

Generation Guard GM-500W

Generation Guard GM-500W Electronic Wrist Blood Pressure Monitor User Manual

Model: GM-500W

INTRODUCTION

This manual provides essential instructions for the safe and effective use of your Generation Guard GM-500W Electronic Wrist Blood Pressure Monitor. Please read this manual thoroughly before using the device and retain it for future reference. This device is designed for non-invasive measurement of systolic and diastolic blood pressure and pulse rate on the wrist.

IMPORTANT SAFETY INFORMATION

- Consult your physician before using this device if you have any medical conditions.
- Do not use this device for diagnosis or treatment of any health problem or disease.
- Keep the device out of reach of children.
- Do not use the device in a moving vehicle.
- Avoid eating, drinking alcohol, smoking, or exercising for at least 30 minutes before measurement.
- Rest for at least 5 minutes before taking a measurement.
- Measurements should be taken at the same time each day for consistent results.
- This device is not intended to be a substitute for professional medical advice.

PRODUCT OVERVIEW

The Generation Guard GM-500W is a compact and automatic wrist blood pressure monitor designed for convenient home use. It features a large display for easy reading and stores multiple measurements.



Image: The Generation Guard GM-500W wrist blood pressure monitor, showing its digital display and attached cuff.

Key Features:

- Accurate measurement of systolic and diastolic blood pressure and pulse rate.
- Irregular heartbeat indicator.
- Memory function stores up to 90 readings.
- Large, clear digital display.
- Automatic shut-off for power saving.
- Adjustable wrist cuff (5.3 - 7.6 inches).

SETUP INSTRUCTIONS

1. Battery Installation

The monitor requires two AAA batteries. Ensure correct polarity when inserting them.



AA Batteries Included

Second Auto Shut-off

Image: Battery compartment of the monitor with AAA batteries.

1. Open the battery cover on the back of the device.
2. Insert two AAA batteries according to the polarity indicators (+ and -).
3. Close the battery cover securely.

2. Setting Date and Time

Setting the date and time ensures accurate record-keeping for your measurements.

1. With the device off, press the "SET" button. The year will begin to flash.
2. Use the "MEM" button to adjust the year. Press "SET" to confirm and move to the month.
3. Repeat this process for month, day, hour, and minute.
4. Press "SET" one last time to save the settings and exit.

OPERATING INSTRUCTIONS

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 1-2 cm from your palm.
3. Fasten the cuff snugly around your wrist. It should be firm but not uncomfortably tight.



Image: Proper placement of the wrist cuff on the arm.

2. Taking a Measurement

For accurate readings, ensure you are seated comfortably with your arm supported and the monitor at heart level.

❤ Proper position for reading BP



Image: Correct body and arm position for taking a blood pressure reading.

1. Sit upright with your feet flat on the floor.
2. Rest your arm on a table so that the monitor is at the same level as your heart.
3. Press the "ON/OFF" button to start the measurement. The cuff will inflate automatically.
4. Remain still and silent during the measurement.
5. The monitor will display your systolic pressure, diastolic pressure, and pulse rate.
6. The device will automatically store the reading and shut off after 30 seconds of inactivity.

3. Memory Function

The monitor stores up to 90 previous readings, allowing you to track your blood pressure over time.



Track your health
with up to 90
stored readings.



Image: Example of stored readings on the monitor's display.

1. With the device off, press the "MEM" button.
2. The most recent reading will be displayed first.
3. Press "MEM" repeatedly to cycle through older readings.
4. To exit memory mode, press the "ON/OFF" button or wait for automatic shut-off.

IMPORTANT MEASUREMENT TIPS

To ensure the most accurate blood pressure readings, follow these guidelines:

- **Timing:** Take measurements at the same time each day, preferably in the morning before medication and in the evening.
- **Preparation:** Avoid caffeine, alcohol, and smoking for 30 minutes before measuring. Empty your bladder.
- **Rest:** Sit quietly and relax for 5 minutes before taking a reading.
- **Position:** Sit upright with your back supported and feet flat on the floor. Ensure the wrist cuff is at heart level.
- **Multiple Readings:** If taking multiple readings, wait at least 5 minutes between each measurement.



