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HealthSmart 04-635-001

HealthSmart Digital Standard Arm Blood Pressure Monitor User Manual

Brand: HealthSmart

Model: 04-635-001

1. INTRODUCTION AND OVERVIEW

This manual provides detailed instructions for the proper use and maintenance of your HealthSmart Digital Standard Arm Blood Pressure Monitor. This device is designed for easy and accurate monitoring of blood pressure and pulse rate at home. It also features irregular heartbeat detection and stores readings for two users, aiding in the tracking of cardiovascular health.



Figure 1: HealthSmart Digital Standard Arm Blood Pressure Monitor.

2. IMPORTANT SAFETY INFORMATION

Please read all instructions carefully before using this device. Keep this manual for future reference.

- This device is intended for adult use only.
- Do not use this device on infants, toddlers, or children.
- Consult your physician regarding any health concerns or before making any medical decisions based on your readings.
- 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.
- Do not attempt to repair or service the device yourself. Contact customer support for assistance.

3. PRODUCT FEATURES

Your HealthSmart Digital Standard Arm Blood Pressure Monitor is equipped with several features to ensure accurate and convenient blood pressure measurement:

- **Clinically Accurate Readings:** Provides reliable blood pressure measurements for home use.
- **Irregular Heartbeat Detection:** Identifies and alerts the user to irregular heartbeats (arrhythmias or palpitations).

- **Pulse Rate Monitoring:** Displays your pulse rate, indicating heart function.
- **Easy-to-Read LCD:** Features a clear digital display for easy viewing of results.
- **Memory Storage:** Stores up to 60 readings for 2 users, complete with date and time stamps for tracking trends.
- **Visual BP Guide:** Compares your measurements to internationally established standards for home blood pressure use.

ABOUT OUR BLOOD PRESSURE MONITOR



Figure 2: Key features of the HealthSmart Blood Pressure Monitor.

4. COMPONENTS AND WHAT'S INCLUDED

The HealthSmart Digital Standard Arm Blood Pressure Monitor package includes the following items:

- 1 x HealthSmart Digital Standard Arm Blood Pressure Monitor Unit
- 1 x Standard Adult Arm Cuff (measuring 11.75"–16.5")
- 1 x Instruction Manual (this document)
- Quick Start Guide

Note: 4 AA batteries are required for operation and are **NOT** included in the package.

