

## CONTEC CONTEC08A

# CONTEC Fully Automatic Blood Pressure Monitor

**MODEL: CONTEC08A**

User Instruction Manual

### 1. Introduction

The CONTEC08A is a fully automatic digital blood pressure monitor designed for accurate and convenient measurement of blood pressure and pulse rate. This device utilizes oscillometry for precise readings and is suitable for use by adults, pediatric patients, and neonates, thanks to its versatile cuff options. It features a high-definition color LCD display for clear visibility and a large memory capacity to store readings for multiple users.



Image: The CONTEC08A Blood Pressure Monitor displaying blood pressure and pulse readings.

This manual provides essential information for the safe and effective operation of your CONTEC08A Blood Pressure Monitor. Please read it thoroughly before first use and keep it for future reference.

## 2. Product Features

- **Accurate Measurement:** Utilizes advanced oscillometry technology for precise blood pressure and pulse rate readings.
- **Multi-Size Cuffs:** Includes three cuffs (adult, child, infant) to accommodate various arm circumferences, ensuring accurate measurements across different user types.
- **Large Memory Storage:** Stores up to 300 readings, with capacity for three distinct user profiles (100 readings per user), facilitating long-term tracking.
- **High-Definition Color LCD Display:** Provides clear and strong visibility of readings and system information.
- **PC Software Compatibility:** Allows for data review, analysis, trend visualization, and report printing via free downloadable PC software.
- **Irregular Blood Pressure Alert:** Automatically alerts the user if irregular blood pressure is detected. Alarm

limits can be customized.

## 100 Groups Of Storage Capacity ►

Stores up To 300 Readings For Three Users (100 Readings Each)



## ◀ Three Users Storage

Displaying Your Readings In Separate Three Users, Easy To View Separately

Image: Diagram illustrating the premium features and display elements of the CONTEC08A monitor.



Large color  
LCD display



One-click  
startup



Large 300 groups  
of storage capacity



Three users  
storage



Software analysis



Can measure  
SPO2(Optional)

Image: Visual representation of the monitor's key features, including display, storage, and software capabilities.

### 3. Package Contents

Upon opening the package, please verify that all components are present and undamaged:

- CONTEC08A Blood Pressure Monitor (1 unit)
- USB Cable (1 unit)
- Adult Cuff (8.7"-12.6" / 22-32 cm) (1 unit)
- Child Cuff (7.1"-10.2" / 18-26 cm) (1 unit)
- Infant Cuff (3.9"-7.5" / 10-19 cm) (1 unit)
- User Manual (1 unit)
- Packing Box (1 unit)

**Note:** A power adapter charger is not included and must be purchased separately. The provided USB cable is for data transfer to PC software, not for charging or powering the device.



## What are these? (Note: There is no charger)

- Blood Pressure Monitor
- Download PC Software
- Three Cuffs (Adult, Child, Infant)
- Packing Box
- USB Cable
- Instruction Manual

Image: All components included in the CONTEC08A Blood Pressure Monitor package.

## 4. Setup

### 4.1 Power Supply

The CONTEC08A monitor requires 4 AA batteries for operation. Insert the batteries into the battery compartment located on the underside of the device, ensuring correct polarity (+/-). Alternatively, the device can be powered via an external power adapter (not included) connected to the DC input port.

### 4.2 Initial System Settings

Upon first power-on or after battery replacement, you may need to configure basic system settings. Use the navigation buttons (UP, ENTER, DOWN) to adjust the following:

- **Language:** Select your preferred display language (e.g., EN for English).
- **Unit:** Choose the measurement unit for blood pressure (e.g., mmHg).
- **User Type:** Select the appropriate user type for measurement (ADU for Adult, NEO for Neonate, PED for Pediatric). This setting is crucial for accurate readings and alarm limits.



- **User Permission:** Configure access settings if applicable.



Image: The system setup screen on the CONTEC08A, allowing configuration of language, units, and user types.