Image: Visual guide for waiting periods before taking a blood pressure measurement.

MAINTENANCE AND STORAGE

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 protective case in a cool, dry place.
- Avoid extreme temperatures, direct sunlight, and high humidity.
- Remove batteries if the device will not be used for an extended period.

TROUBLESHOOTING

Problem	Possible Cause	Solution
No display when powered on	Batteries are dead or incorrectly inserted.	Replace batteries or check polarity.
Inaccurate readings	Incorrect cuff placement, movement during measurement, or improper arm position.	Ensure cuff is correctly placed, remain still, and position arm at heart level. Refer to "Important Measurement Tips".
Cuff does not inflate	Air leakage or cuff not properly secured.	Check cuff connection and ensure it is fastened snugly.
"Err" message on display	Measurement error due to movement, talking, or irregular pulse.	Relax for a few minutes and retake the measurement. Ensure stillness.

SPECIFICATIONS

Model: GM-500W

Measurement Method: Oscillometric

Measurement Range: Pressure: 0-299 mmHg; Pulse: 40-199 beats/minute

Accuracy: Pressure: ± 3 mmHg; Pulse: $\pm 5\%$ of reading

Memory: 90 measurements with date and time

Cuff Size: 5.3 - 7.6 inches (13.5 - 19.5 cm)

Power Source: 2 x AAA batteries (included)

Automatic Shut-off: Approximately 30 seconds

Operating Conditions: 10°C to 40°C (50°F to 104°F), 15% to 90% RH

Storage Conditions: -20°C to 55°C (-4°F to 131°F), 10% to 95% RH

Dimensions: Approximately 4.21 x 3.81 x 3.03 inches

Weight: Approximately 8.01 ounces (excluding batteries)

WARRANTY AND SUPPORT

The Generation Guard GM-500W Electronic Wrist Blood Pressure Monitor comes with a standard manufacturer's warranty. For specific warranty details, please refer to the documentation included with your purchase or visit the official Generation Guard website.

For technical support, troubleshooting assistance, or to inquire about replacement parts, please contact Generation Guard customer service:

- **Website:** [Generation Guard Store on Amazon](#)
- **Email:** Refer to product packaging or official website for contact email.
- **Phone:** Refer to product packaging or official website for contact phone number.

Note: No official product videos were provided in the source data to embed in this manual.

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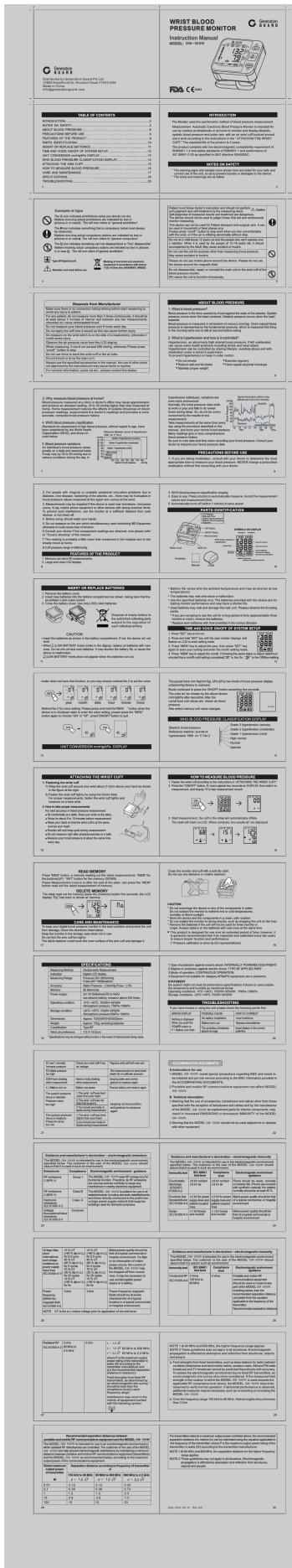
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Related Documents - GM-500W

