

Ozeri BP01K

Ozeri BP01K CardioTech Pro Series Digital Blood Pressure Monitor

USER MANUAL

1. Introduction

The Ozeri BP01K CardioTech Pro Series Digital Blood Pressure Monitor is designed for accurate and convenient measurement of blood pressure and pulse rate at the wrist. This device utilizes advanced technology to provide reliable readings and includes features for heart health monitoring, such as a hypertension indicator and irregular heartbeat detection. Please read this manual thoroughly before using the device to ensure correct operation and to understand all safety precautions.



Image 1.1: Front view of the Ozeri BP01K monitor displaying a blood pressure reading.

2. Safety Information

- Consult your physician before using this device if you have any medical conditions, especially if you have a pacemaker, arrhythmia, or poor circulation.
- This device is intended for adult use only.
- Do not use this device for self-diagnosis or self-treatment. Always consult a healthcare professional for interpretation of blood pressure readings.
- Avoid taking measurements in a moving vehicle, during exercise, or immediately after bathing or consuming alcohol/caffeine.
- Keep the device out of reach of children.
- Do not disassemble or attempt to repair the device. Contact customer support for assistance.

3. Package Contents

Upon unpacking, please verify that all the following items are included:

- Ozeri BP01K CardioTech Pro Series Digital Blood Pressure Monitor
- Wrist Cuff (integrated)
- Carrying Case
- 2 AAA Batteries
- User Manual (this document)



Image 3.1: All components included in the Ozeri BP01K product package.

4. Product Features

- **Clinically Proven Technology:** Ensures accuracy and reliability.
- **Measure While Inflate (MWI) Technology:** Automatically inflates to the appropriate level, reducing measurement time and enhancing comfort.
- **Memory Storage:** Stores up to 180 blood pressure readings (90 readings for 2 users) with date and time stamps.
- **WHO Hypertension Indicator:** Classifies blood pressure readings according to World Health Organization guidelines with a color-coded bar.
- **Irregular Heartbeat (Arrhythmia) Detection:** Alerts the user to irregular heart rhythms.
- **Average Blood Pressure Calculation:** Provides an average of the 3 most recent readings for better trend analysis.
- **Portable Design:** Compact wrist cuff design with a carrying case for travel and convenience.

5. Setup

5.1 Battery Installation

1. Locate the battery compartment on the back of the monitor.
2. Slide the battery cover off.
3. Insert the two AAA batteries, ensuring the correct polarity (+/-) as indicated inside the compartment.
4. Replace the battery cover.

5.2 Cuff Placement

Proper cuff placement is critical for accurate readings.

1. Remove any tight clothing from your left wrist.
2. Slide the monitor onto your left wrist with the display facing upwards. The cuff should be positioned approximately 1 cm (0.4 inches) from your hand.
3. Secure the cuff snugly around your wrist using the hook-and-loop fastener. Ensure it is not too tight or too loose.
4. Rest your elbow on a table so that the monitor is at the same level as your heart. Your palm should be facing upwards.
5. Remain still and avoid talking during the measurement.



6. Operating Instructions

6.1 Taking a Measurement

1. Ensure the cuff is correctly placed on your wrist and your arm is positioned at heart level.
2. Press the **START/STOP** button. The cuff will begin to inflate automatically using MWI technology.
3. Remain still and silent during the measurement. The device will deflate automatically once the measurement is complete.
4. Your Systolic (SYS), Diastolic (DIA) blood pressure, and Pulse rate (PUL) will be displayed on the screen.
5. The reading will automatically be stored in the device's memory.
6. Press the **START/STOP** button again to turn off the device, or it will automatically power off after a period of inactivity.

6.2 Memory Functions

The monitor can store up to 180 readings (90 for User 1 and 90 for User 2).

1. To view stored readings, press the **MEM** button when the device is off.
2. Each press of the **MEM** button will cycle through the stored readings, displaying the most recent first.
3. The device will also display the average of the last 3 readings.
4. To switch between User 1 and User 2 memory, press the **SET** button while viewing memory.
5. To clear all memory for the current user, press and hold the **MEM** button for approximately 5 seconds until 'CLR' appears on the display.

7. Understanding Your Readings

7.1 WHO Hypertension Indicator

The monitor features a color-coded bar on the left side of the display, which visually indicates your blood pressure classification according to World Health Organization (WHO) guidelines:

- **Green:** Normal Blood Pressure
- **Yellow:** Pre-Hypertension
- **Orange:** Stage 1 Hypertension
- **Red:** Stage 2 Hypertension

This indicator provides a quick reference, but always consult a healthcare professional for a definitive diagnosis and treatment plan.

7.2 Irregular Heartbeat Detection

If an irregular heartbeat is detected during a measurement, a special symbol (often a heart icon with wavy lines) will appear on the display. This indicates that your heart rhythm was irregular during the measurement. While this feature can be an early warning, it is not a diagnostic tool. If this symbol appears frequently, consult your physician for further evaluation.

8. Maintenance and Care

- **Cleaning:** Wipe the monitor and cuff with a soft, dry cloth. Do not use abrasive cleaners or immerse the device in water.
- **Storage:** Store the device in its carrying case in a cool, dry place, away from direct sunlight and extreme temperatures.
- **Battery Replacement:** Replace batteries when the low battery indicator appears on the display. Remove batteries if the device will not be used for an extended period to prevent leakage.
- **Avoid Impact:** Do not drop the device or subject it to strong shocks.

9. Troubleshooting

Problem	Possible Cause	Solution
Device does not turn on	Batteries are dead or incorrectly inserted.	Check battery polarity; replace with new AAA batteries.
"E" or "Error" message on display	Cuff not applied correctly; movement during measurement; speaking during measurement.	Re-apply cuff correctly; remain still and silent during measurement; ensure wrist is at heart level.
Inconsistent readings	Improper cuff placement; body movement; talking; recent activity (eating, smoking, exercise).	Ensure proper cuff placement and body position; take measurements at the same time each day; avoid activity for 30 minutes prior.
Irregular Heartbeat symbol appears frequently	Actual irregular heartbeat detected.	Consult your physician for medical advice.

10. Specifications

Feature	Specification
Model Number	BP01K
Measurement Method	Oscillometric
Display Type	Digital LCD
Measurement Range	Pressure: 0-299 mmHg, Pulse: 40-199 beats/minute
Accuracy	Pressure: ± 3 mmHg, Pulse: $\pm 5\%$ of reading
Memory	180 readings (90 x 2 users)
Power Source	2 x AAA Batteries
Product Dimensions	7.62 x 8.89 x 8.89 cm
Item Weight	136.08 g (0.3 Pounds)
Cuff Size	Wrist circumference 13.5-21.5 cm (5.3-8.5 inches)

11. Warranty and Support

The Ozeri BP01K CardioTech Pro Series Digital Blood Pressure Monitor is backed by a **5-year warranty** from the date of purchase. This warranty covers defects in materials and workmanship under normal use.

For warranty claims, technical support, or any questions regarding the operation of your device, please contact Ozeri customer service. Refer to the contact information provided on the product packaging or the official Ozeri website.

Please retain your proof of purchase for warranty purposes.