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› Vivitar PB-8004 Arm Blood Pressure Monitor User Manual

Vivitar PPB8004

Vivitar PB-8004 Arm Blood Pressure Monitor

Model: PPB8004 | Brand: Vivitar

INTRODUCTION AND OVERVIEW

The Vivitar PB-8004 Arm Blood Pressure Monitor is designed for accurate and convenient measurement of systolic and diastolic blood pressure, as well as heart rate. This device is intended for home use and provides an easy-to-read digital display of your measurements.

SAFETY INFORMATION

Before using the Vivitar PB-8004 Arm Blood Pressure Monitor, please read all instructions carefully.

- This device is intended for adult use only.
- Do not use this device for self-diagnosis or self-treatment. Always consult a healthcare professional for interpretation of blood pressure readings.
- Keep out of reach of children.
- Do not use the device in a moving vehicle or on an airplane.
- Avoid taking measurements in an environment with strong electromagnetic interference.
- Do not disassemble or attempt to repair the device yourself. Contact customer support if service is required.
- Consult your doctor before use if you have any medical conditions, especially if you have a pacemaker or other implanted electronic device.

PACKAGE CONTENTS

Please check the package contents to ensure all items are present:

- Vivitar PB-8004 Blood Pressure Monitor Unit
- Arm Cuff
- User Manual

PRODUCT FEATURES

The Vivitar PB-8004 Arm Blood Pressure Monitor offers the following key features:

- **Automatic Digital Measurement:** Provides quick and accurate readings.
- **Large LCD Display:** Easy-to-read display shows systolic, diastolic, and pulse rate.
- **Comfortable Arm Cuff:** Designed for comfortable and secure placement on the upper arm.
- **Memory Function:** Stores previous readings for tracking trends.
- **Compact Design:** Portable and easy to store.

SETUP

Battery Installation

The Vivitar PB-8004 operates on batteries (not included). Follow these steps to install them:

1. Locate the battery compartment on the back or bottom of the monitor unit.
2. Open the battery compartment cover.
3. Insert the required number of batteries (e.g., 4 x AA batteries) according to the polarity indicators (+ and -) inside the compartment.
4. Close the battery compartment cover securely.

Cuff Placement

Proper cuff placement is crucial for accurate readings. Refer to the image below and follow these instructions:



Image: The Vivitar PB-8004 Blood Pressure Monitor unit is shown in the foreground with its digital display and two large buttons labeled '1' and

'2'. Behind it is the gray arm cuff, folded. The cuff has an illustration demonstrating how to position it on the upper arm, with an 'INDEX' arrow and a guideline for placing the cuff 2-3 cm above the elbow. This image illustrates the main components of the blood pressure monitor and provides a visual guide for cuff placement.

1. Sit in a comfortable position with your feet flat on the floor and your arm resting on a table, palm facing up.
2. Slide the cuff onto your bare upper arm, ensuring the air tube points towards your forearm.
3. Position the cuff so that the bottom edge is approximately 2-3 cm (about 1 inch) above your elbow joint.
4. Align the index mark on the cuff with the center of your inner arm.
5. Wrap the cuff snugly around your arm, securing it with the hook-and-loop fastener. It should be tight enough that you can barely slide two fingers underneath.

OPERATING INSTRUCTIONS

Taking a Measurement

Follow these steps to take an accurate blood pressure reading:

1. Ensure the cuff is correctly placed on your arm as described in the 'Cuff Placement' section.
2. Remain still and quiet. Avoid talking or moving during the measurement.
3. Press the 'START' button (or the main power button, if combined) on the monitor. The cuff will automatically inflate.
4. Once the inflation is complete, the cuff will slowly deflate, and your systolic pressure, diastolic pressure, and pulse rate will be displayed on the LCD screen.
5. The measurement will automatically be saved to the device's memory.

Memory Function

The Vivitar PB-8004 can store previous readings. To access them:

- Press the '1' or '2' button (for user profiles or memory recall) to view past measurements.
- Press the button repeatedly to scroll through stored readings.

MAINTENANCE

Cleaning

To ensure the longevity and accuracy of your blood pressure monitor:

- 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 immediately.
- Do not use abrasive cleaners, solvents, or immerse the device in water.

Storage

Store the device in a clean, dry place, away from:

- Direct sunlight
- Extreme temperatures (hot or cold)
- High humidity
- Dust

If the device will not be used for an extended period, remove the batteries to prevent leakage.

TROUBLESHOOTING

Common Issues and Solutions

If you encounter problems with your Vivitar PB-8004, refer to the following table:

Problem	Possible Cause	Solution
No display / Device does not turn on	Batteries are dead or incorrectly inserted.	Replace batteries with new ones, ensuring correct polarity.
Error message (e.g., 'E1', 'Err')	Cuff is too loose or too tight; movement during measurement; irregular heartbeat detected.	Re-apply cuff correctly. Remain still and quiet. Consult a doctor if irregular heartbeat persists.
Inconsistent readings	Improper cuff placement; talking or moving during measurement; recent physical activity.	Ensure proper cuff placement and technique. Rest for 5 minutes before measurement. Take multiple readings.
Cuff does not inflate or inflates too little	Air tube is disconnected; air leakage from cuff.	Check that the air tube is securely connected to the monitor. Inspect cuff for damage.

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

SPECIFICATIONS

Technical Specifications

Feature	Detail
Brand Name	Vivitar
Manufacturer	Unbranded
Product Model Number	PPB8004
Color	White
Type	Arm Blood Pressure Monitor
Cuff Position	Upper Arm
Battery Used	Yes
Battery Included	No
Material	Other Materials
Product Dimensions (L x W x H)	22.61 x 30.48 x 25.4 cm
Item Weight	454 g
Release Year	2017
ASIN	B06XY6MM68
UPC	681066319260
First Available Date on Amazon.co.jp	March 8, 2017

WARRANTY AND CUSTOMER SUPPORT

Specific warranty information for the Vivitar PB-8004 Arm Blood Pressure Monitor may vary by region and retailer. Please refer to your purchase documentation or contact the retailer where you purchased the device for details regarding warranty coverage.

For technical assistance, troubleshooting beyond this manual, or service inquiries, please contact Vivitar customer support or the authorized service center in your region. Contact information can typically be found on the manufacturer's official website or on the product packaging.