### 4.3 Cuff Selection and Connection

Select the appropriate cuff size based on the arm circumference of the user. The monitor includes three cuff sizes:

- **Adult Cuff:** 8.7"-12.6" (22-32 cm) upper arm circumference.
- **Child Cuff:** 7.1"-10.2" (18-26 cm) upper arm circumference.
- **Infant Cuff:** 3.9"-7.5" (10-19 cm) upper arm circumference.

Connect the selected cuff's air tube securely to the air port on the side of the monitor.



- ① Adult cuff size: 8.7-12.6 inches upper arm
- ② Child cuff size: 7.1-10.2 inches upper arm
- ③ Infant cuff size: 3.9-7.5 inches upper arm

Image: The three different cuff sizes included with the monitor, designed for adult, child, and infant use.

## 5. Operation

### 5.1 Preparing for Measurement

1. Sit in a comfortable position with your back supported and feet flat on the floor.
2. Rest your arm on a flat surface so that the cuff is at heart level.
3. Ensure the cuff is applied directly to bare skin, approximately 1-2 cm above the elbow joint. The air tube should run down the center of your arm.
4. Remain still and silent during the measurement. Avoid talking or moving.





## TIPS:

Measures **three times more data points** for more accurate readings to minimize the impact of breathing or movements.

Image: Proper posture and environment for accurate blood pressure measurement, emphasizing the monitor's advanced data collection.

### 5.2 Taking a Measurement

1. Press the **ON/OFF** button to power on the device.
2. Ensure the correct user type (Adult, Pediatric, Neonate) is selected in the system settings if you are measuring for different individuals.
3. Press the **START/STOP** button to begin the measurement. The cuff will inflate automatically.
4. Remain still and relaxed until the measurement is complete and the cuff deflates.
5. Your systolic pressure (SYS), diastolic pressure (DIA), and pulse rate (PR) will be displayed on the screen.
6. The reading will be automatically saved to the selected user's memory.
7. Press the **ON/OFF** button again to power off the device, or it will automatically shut down after a period of inactivity.

### 5.3 Reviewing Stored Readings

The monitor can store up to 100 readings for each of the three user profiles (User 1, User 2, User 3). To review past measurements:



1. With the device powered on, press the **LIST** button (or navigate to the 'Memory' option using the Menu button).
2. Use the **UP** and **DOWN** buttons to scroll through the stored readings.
3. Each reading will display the date, time, systolic pressure, diastolic pressure, and pulse rate.

## PREMIUM FEATURES



Image: The monitor's display showing total storage capacity and individual user profiles for data management.

## 6. PC Software

The CONTEC08A monitor supports data transfer to a personal computer for advanced analysis and reporting. The PC software allows you to:

- Review stored measurement data in detail.
- Analyze trends over time through graphs and statistics.
- Print comprehensive reports of your blood pressure history.

To obtain the software, please download it from the link provided in the package box or contact CONTEC customer support. Connect the monitor to your PC using the supplied USB cable to transfer data.

## 7. Maintenance and Care

### 7.1 Cleaning

Wipe the monitor and cuff with a soft, dry cloth. If necessary, use a cloth lightly dampened with water or a mild detergent. Do not use abrasive cleaners, alcohol, or organic solvents. Ensure no liquid enters the device.

### 7.2 Storage

Store the device in a clean, dry place away from direct sunlight, extreme temperatures, and high humidity. Keep it out of reach of children and pets. Do not store the device with the cuff inflated.

### 7.3 Battery Replacement

Replace all 4 AA batteries when the low battery indicator appears on the display. Always replace all batteries at the same time with new ones of the same type. Remove batteries if the device will not be used for an extended period to prevent leakage.

