



Manuals.plus /

› Qardio /

› QardioArm Smart Blood Pressure Monitor User Manual (Model A101-CAW)

Qardio A101-CAW

QardioArm Smart Blood Pressure Monitor User Manual

Model: A101-CAW

1. INTRODUCTION

The QardioArm Smart Blood Pressure Monitor is a medically accurate, compact digital upper arm cuff designed for easy and convenient blood pressure measurement at home or on the go. It connects wirelessly to your smartphone or tablet via Bluetooth, allowing you to track, manage, and share your health data through the Qardio App.

2. IMPORTANT SAFETY INFORMATION

- Consult your physician before using this device if you have any medical conditions or concerns.
- Do not use this device for diagnosis or treatment of any health problem or disease. Always consult a medical professional for interpretation of your blood pressure readings.
- Keep the device out of reach of children.
- Do not use the device in a moving vehicle.
- Do not use the device if you have a serious arrhythmia.
- Ensure the cuff fits properly on your upper arm. Incorrect cuff size or placement can lead to inaccurate readings.
- This device is intended for adult use only.

3. PACKAGE CONTENTS

- QardioArm Smart Blood Pressure Monitor
- 4 x AAA Batteries (1.5V)
- User Manual

4. DEVICE OVERVIEW

The QardioArm is a sleek, portable blood pressure monitor consisting of a main unit integrated into an adjustable cuff. It features an automatic on/off mechanism activated by opening and closing the cuff.



Figure 1: QardioArm Blood Pressure Monitor in its compact, folded state, ready for storage or transport.



Figure 2: The QardioArm Blood Pressure Monitor shown alongside a smartphone displaying a blood pressure reading (SYS 120 mmHg, DIA 80 mmHg, PULSE 60 Beats/Min).

5. SETUP AND PAIRING

Before using your QardioArm, you need to install the Qardio App and pair the device with your mobile device.

1. **Download the Qardio App:** Download the free Qardio App from the Apple App Store (for iOS 10.0 or later) or Google Play Store (for Android 5 or later). The app is also compatible with Kindle devices.
2. **Create/Log In to Account:** Open the Qardio App and either create a new account or log in with your existing credentials.
3. **Enable Bluetooth:** Ensure Bluetooth is enabled on your smartphone or tablet. The QardioArm requires Bluetooth 4.0 or higher.
4. **Turn On QardioArm:** Unfold the QardioArm cuff to automatically turn on the device.
5. **Pairing:** Hold the QardioArm near the top of your mobile device. A Bluetooth pairing request will appear

on your screen. Select the 'Pair' option to confirm. Once paired, a green 'START' button will appear in the app, indicating the device is ready for use.

Video: Turn On / Off & Pairing

Your browser does not support the video tag.

This video demonstrates how to turn on, turn off, and pair your QardioArm Blood Pressure Monitor with the Qardio App on your mobile device for the first time.

6. OPERATION: TAKING A MEASUREMENT

For accurate readings, follow these steps:

1. **Prepare for Measurement:** Sit comfortably with your back supported and feet flat on the floor. Rest your arm on a table so the cuff is at heart level. Avoid talking or moving during the measurement.
2. **Cuff Placement:** Slide the QardioArm cuff onto your upper arm, ensuring the main unit is positioned on the inside of your arm, approximately 1-2 cm above your elbow. The cuff should fit snugly but not too tightly. The cuff accommodates upper arm circumferences from 8.7 to 14.6 inches (22-37 cm).
3. **Start Measurement:** Open the Qardio App on your paired mobile device. Tap the large 'START' button to begin the measurement. The cuff will automatically inflate and deflate.
4. **View Results:** Your blood pressure and pulse readings will be displayed in the app. The app provides a clear interpretation of your numbers based on World Health Organization (WHO) guidelines.
5. **Multiple Readings:** For enhanced accuracy, the app allows you to configure multiple readings to be taken back-to-back, with an average calculated. This feature can be adjusted in the app settings.



Figure 3: Proper usage of the QardioArm, with the user seated comfortably and the device on the upper arm, connected to a smartphone.

7. APP INTEGRATION & DATA MANAGEMENT

The Qardio App offers extensive features for managing your blood pressure data:

- **Automatic Tracking:** All measurements are automatically stored and tracked over time, allowing you to monitor trends and progress.
- **Visual Charts:** The app provides clear charts and graphs to visualize your blood pressure history.
- **Advanced Features:** Includes pregnancy mode, multi-user support, easy guest mode, measurement reminders, and the ability to add notes to readings.
- **Irregular Heartbeat Detection:** The device can detect irregular heartbeats during measurement. If detected, consult your doctor.
- **Data Sharing:** Securely share your data automatically with family members or send results via email to your doctor through the HIPAA compliant cloud.
- **Health Platform Integration:** Integrates with Apple Health, Google Fit, and Samsung Health. It also works with Siri and Alexa voice commands, and Apple Watch/Android Wear.

