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› HealthSmart Digital Premium Wrist Blood Pressure Monitor (Model 04-820-001) Instruction Manual

HealthSmart 04-820-001

HealthSmart Digital Premium Wrist Blood Pressure Monitor (Model 04-820-001) Instruction Manual

Your guide to accurate and reliable blood pressure monitoring.

1. INTRODUCTION

This manual provides detailed instructions for the proper use and care of your HealthSmart Digital Premium Wrist Blood Pressure Monitor, Model 04-820-001. This device is designed for convenient and accurate measurement of systolic and diastolic blood pressure, as well as pulse rate, at the wrist. It also features irregular heartbeat detection and a visual blood pressure guide.

Please read this manual thoroughly before using the device to ensure correct operation and to obtain the most accurate readings. Keep this manual for future reference.



Image 1.1: The HealthSmart Digital Premium Wrist Blood Pressure Monitor, showing its display and cuff.

2. IMPORTANT SAFETY INFORMATION

Disclaimer: 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. This blood pressure monitor is intended for home use and should not replace professional medical advice or treatment. Consult your physician for interpretation of blood pressure readings.

- Do not self-diagnose or self-medicate based on measurements. Always consult a healthcare professional.
- Keep the device out of reach of children.
- Do not use the device on an injured wrist or if you are undergoing medical treatment that may affect

blood pressure.

- Avoid taking measurements in a moving vehicle or during strenuous activity.
- Do not disassemble or attempt to repair the device.

3. PRODUCT OVERVIEW AND COMPONENTS

The HealthSmart Digital Premium Wrist Blood Pressure Monitor is designed for ease of use and includes several key features:

- High contrast LCD screen with date and time display.
- 120-reading memory for two users.
- Irregular heartbeat detection.
- Visual Blood Pressure Guide for easy interpretation of readings.
- Talking function with English and Spanish language options.
- Automatic inflation and deflation.
- Low battery indicator.

Included Components:

- 1 HealthSmart Digital Premium Wrist Blood Pressure Monitor
- 1 Wrist Cuff (size: 5.3" – 8.5")
- 2 AAA Batteries
- 1 Hard Protective Carrying Case
- Instruction Manual (this document)
- Quick Start Guide



Image 3.1: Key features of the monitor, including LCD backlight, wrist cuff, systolic/diastolic readings, pulse, 120 reading memory, one-button operation, settings, date & time, heartbeat indicator, BP guide, low battery indicator, and support for 2 users.

4. SETUP

4.1 Battery Installation

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

4.2 Initial Settings (Date, Time, Language)

Upon first use or after battery replacement, you may need to set the date, time, and language for the talking function.

1. Press the 'Settings' button (gear icon) to enter setting mode.
2. Use the 'Memory' button (M icon) to adjust values (e.g., year, month, day, hour, minute).

3. Press the 'Settings' button again to confirm each setting and move to the next.
4. Continue until you reach the language setting. Select 'English' or 'Spanish' using the 'Memory' button.
5. Press the 'Settings' button one last time to exit setting mode.

5. OPERATING INSTRUCTIONS

5.1 Applying the Wrist Cuff

1. Remove any tight clothing from your wrist.
2. Place the monitor on your left wrist with the display facing upwards. The cuff should be positioned approximately 0.4 to 0.8 inches (1 to 2 cm) from your palm.
3. Fasten the cuff snugly around your wrist. It should be firm but not uncomfortably tight.



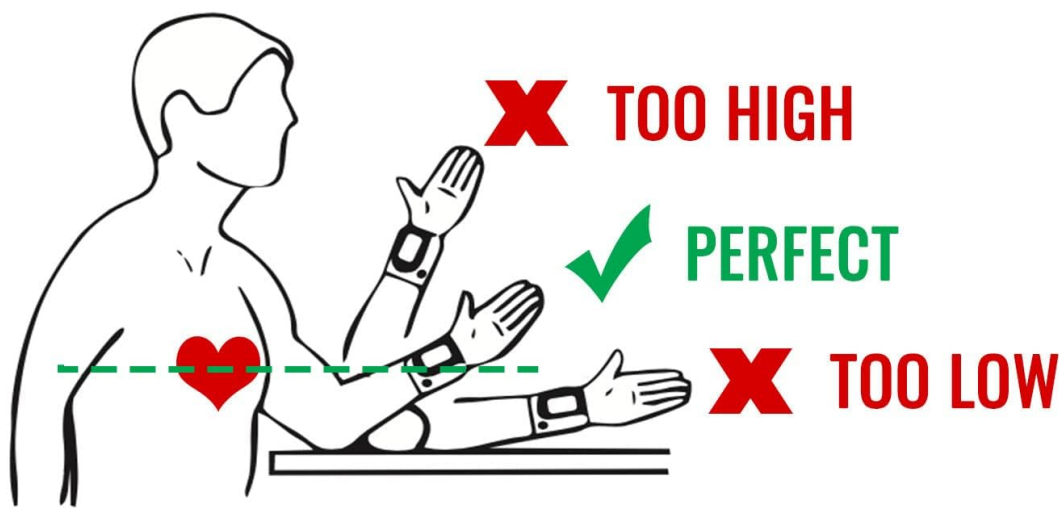
Image 5.1: Proper placement of the wrist cuff on the left wrist.

