

Rossmax CH155

Rossmax CH155 Digital Blood Pressure Monitor User Manual

Model: CH155

1. INTRODUCTION

Thank you for choosing the Rossmax CH155 Digital Blood Pressure Monitor. This device is designed for accurate and convenient measurement of blood pressure and pulse rate at home. Please read this manual thoroughly before use to ensure proper operation and to obtain the most accurate readings.

Key Features:

- **Real Fuzzy Technology:** Automatically determines the ideal cuff inflation pressure based on systolic blood pressure and arm size, eliminating the need for pre-setting inflation levels. This technology enhances comfort and accuracy.
- **Hypertension Risk Indicator:** Provides a visual classification of blood pressure levels according to established guidelines.
- **Movement Detection:** Alerts the user if body movement occurs during measurement, which can affect accuracy.
- **Average of Last 3 Readings:** Calculates the average of the three most recent measurements for better trend analysis.
- **90 Memory Slots:** Stores up to 90 readings for tracking over time.
- **Conical Cuff:** Comfortable cuff designed to fit arm circumferences from 24 to 36 cm (9.4 to 14.2 inches).
- **Clinically Accurate:** This blood pressure monitor has passed the European Society of Hypertension (ESH) standards.
- **Latex-Free:** Cuff accessories are latex-free.

2. SAFETY INFORMATION

Please observe the following safety precautions to ensure safe and effective use of your blood pressure monitor:

- Consult your physician before using this device if you have any medical conditions, especially if you are pregnant, have arrhythmias, or suffer from arteriosclerosis.
- Do not use this device on infants or individuals who cannot express their consent.

- Avoid taking measurements in a moving vehicle or during physical activity.
- Do not self-diagnose or self-medicate based on measurement results. Always consult a healthcare professional.
- Keep the device out of reach of children and pets.
- Use only authorized parts and accessories.
- Do not disassemble or attempt to repair the device yourself.

3. SETUP

3.1 Unpacking and Checking Components

Carefully remove the blood pressure monitor and all accessories from the packaging. Ensure all components are present and undamaged. The package should include the main unit, arm cuff, and batteries.



Image: The Rossmax CH155 monitor, arm cuff, and included batteries.

3.2 Battery Installation

1. Open the battery compartment cover on the back of the monitor.
2. Insert four (4) AAA batteries, ensuring the correct polarity (+/-) as indicated inside the compartment.
3. Close the battery compartment cover securely.

3.3 Attaching the Arm Cuff

1. Insert the air plug of the arm cuff firmly into the air jack on the side of the monitor.
2. Ensure the connection is secure to prevent air leakage during measurement.

4. OPERATING INSTRUCTIONS

4.1 Before Measurement

- Avoid eating, drinking alcohol, smoking, exercising, and bathing for 30 minutes before measurement.
- Rest for at least 5 minutes before taking a measurement.
- Sit in a comfortable position with your back supported and feet flat on the floor.
- Place your arm on a table so the cuff is at heart level.

4.2 Applying the Arm Cuff



Image: Diagram illustrating the correct placement of the arm cuff on the upper left arm, with the air tube positioned centrally.

1. Remove tight-fitting clothing from your upper arm.
2. Wrap the cuff around your bare upper left arm, approximately 1-2 cm above the elbow joint.
3. Ensure the air tube is positioned over the center of your inner arm.
4. Fasten the cuff snugly, but not too tightly. You should be able to insert two fingers between the cuff and your arm.

4.3 Taking a Measurement



Image: The Rossmax CH155 monitor displaying systolic (SYS), diastolic (DIA), and pulse readings, along with a hypertension risk indicator bar and memory icon.

1. Press the **START/STOP** button (power button). The cuff will automatically inflate.
2. Remain still and silent during the measurement. If the Movement Detection icon appears, it indicates body movement, which may affect accuracy.
3. Once the measurement is complete, the systolic pressure (SYS), diastolic pressure (DIA), and pulse rate will be displayed on the screen.
4. The Hypertension Risk Indicator on the left side of the display will show your blood pressure classification.
5. The reading will be automatically stored in the device's memory.
6. Press the **START/STOP** button again to turn off the device, or it will automatically shut off after 1 minute of inactivity.

4.4 Memory Function

To view past readings:

1. With the device off, press the 'M' button. The average of the last three readings will be displayed first.
2. Press the 'M' button repeatedly to scroll through individual past measurements, from most recent to oldest.
3. The device stores up to 90 readings.

5. MAINTENANCE

5.1 Cleaning

- Clean the monitor and cuff with a soft, dry cloth.
- If necessary, use a cloth lightly dampened with water or a mild detergent, then wipe dry.
- Do not use abrasive cleaners, alcohol, or organic solvents.
- Do not wash the cuff or immerse the device in water.

5.2 Storage

- Store the device in a clean, 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.

5.3 Battery Replacement

When the low battery indicator appears on the display, replace all four batteries with new AAA batteries. Do not mix old and new batteries or different types of batteries.

6. TROUBLESHOOTING

If you encounter issues with your Rossmax CH155, refer to the table below for common problems and solutions:

Problem	Possible Cause	Solution
Device does not turn on.	Batteries are dead or incorrectly inserted.	Check battery polarity or replace with new batteries.
Inaccurate or inconsistent readings.	Incorrect cuff placement, body movement, talking during measurement, not resting before measurement, or cuff size mismatch.	Ensure correct cuff placement, remain still and silent, rest for 5 minutes before measurement. Verify cuff fits your arm circumference (24-36 cm). Take multiple readings for comparison.
Cuff does not inflate or inflates too little/much.	Air plug not securely connected, air leakage, or cuff damage.	Check air plug connection. Inspect cuff for damage. If issues persist, contact customer support.
Error message on display.	Various operational errors.	Turn off the device, wait a few minutes, and try again. If the error persists, consult the full user manual or contact customer support.

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

7. SPECIFICATIONS

Specification	Detail
Product Name	Digital Blood Pressure Monitor
Model Number	CH155
Brand	Rossmax
Cuff Size	24 - 36 cm (Universal Cone Cuff)
Power Source	Battery operated (4x AAA)
Display Type	Digital
Memory	90 readings with date/time stamp
Product Dimensions (L x W x H)	17.1 x 11.6 x 10.8 cm
Item Weight	1661 grams
Age Range Description	Adult

8. WARRANTY AND SUPPORT

The Rossmax CH155 Digital Blood Pressure Monitor is manufactured to high-quality standards. For warranty information, please refer to the warranty card included in your product packaging or contact your local Rossmax distributor or retailer.

For technical support, troubleshooting assistance, or to inquire about replacement parts, please contact the authorized Rossmax service center in your region. Contact details can typically be found on the manufacturer's website or through your point of purchase.