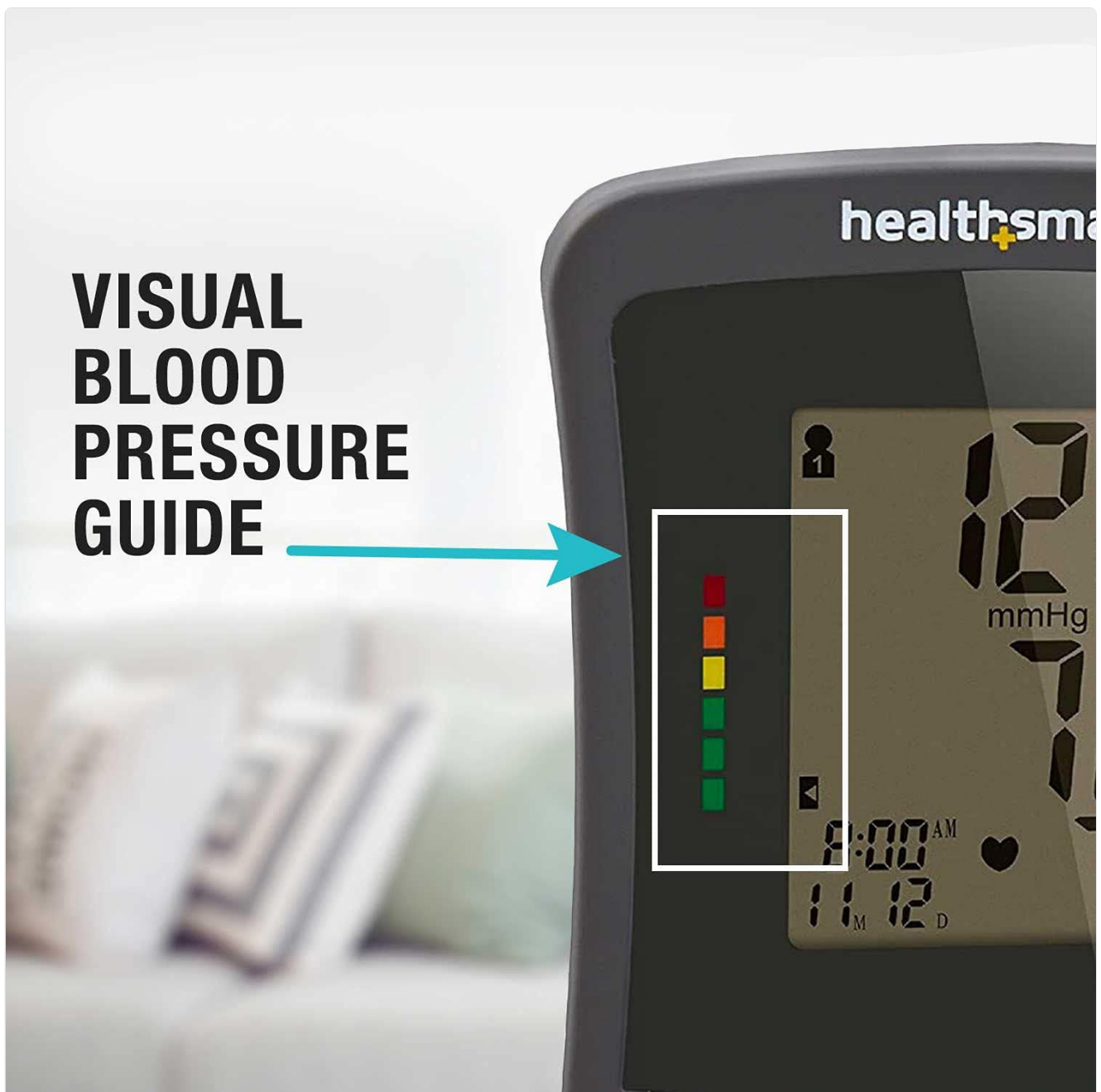


Figure 3: Product and included components.

5. SETUP

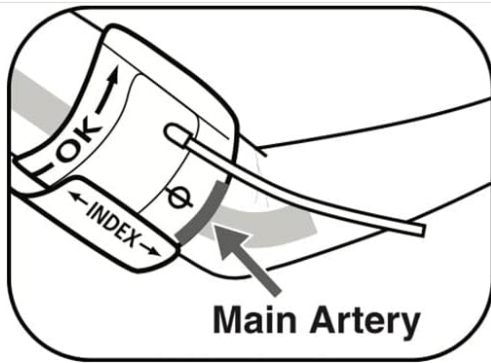
5.1. Installing Batteries

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

5.2. Attaching the Arm Cuff

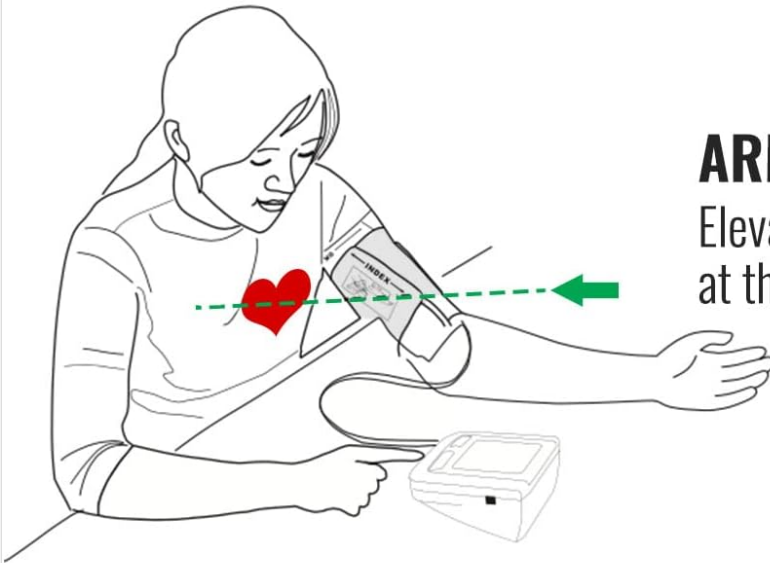
1. Connect the air tube from the arm cuff to the air jack on the side of the blood pressure monitor unit. Ensure it is firmly inserted.
2. Unroll the arm cuff and slide your arm through the cuff loop. The air tube should run down the inside of your arm.
3. Position the cuff so that the index mark (Φ) on the cuff is directly over your main artery (on the inside of your arm). The bottom edge of the cuff should be approximately 1 inch (2-3 cm) above your elbow joint.

4. Wrap the cuff snugly around your upper arm, ensuring it is not too tight or too loose. The fabric fastener should be secure.



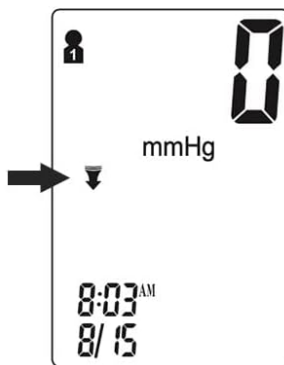
CUFF POSITION

Position the (ϕ) mark over the main artery (*on the inside of your arm*)



ARM POSITION

Elevate your arm so that the cuff is at the same level as your heart.



STABILIZE PRESSURE

The monitor will flash (∇) until pressure is stabilized.

Figure 4: Correct Cuff Position.

