

SENCOR SBP 690

Sencor SBP 690 Digital Upper Arm Blood Pressure Monitor User Manual

Model: SBP 690 | Brand: SENCOR

1. INTRODUCTION

The Sencor SBP 690 is a fully automatic digital upper arm blood pressure monitor designed for easy and accurate home use. It measures systolic and diastolic blood pressure, as well as heart rate, providing a comprehensive overview of your cardiovascular health. This manual provides essential information for the safe and effective operation of your device.



Image 1.1: Sencor SBP 690 Digital Upper Arm Blood Pressure Monitor packaging. The image shows the device, cuff, and display on the product box.

2. IMPORTANT SAFETY INFORMATION

- Consult your physician before using this device if you have any medical conditions or are taking medication.
- This device is intended for adult home use only. It is not intended for diagnosis or treatment of any medical condition.
- Do not use this device on infants, children, or individuals who cannot express their consent.
- Keep the device and cuff out of reach of children and pets.
- Do not use the device in a moving vehicle or on an airplane.
- Avoid taking measurements in extreme temperatures, high humidity, or strong electromagnetic fields.
- Do not disassemble or attempt to repair the device yourself. Contact qualified service personnel for repairs.
- Remove batteries if the device will not be used for an extended period.

3. PACKAGE CONTENTS

Please check the package contents to ensure all items are present:

- Sencor SBP 690 Digital Upper Arm Blood Pressure Monitor
- Upper Arm Cuff (22-42 cm)
- 4x AA Batteries
- Instruction Manual

4. PRODUCT FEATURES

The Sencor SBP 690 offers the following key features:

- Measures systolic and diastolic blood pressure and heart rate.
- Graphical display for hypertension classification (mild, moderate, severe).
- Arrhythmia detection warning indicator.
- Large LCD display (61 x 93 mm) for easy readability.
- Memory for up to 60 measurements with date and time stamp.
- Fully automatic cuff inflation and deflation.
- Oscillometric measurement method for accuracy.
- Measurement range: Pressure 0-300 mmHg, Pulse 40-199 beats/min.
- Measurement accuracy: Pressure +/- 3 mmHg, Pulse +/- 5%.
- Selectable measurement unit (mmHg or kPa).
- Body movement warning indicator during measurement.
- Low battery indicator.
- Automatic error diagnosis on the LCD.
- Automatic shut-off after 1 minute of inactivity.
- Memory data retained even after battery replacement.

5. SETUP

5.1 Battery Installation

1. Open the battery compartment cover on the back of the monitor.
2. Insert four (4) AA batteries, ensuring the correct polarity (+/-) as indicated inside the compartment.
3. Close the battery compartment cover securely.

5.2 Cuff Attachment

1. Insert the air plug of the cuff firmly into the air jack on the left side of the monitor.
2. Wrap the cuff around your bare upper arm, approximately 2-3 cm above your elbow. The air tube should run down the center of your arm towards your hand.
3. Ensure the cuff is snug but not too tight. You should be able to insert two fingers between the cuff and your arm.

6. OPERATING INSTRUCTIONS

6.1 Positioning for Measurement

- Sit comfortably in a chair with your back supported and feet flat on the floor.
- Rest your arm on a table or flat surface so that the cuff is at the same level as your heart.
- Relax for 5 minutes before taking a measurement. Avoid talking or moving during the measurement.

6.2 Taking a Measurement

1. With the cuff properly attached and your arm positioned, press the **START/STOP** button.
2. The cuff will automatically inflate. Remain still and silent.
3. Once the measurement is complete, the cuff will deflate, and your systolic pressure, diastolic pressure, and pulse rate will be displayed on the LCD.
4. The measurement will automatically be stored in the device's memory.
5. Press the **START/STOP** button again to turn off the monitor, or it will automatically shut off after 1 minute of inactivity.

6.3 Memory Functions

- To review past measurements, press the **MEM** button when the device is off. The most recent reading will be displayed first.
- Press the **MEM** button repeatedly to cycle through previous readings.
- To clear all memory data, press and hold the **MEM** button for approximately 5 seconds until the display shows "CLr" or similar, indicating memory clear.

7. UNDERSTANDING YOUR READINGS

Your blood pressure reading consists of two numbers:

- **Systolic Pressure (SYS):** The higher number, representing the pressure when your heart beats.
- **Diastolic Pressure (DIA):** The lower number, representing the pressure when your heart rests between beats.
- **Pulse Rate:** The number of heartbeats per minute.

7.1 Hypertension Classification

The SBP 690 provides a graphical indicator to help classify your blood pressure readings according to general guidelines. Consult your doctor for a precise interpretation of your individual readings.

7.2 Arrhythmia Detection

If the monitor detects an irregular heartbeat during measurement, an arrhythmia symbol (often a heart icon with irregular beats) will appear on the display. This does not necessarily mean you have an arrhythmia, but it is advisable to consult your physician if this symbol appears frequently.

8. MAINTENANCE AND STORAGE

8.1 Cleaning

- Clean the monitor and cuff with a soft, dry cloth.
- Do not use abrasive cleaners, solvents, or immerse the device in water.

8.2 Storage

- Store the device in its original packaging or a protective case when not in use.

- Keep the monitor and cuff in a cool, dry place, away from direct sunlight, extreme temperatures, and high humidity.
- Remove the batteries if the device will not be used for an extended period to prevent leakage.

9. TROUBLESHOOTING

If you encounter issues with your Sencor SBP 690, refer to the following table:

Problem	Possible Cause	Solution
No display when powered on	Batteries are dead or incorrectly inserted.	Check battery polarity. Replace with new AA batteries.
"Err" or other error message on display	Cuff not properly attached, excessive movement during measurement, or other measurement error.	Re-attach the cuff correctly. Remain still and silent during measurement. Wait a few minutes and try again.
Inaccurate readings	Improper arm positioning, talking/moving during measurement, or incorrect cuff size.	Ensure correct arm positioning at heart level. Avoid movement and talking. Verify cuff fits your arm circumference (22-42 cm).
Cuff does not inflate	Air plug not fully inserted, or cuff/tube leakage.	Ensure air plug is securely connected. Check cuff and tube for any damage.

If the problem persists, contact Sencor customer support.

10. TECHNICAL SPECIFICATIONS

Feature	Specification
Model	SBP 690
Measurement Method	Oscillometric
Measurement Range (Pressure)	0 - 300 mmHg
Measurement Range (Pulse)	40 - 199 beats/min
Accuracy (Pressure)	+/- 3 mmHg
Accuracy (Pulse)	+/- 5%
Memory	60 measurements
Cuff Size	Upper Arm (22-42 cm)
Display	Large LCD (61 x 93 mm)

Feature	Specification
Power Source	4x AA batteries (included) or optional AC adapter SENCOR SBX 001
Monitor Dimensions (L x W x H)	120 x 140 x 70 mm
Monitor Weight (without batteries/cuff)	287 g
Automatic Shut-off	After 1 minute of inactivity

11. WARRANTY AND SUPPORT

For warranty information, technical support, and service inquiries, please refer to the official Sencor website or contact your local Sencor distributor. Keep your purchase receipt as proof of purchase for any warranty claims.

Official Sencor Product Page: <http://www.sencor.eu/8590669114795>