	<p>Yussa Blood Pressure Smartwatch: User Guide & Features</p> <p>Comprehensive guide for the Yussa Blood Pressure Smartwatch, covering watch and app setup, features like heart rate, sleep tracking, blood pressure monitoring, and troubleshooting. Learn how to install and use the Hero Band III App.</p>
	<p>Defender Wireless Gaming Mouse Operation Manual</p> <p>This document provides the operation manual for the Defender Wireless Gaming Mouse, including setup instructions, safety precautions, and warranty information. It covers various models and is available in multiple languages.</p>
	<p>A2D-GM1 Bluetooth Music Streaming Installation Guide for GM Vehicles</p> <p>Detailed installation guide for the A2D-GM1 Bluetooth music streaming receiver, designed for 1995-05 GM vehicles with separate slave units. Learn how to connect, pair, and operate the device for wireless audio streaming.</p>
	<p>Scosche LPGM35 GM LAN Interface: Retain Steering Wheel Controls & Chimes</p> <p>Guide to installing the Scosche LPGM35 GM LAN interface for replacing factory stereos in 2004-2016 GM vehicles, retaining steering wheel controls, safety chimes, and accessory power.</p>

	<p>DCS-GM2 Quick Start Install Guide for Select 1995-05 GM Vehicles with 10-Pin CD Changer Plug</p> <p>A quick start installation guide for the DCS-GM2 auxiliary input adapter, designed for select 1995-05 GM vehicles pre-wired with a 10-pin CD changer plug. Learn how to connect portable audio devices to your factory radio.</p>
	<p>Neptronic 3-Way NPT Female Globe Valves (AT&AM) - Specifications & Installation Guide</p> <p>Detailed specifications and installation instructions for Neptronic 3-Way NPT Female Globe Valves (AT&AM) series, including model numbers, technical data, and dimensions for industrial and HVAC applications.</p>

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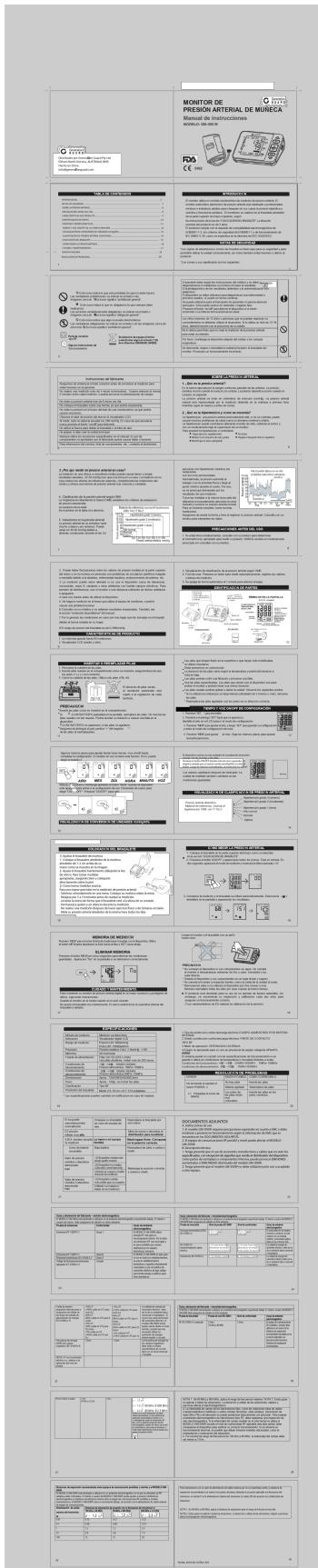
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