6. OPERATING INSTRUCTIONS

6.1. Taking a Measurement

1. Sit comfortably with your back supported and feet flat on the floor. Avoid crossing your legs.
2. Rest your arm on a table or flat surface so that the cuff is at the same level as your heart. Your palm should be facing upward.
3. Remain still and silent during the measurement. Avoid talking or moving.
4. Press the **Power** button (usually marked with a power symbol or 'Start'). The cuff will automatically inflate.
5. The monitor will display your systolic pressure (SYS), diastolic pressure (DIA), and pulse rate (PULSE) on the LCD screen once the measurement is complete.

6. Observe the Visual BP Guide on the left side of the display, which uses a color-coded scale (green, yellow, orange, red) to indicate your blood pressure category according to international standards.
7. If an irregular heartbeat is detected, a corresponding symbol will appear on the display. Consult your physician if this occurs frequently.

| |  |  |  |  |  |
|---------------------------------|---|---|--|---|---|
| | HealthSmart Standard Series Upper Arm Digital BP Monitor | HealthSmart Select Series Upper Arm Digital BP Monitor | HealthSmart Premium Series Upper Arm Digital BP Monitor | HealthSmart Standard Series Universal Wrist Digital BP Monitor | HealthSmart Premium Series Universal Wrist Digital BP Monitor |
| Series | Standard Arm | Select Arm | Premium Arm | Standard Wrist | Premium Wrist |
| Users | 2 users | 2 users | 2 users | 2 users | 2 users |
| Irregular Heartbeat Detection | ✓ | ✓ | ✓ | ✓ | ✓ |
| Visual BP Guide | ✓ | ✓ | ✓ | ✓ | ✓ |
| LCD Screen | Standard | Backlit | High contrast | Standard | High contrast |
| Cuffs | Standard adult | Standard adult | Standard adult & Large adult | Standard wrist | Standard wrist |
| Batteries / AC Adapter Included | | Batteries | Batteries & AC adapter | Batteries | Batteries |
| Storage Case | | Zippered case | Large zippered case | Hard protective case | Hard protective case |
| Talking | | | English & Spanish | | English & Spanish |
| Heart Spot Technology | | | | | ✓ |

Figure 5: Proper Arm Position for Measurement.



Figure 6: Visual Blood Pressure Guide on Display.

7. MEMORY FUNCTIONS

Your monitor can store up to 60 readings for two different users (User 1 and User 2). Each reading is automatically saved with a date and time stamp.

7.1. Selecting a User

Before taking a measurement, ensure the correct user profile (User 1 or User 2) is selected. Refer to your Quick Start Guide or the monitor's display for instructions on switching between users.

7.2. Recalling Stored Readings

To view past measurements:

1. Press the **Memory (M)** button.

2. The most recent reading will be displayed first.
3. Press the **Memory (M)** button repeatedly to scroll through older readings.
4. The monitor may also display the average of your last three readings.

8. MAINTENANCE AND CARE

- Clean the monitor and cuff with a soft, dry cloth. Do not use abrasive cleaners or immerse the unit in water.
- Store the device in a cool, dry place, away from direct sunlight and extreme temperatures.
- Remove batteries if the unit will not be used for an extended period to prevent leakage.
- Handle the cuff and air tube carefully to avoid damage. Do not bend or kink the air tube excessively.

9. TROUBLESHOOTING

| Problem | Possible Cause | Solution |
|--|--|---|
| Monitor does not power on. | Batteries are low or incorrectly inserted. | Replace batteries with new ones, ensuring correct polarity. |
| Error message on display. | Cuff is not properly attached or movement during measurement. | Re-attach cuff securely. Remain still and silent during measurement. |
| Inaccurate readings. | Incorrect arm position, talking/moving during measurement, or cuff size. | Ensure arm is at heart level. Remain still. Verify cuff size is appropriate for your arm. |
| Irregular Heartbeat symbol appears frequently. | Detection of irregular heart rhythm. | Consult your physician for evaluation. |

10. SPECIFICATIONS

| Specification | Detail |
|-------------------------|---|
| Model Number | 04-635-001 |
| Product Dimensions | 5.3"L x 3.9"W x 1"Th |
| Item Weight | 0.84 Pounds (13.4 ounces) |
| Cuff Size | Standard Adult (11.75-16.5 inches) |
| Power Source | Battery Powered (4 AA batteries required, not included) |
| Display Type | LCD |
| Memory Storage | Up to 60 readings for 2 users |
| Age Range (Description) | Adult |
| Manufacturer | HealthSmart |
| First Available Date | January 21, 2016 |



Figure 7: Product Dimensions.

11. WARRANTY AND SUPPORT

For detailed warranty information, please refer to the warranty card included with your product or contact HealthSmart customer support directly. For additional support or to download the official PDF user manual, please visit the HealthSmart website or refer to the link provided with your purchase documentation.

You can also find the official user manual PDF [here](#).