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› HealthSmart Manual Blood Pressure Monitor (Model 04-174-021) User Manual

## HealthSmart 04-174-021

# HealthSmart Manual Blood Pressure Monitor

Model: 04-174-021

## INTRODUCTION

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This manual provides instructions for the proper use and care of your HealthSmart Manual Blood Pressure Monitor. This device is designed for self-measurement of blood pressure using an aneroid gauge, air release valve, inflation bulb, and an attached stethoscope. It offers a traditional method for obtaining blood pressure readings.



*Image: The complete HealthSmart Manual Blood Pressure Monitor kit, including the cuff, aneroid gauge, inflation bulb, and attached stethoscope.*

## COMPONENTS

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The HealthSmart Manual Blood Pressure Monitor kit includes the following components:

- Aneroid Gauge
- Air Release Valve
- Inflation Bulb
- Attached 22-inch Stethoscope
- Standard Adult Arm Cuff (fits arm circumferences of 10 to 14 inches)
- Black Zippered Storage Case



*Image: All components of the blood pressure monitor, including the cuff, gauge, bulb, stethoscope, and storage case, displayed together.*

## SETUP

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1. **Unpack Components:** Carefully remove all items from the zippered storage case.
2. **Inspect for Damage:** Before each use, inspect the cuff, tubing, bulb, gauge, and stethoscope for any visible damage or wear. Do not use the device if any component is damaged.
3. **Prepare the Cuff:** Ensure the cuff is flat and ready to be wrapped around the arm. The standard adult cuff is designed for arm circumferences between 10 and 14 inches.
4. **Attach Gauge:** The aneroid gauge is typically pre-attached to the inflation bulb and air release valve.

Ensure all connections are secure. The gauge often includes a clip for convenient attachment to the cuff or clothing during measurement.

## Standard Adult Cuff

Fits arm 10"-14" in circumference



*Image: A close-up view of the blood pressure cuff, highlighting the 'Standard Adult Cuff' label and the indicated arm circumference range of 10-14 inches.*



**Attached  
Stethoscope**  
for easy  
self-taking

*Image: A detailed view of the stethoscope head, showing its attachment point to the blood pressure cuff, designed for easy self-taking.*

# Conveniently Attach

Clip to Cuff or Clothing



*Image: A hand demonstrating how to hold the aneroid gauge, with a clear view of the clip on its back, which allows it to be conveniently attached to the cuff or clothing.*

## OPERATING INSTRUCTIONS

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Follow these steps to accurately measure your blood pressure:

1. **Preparation:** Sit quietly for at least 5 minutes before taking your blood pressure. Ensure your arm is resting comfortably at heart level. Avoid talking during the measurement.
2. **Apply the Cuff:** Wrap the cuff firmly around your bare upper arm, approximately 1 inch above your elbow. The artery marker on the cuff should be positioned over your brachial artery (on the inside of your arm). The cuff should be snug but not too tight.
3. **Position Stethoscope:** Place the stethoscope's diaphragm (the flat part) directly over your brachial artery, just below the cuff. Insert the earpieces into your ears.
4. **Inflate the Cuff:** Close the air release valve by turning it clockwise. Rapidly inflate the cuff by

squeezing the inflation bulb until the gauge reads about 20-30 mmHg above your usual systolic pressure, or until you no longer hear a pulse through the stethoscope.

5. **Deflate and Listen:** Slowly open the air release valve by turning it counter-clockwise, allowing the pressure to drop at a rate of 2-3 mmHg per second. Listen carefully through the stethoscope.
6. **Record Systolic Pressure:** Note the reading on the aneroid gauge when you hear the first clear, rhythmic pulse sound (Korotkoff sound). This is your systolic blood pressure.
7. **Record Diastolic Pressure:** Continue to listen as the pressure drops. Note the reading on the aneroid gauge when the pulse sounds disappear or become very faint. This is your diastolic blood pressure.
8. **Release Remaining Air:** Once the diastolic pressure is recorded, fully open the air release valve to quickly deflate the cuff.
9. **Remove Cuff:** Remove the cuff from your arm.



*Image: A person seated at a table, demonstrating the correct posture and placement of the cuff and stethoscope for self-measurement of blood pressure.*



*Image: A close-up of the aneroid gauge held in a hand, showing the clear, easy-to-read dial with pressure readings in mmHg.*

# Easy to Read Dial

with Professional Accuracy



*Image: A detailed view of the aneroid gauge's dial, emphasizing its clear markings and professional accuracy for precise readings.*

## MAINTENANCE

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- **Cleaning the Cuff:** Wipe the cuff with a damp cloth and mild soap. Do not immerse the cuff in water. Allow it to air dry completely before storage.
- **Cleaning the Stethoscope and Gauge:** Wipe the stethoscope earpieces, tubing, and the aneroid gauge with an alcohol wipe or a damp cloth. Avoid harsh chemicals.
- **Storage:** Store the blood pressure monitor in its zippered case in a cool, dry place, away from direct sunlight and extreme temperatures.
- **Calibration:** Manual blood pressure monitors should be calibrated periodically to ensure accuracy. Consult a healthcare professional or the manufacturer for calibration services.

# At Home or On-The-Go



*Image: The compact black zippered storage case, designed for convenient portability and protection of the blood pressure monitor.*

## TROUBLESHOOTING

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- **Cuff Not Inflating:** Ensure the air release valve is fully closed by turning it clockwise. Check all tubing connections for leaks.
- **Inaccurate Readings:** Ensure the cuff size is appropriate for your arm (10-14 inches for standard adult cuff). Verify correct cuff placement and stethoscope positioning. Ensure you are relaxed and still during measurement. If readings consistently seem incorrect, the device may require calibration.
- **Difficulty Hearing Pulse Sounds:** Ensure the stethoscope diaphragm is placed directly over the brachial artery. Adjust earpiece position for comfort and sound clarity. Minimize ambient noise.

## SPECIFICATIONS

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<b>Model Number</b>	04-174-021
<b>Cuff Size</b>	Standard Adult (fits arm circumferences of 10-14 inches)
<b>Display Type</b>	Analog
<b>Included Components</b>	Aneroid Gauge, Air Release Valve, Inflation Bulb, Attached Stethoscope, Cuff, Storage Case
<b>Material</b>	Nylon, Rubber (cuff, tubing)
<b>Product Dimensions</b>	3.2 x 7.8 x 4.7 inches; 1.01 Pounds

## WARRANTY AND SUPPORT

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This HealthSmart Manual Blood Pressure Monitor comes with a **One Year Warranty** from the manufacturer. For warranty claims or technical support, please refer to the contact information provided with your product packaging or visit the official HealthSmart website.

## IMPORTANT SAFETY INFORMATION

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Before using any product for health care, it is advised to consult your physician or primary healthcare provider and seek appropriate advice and supervision prior to use. This device is intended for personal blood pressure monitoring and should not replace professional medical advice or diagnosis. Statements regarding dietary supplements have not been evaluated by the FDA and are not intended to diagnose, treat, cure, or prevent any disease or health condition.

**Proposition 65 Warning:** This product may contain chemicals known to the State of California to cause cancer and birth defects or other reproductive harm.