若沒有進一步的操作，本產品在 8 秒後會自動關閉。按 START/STOP（啟動/停止）按鈕您可立即退出記憶體調用模式，產品並將開機。一旦記憶體已存滿，新存入值將覆蓋最早存入的值。

刪除存儲的數據

如果您確定要永久刪除所有儲存的記憶體，請在開機模式下按「」按鈕，選擇需要刪除測量值的用戶群組。按START/STOP（啟動/停止）按鈕開機，按「」按鈕啟動螢幕，然後長按「」按鈕約 3 秒刪除所選用戶的記憶體，螢幕上將會顯示「NO」。

異常現象及處理故障排除

異常顯示	原因	解決方案
Er U	充氣壓力在 12 秒內無法達到 30 mmHg（4 kPa）	再次測量。
Er H	充氣壓力達到 295mmHg，20ms 後自動放氣	
Er 1	未正確檢測脈搏頻率	
Er 2	干擾過大（測量過程出現了身體、說話或磁波干擾）	移至較近距離。
Er 3	測量結果異常	再次測量。
Er 23	收縮壓值讀數低於 57 mmHg	
Er 24	收縮壓值讀數高於 255 mmHg	
Er 25	舒張壓值讀數低於 25 mmHg	
Er 26	舒張壓值讀數高於 195 mmHg	

異常現象及處理		
異常顯示	原因	解決方案
	無法通電	電池電量是否不足 更換電池或插入 Type-C 傳輸線供電
無充氣	電池正負極是否安放反	正確安裝電池
	空氣管塞是否插緊	將空氣管塞牢固地插入插孔
	空氣軟管是否破損或發生洩漏	請聯絡經銷商更換為新壓脈帶
由於顯示錯誤而無法測量	加壓時手臂是否移動	保持手臂和身體靜止不動
	測量過程是否說話	測量血壓時保持安靜
壓脈帶漏氣	壓脈帶是否纏繞得太鬆	請拉緊壓脈帶
	壓脈帶的安全氣囊被撕裂	請聯絡經銷商更換為新壓脈帶

警告 – 如果嘗試上述解決方案後仍無法測量血壓，請聯絡經銷商。請勿嘗試自行拆解本產品。

清潔和保養

清潔產品前，取下電池。使用浸泡了中性肥皂液微濕的軟布來清潔產品。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。切勿將產品或任何零組件浸入水中。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潮。不要將本產品暴露在極熱或極冷的環境中。不使用時將本產品保存在儲存盒。將本產品存放在清潔、乾燥的地方。

消毒

- 如果是在家庭環境自己使用，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。
- 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。
- 清潔/消毒後和使用前，請確保螢幕、器材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，請將器材廢棄，不再使用。
- 如果在複雜的環境（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）集中到收集點，以便按照環保的方式丟棄。處理本電子血壓計之前，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。

指南/標準

本電子血壓計符合歐盟針對無創電子血壓計的標準要求。它通過了歐共體指南的認證並攜帶 CE 標誌(符合性標誌)「CE 0123」。本電子血壓計符合歐洲標準 EN 1060–3、EN 81060–1 和 EN 81060–2。符合歐盟指南「1993 年 6 月 14 日有關醫療器械的委員會指令 93/42/EEC」的規範。

技術規格

名稱及型號：	"馬德保康" 手臂式電子血壓計
顯示系統/記憶位置：	數字螢幕/2 x 199
測量方法：	示波法
電源：	4 顆電池 (AAA 型，LR03)，1.5V / Type-C D.C 5V
壓脈帶額定壓力：	0 – 295 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 250 次測量
產品使用壽命：	約 5 年，每天使用 4 次
工作條件：	溫度+5°C 至 +40°C，15% 至 90% 相對濕度
存放/運輸條件：	溫度 –20°C 至 +55°C，10% 至 93% 相對濕度
尺寸/壓脈帶：	約 130 x 100 x 60 mm / 22 – 42 cm
重量：	約 263 g (不含電池)
產品編號：	48912
EAN 編號：	40155 88 48912 9

按照我們的產品持續改進政策，我們保留進行技術和外觀更改的權利，恕不另行通知。

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。如果您必須退回本血壓計，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：

- 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。
- 如有材料或工藝缺陷，保固期內將予以免費排除。
- 保固期內的維修不會延長本血壓計或更換零件的保固期。
- 以下情況不在保固範圍之內：
 - 由於使用不當（例如不遵守使用者說明）而導致的所有損壞。
 - 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。
 - 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。
 - 正常磨損的零件。
- 即使接受單位的保固理賠,因單位所造成的直接或間接後果性損失,均不在保固範圍內。

"馬德保康" 手臂式電子血壓計

產品貨號: 48912
型號：ARM–30G2
目錄編號: BU 312
中國製造

製造業者名稱：Shenzhen AOJ Medical Technology Co., Ltd.

製造業者地址：Room 30184F, Block A, Building A, Jingfa Intelligent, Manufacturing Park, Xiaweiyuan, Gushu Community, Xixiang Street, Bao'an District, 518126 Shenzhen, China

醫療器材商名稱：恆隆行貿易股份有限公司

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