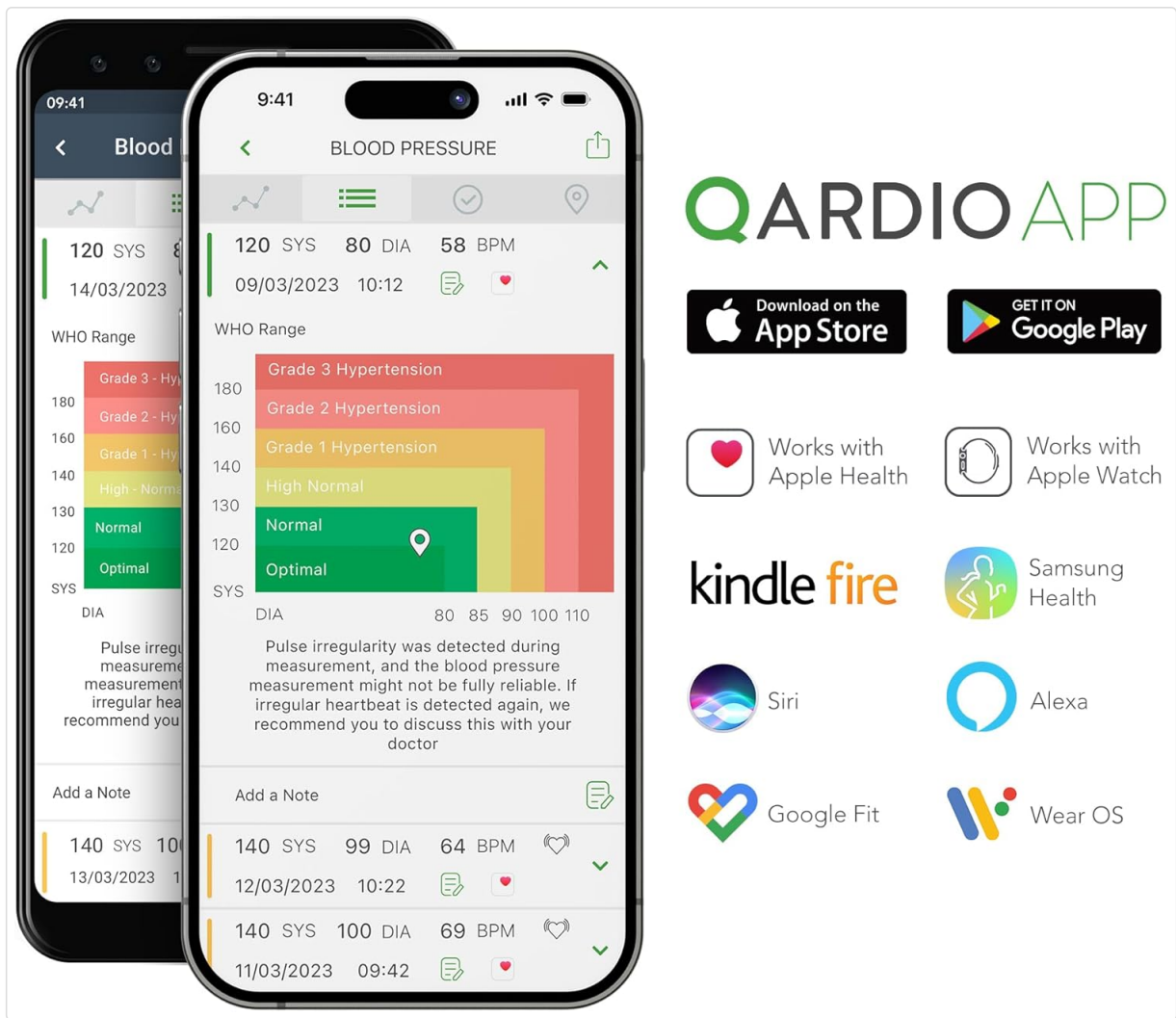


Figure 4: The Qardio App displaying blood pressure results and a visual chart indicating WHO blood pressure ranges.



Figure 5: A couple reviewing health data on a tablet, demonstrating the ease of data access and sharing.

8. MAINTENANCE

- **Cleaning:** Wipe the device and cuff with a soft, dry cloth. Do not use abrasive cleaners or immerse the device in water.
- **Battery Replacement:** The QardioArm uses 4 AAA batteries. Replace all batteries when the low battery indicator appears in the app or on the device.
- **Storage:** Store the device in its compact, folded state in a cool, dry place away from direct sunlight and extreme temperatures.

9. TROUBLESHOOTING

- **Device Not Turning On:** Ensure the cuff is fully unfolded. The device automatically turns on when unfolded and off when folded. Check battery levels.
- **Pairing Issues:** Verify Bluetooth is active on your mobile device. Ensure the QardioArm is unfolded and close to your device during pairing. If issues persist, try restarting both the Qardio App and your mobile device.
- **Inaccurate Readings:** Ensure proper cuff placement and a relaxed, still position during measurement. Compare readings with a clinically validated device if you suspect inaccuracy, and consult your doctor.
- **App Not Responding:** Close and reopen the Qardio App. If necessary, restart your mobile device.

10. SPECIFICATIONS

Model Number	A101-CAW
Manufacturer	Qardio, Inc.
Product Dimensions	14 x 6.8 x 3.8 cm
Item Weight	310 g
Power Source	4 x 1.5V AAA Batteries (included)
Display Type	Digital (via Qardio App)
Measurement Method	Oscillometric method with automatic inflation and controlled pressure release valve
Blood Pressure Accuracy	+/- 3 mmHg or 2% of readout value
Pulse Accuracy	+/- 5% of readout value
Cuff Circumference	8.7 - 14.6 inches (22 - 37 cm)
Connectivity	Bluetooth 4.0
Compatibility	iOS 10.0+, Kindle, Android 5+, Android Wear, Apple Watch
UPC	854894005142, 854894005104

11. WARRANTY AND SUPPORT

For warranty information, technical support, or further assistance, please visit the official Qardio website or

contact Qardio customer service. Keep your purchase receipt for warranty claims.