5.2 Correct Body Position

For accurate readings, proper body positioning is crucial:

1. Sit comfortably with your back supported and feet flat on the floor.
2. Rest your arm on a table or other stable surface.
3. Elevate your wrist so that the cuff is at the same level as your heart. The monitor may provide an audio prompt if your wrist is not at the optimal height.
4. Remain still and avoid talking during the measurement.

Elevate your hand until the cuff is at the same level as your heart



WRIST POSITION

Lower or raise your arm until "00" stops blinking.



STABILIZE PRESSURE

The monitor will flash  until pressure is stabilized.



Image 5.2: Visual guide for maintaining the wrist cuff at heart level during measurement.

5.3 Taking a Measurement

1. Once the cuff is correctly applied and you are in the proper position, press the 'Start/Stop' button (power icon).
2. The cuff will automatically inflate. Remain still and quiet.
3. After inflation, the cuff will slowly deflate, and your blood pressure and pulse readings will appear on the display. The talking function will announce the readings if enabled.
4. The monitor will automatically store the reading in memory.

5.4 Understanding Readings and Indicators

The display shows three main values:

- **SYS (Systolic Pressure):** The top number, indicating the pressure in your arteries when your heart beats.
- **DIA (Diastolic Pressure):** The bottom number, indicating the pressure in your arteries between beats.
- **PULSE:** Your heart rate per minute.

Visual Blood Pressure Guide: A color-coded bar on the left side of the display helps interpret your readings according to internationally established standards. Green indicates normal, yellow/orange indicates elevated, and red indicates high blood pressure. Consult your doctor for specific guidance.

