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› [Citizen](#) /

› [Citizen CHU304 Blood Pressure Monitor User Manual](#)

Citizen CHU304

Citizen CHU304 Blood Pressure Monitor User Manual

Model: CHU304

Introduction Safety Information Product
Overview Setup Operation Maintenance Troubleshooting Specifications Warranty & Support

1. INTRODUCTION

Thank you for choosing the Citizen CHU304 Blood Pressure Monitor. This device is designed for accurate and convenient measurement of blood pressure and pulse rate at home. Please read this manual thoroughly before using the monitor to ensure correct operation and to understand all safety precautions.

2. SAFETY INFORMATION

Important Safety Instructions:

- Consult your physician for interpretation of blood pressure measurements. Self-diagnosis and treatment based on measurement results can be dangerous.
- Do not adjust medication based on measurements from this monitor without consulting your doctor.
- This device is intended for adult use only. Keep out of reach of children.
- Do not use this device on an injured arm or an arm undergoing medical treatment.
- Avoid using the monitor in areas with strong electromagnetic fields (e.g., near mobile phones, microwave ovens).
- Do not disassemble or attempt to repair the unit. Refer all servicing to qualified personnel.
- Use only authorized parts and accessories.

3. PRODUCT OVERVIEW

3.1 Components

The Citizen CHU304 Blood Pressure Monitor package includes:

- Main Monitor Unit
- Arm Cuff
- Instruction Manual

3.2 Monitor Display and Buttons

The monitor features a large LCD display for clear readings and intuitive buttons for easy operation.



Funciona con pila AA

This image displays the front of the Citizen CHU304 Blood Pressure Monitor, showing the main unit with its large LCD screen and control buttons.



This image shows the Citizen CHU304 Blood Pressure Monitor with its approximate dimensions: 14 cm width, 10 cm height, and 5 cm depth. It also indicates that the device operates with AA batteries.

Key Display Indicators:

- **SYS (Systolic Pressure):** The upper number, indicating the pressure in your arteries when your heart beats.
- **DIA (Diastolic Pressure):** The lower number, indicating the pressure in your arteries between beats.
- **Pulse:** Your heart rate per minute.
- **M (Memory Indicator):** Appears when viewing stored measurements.
- **Time/Date:** Displays current time and date (if set).
- **Battery Indicator:** Shows remaining battery life.

Buttons:

- **START/STOP:** Powers the unit on/off and starts/stops a measurement.
- **M (Memory):** Accesses stored measurement data.

4. SETUP

4.1 Battery Installation

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

Note: Replace all batteries when the low battery indicator appears on the display.

4.2 Connecting the Arm Cuff

1. Locate the air jack on the side of the main monitor unit.
2. Firmly insert the air plug of the arm cuff into the air jack until it clicks into place.



A side view of the monitor, illustrating where the blood pressure cuff connects to the main unit.

5. OPERATING INSTRUCTIONS

5.1 Before Taking a Measurement

- Avoid eating, drinking alcohol, smoking, exercising, and bathing for 30 minutes before measurement.
- Rest for at least 5 minutes before taking a measurement.
- Sit in a comfortable position with your back supported and feet flat on the floor.
- Place your arm on a table so the cuff is at heart level.

5.2 Applying the Arm Cuff

1. Wrap the cuff around your bare upper arm, approximately 1-2 cm above your elbow.
2. Ensure the air tube runs down the center of your arm in line with your middle finger.
3. The cuff should be snug but not too tight. You should be able to insert two fingers between the cuff and your arm.

5.3 Taking a Measurement

1. Press the **START/STOP** button. The cuff will begin to inflate automatically.
2. Remain still and silent during the measurement.
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. Press the **START/STOP** button again to turn off the monitor. If you do not turn it off, the unit will automatically power off after approximately one minute of inactivity.

5.4 Memory Recall Function

The Citizen CHU304 monitor stores up to 90 measurements with date and time. To view past readings:

1. With the monitor off, press the **M** button.
2. The most recent measurement will be displayed first.
3. Press the **M** button repeatedly to scroll through older measurements.
4. The monitor also displays the average of the last three readings.



90 memorias
con fecha y hora



Promedio de
las últimas
tres lecturas



Apagado
automático

This image illustrates the key features of the Citizen CHU304 Blood Pressure Monitor, including 90 memory slots with date and time, average of the last three readings, and automatic power-off.

6. MAINTENANCE

6.1 Cleaning

- Wipe the monitor unit and cuff with a soft, dry cloth.
- If necessary, use a cloth lightly dampened with water or a mild detergent, then wipe dry.
- Do not use abrasive cleaners, alcohol, or solvents.
- Do not immerse the monitor or cuff in water.

6.2 Storage

- Store the device in a clean, dry place away from direct sunlight, extreme temperatures, and humidity.
- Remove batteries if the unit will not be used for an extended period to prevent leakage.

- Do not store the cuff tightly rolled or folded, as this may damage the air tube.

7. TROUBLESHOOTING

Problem	Possible Cause	Solution
No display when powered on	Batteries are dead or incorrectly inserted.	Replace batteries or reinsert them with correct polarity.
Error message (e.g., 'E1', 'E2')	Cuff not applied correctly, movement during measurement, or air leakage.	Reapply cuff correctly. Remain still and silent. Check cuff connection.
Inaccurate readings	Improper cuff placement, incorrect body position, or recent activity.	Review section 5.1 and 5.2. Ensure proper preparation and technique.
Cuff does not inflate	Cuff not connected properly or air leakage.	Check cuff connection to the monitor. Ensure cuff is not damaged.

8. SPECIFICATIONS

- **Measurement System:** Oscillometric method
- **Measurement Range:** Pressure: 0~300mmHg, Pulse: 40~180pulse/min
- **Accuracy:** Pressure: ± 3 mmHg, Pulse: $\pm 5\%$ of reading
- **Power Source:** 4 x AA size batteries
- **Battery Life:** Approximately 800 times (with alkaline batteries)
- **Outside Dimensions (Unit):** W138 x H48 x D98mm (13.8 x 4.8 x 9.8 cm)
- **Weight (Unit without batteries):** Approximately 209g
- **Weight (Cuff):** Approximately 128g
- **Display Type:** Large LCD Display
- **Features:** Semi-Automatic Blood Pressure Measurement, Easy Operation, Automatic Power Off Function, Memory Recall Function (90 memories with date and time), Average of last three readings.

9. WARRANTY AND SUPPORT

The Citizen CHU304 Blood Pressure Monitor comes with a **5-year warranty** from the date of purchase, covering manufacturing defects. Please retain your purchase receipt as proof of purchase.

For technical support, service, or warranty claims, please contact your local Citizen authorized dealer or the customer service department of Citizen Systems Japan Co. Ltd. Refer to the contact information provided with your product packaging or visit the official Citizen website for further details.

Note: The warranty does not cover damage caused by misuse, accidents, unauthorized repairs, or use of non-approved accessories.