## 8. Troubleshooting

Problem	Possible Cause	Solution
No display/Device won't turn on	Batteries are dead or incorrectly inserted.	Check battery polarity; replace with new batteries.
"Loose Cuff" error message	Cuff is not applied correctly or is too loose.	Re-apply the cuff snugly to the arm, ensuring it is at heart level and the air tube is properly connected.
Inaccurate or inconsistent readings	Movement or talking during measurement; incorrect cuff size; improper arm position.	Remain still and silent. Ensure correct cuff size is used. Position arm correctly at heart level. Take multiple readings for average.
Device overheats	Faulty batteries or internal circuit issue.	Immediately remove batteries. Discontinue use and contact customer support. Do not attempt to repair.
Irregular Heartbeat Indicator (if applicable)	Detection of an irregular heartbeat during measurement.	This is an informational alert. If this indicator appears frequently, consult a healthcare professional.

If you encounter problems not listed here or if solutions do not resolve the issue, please contact CONTEC customer support.

## 9. Specifications




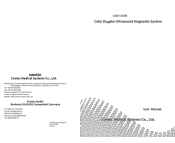


Specification	Detail
Model Number	CONTEC08A
Display Type	LED Color Display
Measurement Method	Oscillometry
Power Source	4 AA batteries (required) or Corded Electric (adapter not included)
Product Dimensions	4.65"L x 3.78"W x 2.99"Th
Package Dimensions	6.54 x 4.72 x 4.65 inches
Item Weight	1.57 Pounds
Manufacturer Recommended Age	22 months and up
Included Components	Monitor, 3 Cuffs (Adult, Child, Infant), USB Cable, User Manual
UPC	756040906115

## 10. Warranty and Support

CONTEC is committed to providing high-quality products. For information regarding product warranty, please refer to the warranty card included with your purchase or visit the official CONTEC website. Keep your purchase receipt as proof of purchase for any warranty claims.

For technical support, troubleshooting assistance, or inquiries about your CONTEC08A Blood Pressure Monitor, please contact CONTEC customer service. You can find contact information on the CONTEC official website or through the retailer where you purchased the product.

Visit the [CONTEC Store on Amazon](#) for more products and information.

	<p><a href="#"><u>CONTEC08C Electronic Sphygmomanometer User Manual</u></a></p> <p>User manual for the CONTEC08C Electronic Sphygmomanometer, detailing its functions, safety precautions, operation, maintenance, and specifications for accurate blood pressure measurement.</p>
	<p><a href="#"><u>Contec SP80B Spirometer User Manual and Technical Guide</u></a></p> <p>Comprehensive user manual for the Contec SP80B Spirometer, detailing operation, safety guidelines, technical specifications, maintenance, and troubleshooting for lung function testing.</p>
	<p><a href="#"><u>CONTEC ESB0059 Pulse Oximeter Probe User Manual</u></a></p> <p>User manual for the CONTEC ESB0059 Pulse Oximeter Probe, detailing its intended use, performance specifications, directions for use, maintenance, warnings, and electromagnetic compatibility information for healthcare professionals.</p>
	<p><a href="#"><u>Contec CMS1600B Color Doppler Ultrasound Diagnostic System User Manual</u></a></p> <p>This user manual provides comprehensive instructions for the Contec CMS1600B, a wireless handheld color Doppler ultrasound diagnostic system. It covers device operation, software functions, safety precautions, maintenance, and troubleshooting for healthcare professionals.</p>
	<p><a href="#"><u>Contec CMS50D1 Fingertip Pulse Oximeter User Manual and Specifications</u></a></p> <p>Comprehensive user guide for the Contec CMS50D1 fingertip pulse oximeter, detailing its features, operation, maintenance, troubleshooting, and technical specifications for SpO2 and pulse rate monitoring.</p>
	<p><a href="#"><u>RT-200 Universal Cable + TV Remote Control Programming and Operating Instructions</u></a></p> <p>Comprehensive programming and operating instructions for the Contec RT-200 Universal Cable and TV Remote Control. Learn how to install batteries, program for cable set-top boxes and TVs using code entry or point-and-press methods, manage volume and input, and troubleshoot common issues. Includes extensive TV setup codes for various brands.</p>