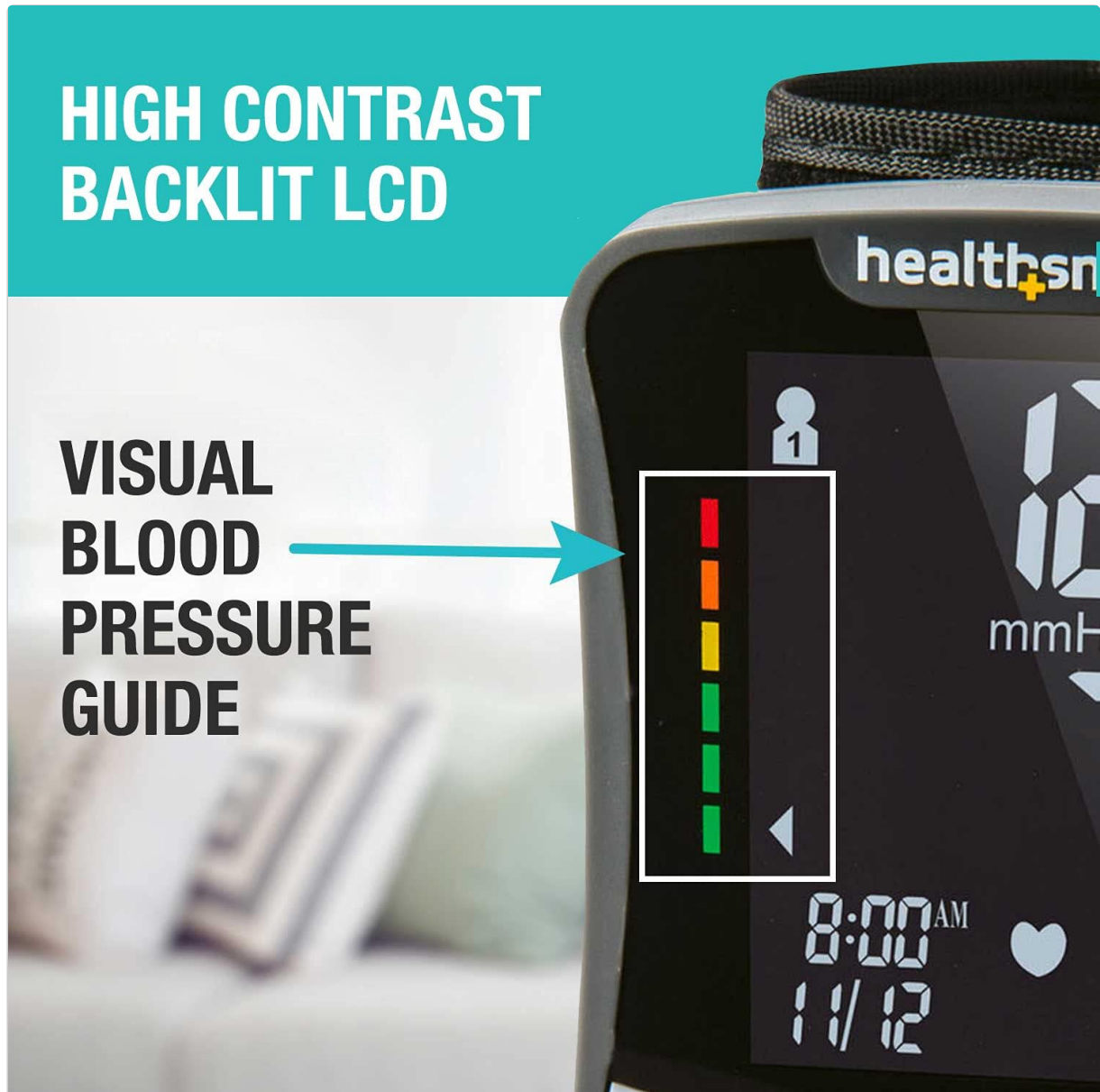


Image 5.3: The monitor's high-contrast LCD display, highlighting the Visual Blood Pressure Guide.

Irregular Heartbeat Detection: If an irregular heartbeat is detected during the measurement, a special symbol will appear on the display. If this symbol appears frequently, consult your physician.

5.5 Memory Function

The monitor can store up to 120 readings for two individual users (60 readings per user) with date and time stamps. It also averages the last three readings.

1. To switch between User 1 and User 2, press the 'Settings' button when the monitor is off. The user icon will toggle.

2. To view stored readings, press the 'Memory' button (M icon) when the monitor is off. Each press will cycle through the stored readings from most recent to oldest.
3. To view the average of the last three readings, press the 'Memory' button repeatedly until the average is displayed.

6. MAINTENANCE

6.1 Cleaning and Storage

- Clean the monitor and cuff with a soft, dry cloth. Do not use abrasive cleaners or immerse the device in water.
- Store the monitor in its protective carrying case when not in use to prevent damage.
- Keep the device in a cool, dry place, away from direct sunlight, extreme temperatures, and humidity.
- If the device will not be used for an extended period, remove the batteries to prevent leakage.



Image 6.1: The HealthSmart monitor stored in its hard protective case, emphasizing its portability.

7. TROUBLESHOOTING

If you encounter issues with your blood pressure monitor, refer to the following common problems and solutions:

Problem	Possible Cause	Solution
Monitor does not power on	Batteries are dead or incorrectly inserted.	Replace batteries or check polarity.
Inaccurate or inconsistent readings	Incorrect cuff placement, improper body position, movement during measurement, or talking.	Ensure cuff is correctly applied, maintain proper body position (wrist at heart level), remain still and quiet. Wait 5 minutes before re-measuring.
Error message (e.g., 'E1', 'E2')	Cuff not properly inflated, excessive movement, or other internal error.	Re-apply cuff and try again. Ensure no movement. If error persists, contact customer support.
Talking function not working	Volume is off or language not set.	Check settings to ensure language is selected and volume is audible.

If the problem persists after attempting these solutions, please contact HealthSmart customer support.

8. SPECIFICATIONS

Feature	Detail
Model Number	04-820-001
Product Dimensions	3.03"L x 2.52"W x 1.26"Th (7.7 x 6.4 x 3.2 cm)
Item Weight	0.25 Pounds (113 grams)
Cuff Size	5.3" – 8.5" (13.5 – 21.6 cm)
Power Source	2 AAA batteries (included)
Display Type	High Contrast LCD
Memory Capacity	120 readings (60 per user) with date/time stamp
Talking Function	English and Spanish
Included Components	Monitor, Wrist Cuff, 2 AAA Batteries, Hard Protective Case

9. WARRANTY AND SUPPORT

9.1 Warranty Information

For specific warranty details, please refer to the warranty card or documentation included with your product packaging. Generally, HealthSmart products are covered by a limited warranty against manufacturing defects from the date of purchase. Keep your proof of purchase for warranty claims.

9.2 Customer Support

If you have any questions, require technical assistance, or need to report a problem with your HealthSmart Digital Premium Wrist Blood Pressure Monitor, please contact HealthSmart customer support. Contact information can typically be found on the product packaging or the official HealthSmart website.