

Pic Solution 02010292000000

Pic Solution MobileRAPID Digital Wrist Blood Pressure Monitor User Manual

INTRODUCTION

The Pic Solution MobileRAPID Digital Wrist Blood Pressure Monitor is designed for convenient and accurate measurement of systolic and diastolic blood pressure, as well as pulse rate, directly from your wrist. This compact and portable device features Rapid-Tech technology for quick readings during inflation, a large backlit display for clear visibility, and Bluetooth connectivity for synchronization with the Pic Health Station App on your smartphone. This manual provides essential instructions for setup, operation, maintenance, and troubleshooting to ensure optimal performance and accurate results.

SAFETY INFORMATION

- Consult your physician before using this device if you have any medical conditions.
- This device is intended for adult use only.
- Do not use this device for diagnosis or treatment of any health problem or disease. Always consult a medical professional for diagnosis and treatment.
- Do not use the device on an injured wrist.
- Keep the device out of reach of children.
- Use only specified batteries. Do not mix old and new batteries.
- Avoid strong electromagnetic fields (e.g., mobile phones, microwave ovens) near the device during measurement.
- Do not disassemble or attempt to repair the device yourself.

PRODUCT OVERVIEW

The Pic Solution MobileRAPID monitor consists of a main unit with a digital display and control buttons, and an integrated wrist cuff.

- **Display:** Shows blood pressure readings (systolic, diastolic), pulse rate, time, date, and indicators for irregular heartbeat and user profiles.
- **START/STOP Button:** Initiates and stops measurements.
- **SET Button:** Used for setting time, date, and accessing memory functions.

- **User Selection Buttons (1/2):** Allows selection between two user profiles for storing measurements separately.
- **Wrist Cuff:** Integrated and designed for wrist circumference of 21 cm.



Image: Close-up of the monitor display.



Image: Close-up of the monitor's control buttons.

SETUP

1. Battery Installation

1. Open the battery compartment cover on the back of the device.
2. Insert two AAA batteries, ensuring correct polarity (+/-).
3. Close the battery compartment cover.

Note: The device requires 2 AAA batteries, which are included.

2. Initial Settings (Date and Time)

1. With the device off, press and hold the **SET** button until the year starts flashing.
2. Use the **START/STOP** button to adjust the year. Press **SET** to confirm and move to the next setting (month, day, hour, minute).
3. Repeat the process to set the correct month, day, hour, and minute.

4. Press **SET** to save all changes and exit the setting mode.

3. App Installation and Pairing

1. Download the "Pic Health Station" app from the App Store (iOS) or Google Play Store (Android) onto your smartphone.
2. Enable Bluetooth on your smartphone.
3. Open the Pic Health Station app and follow the on-screen instructions to create a profile and pair your MobileRAPID monitor.
4. The app will guide you through the pairing process, typically involving activating Bluetooth on the monitor (usually automatic when taking a reading) and confirming the connection in the app.

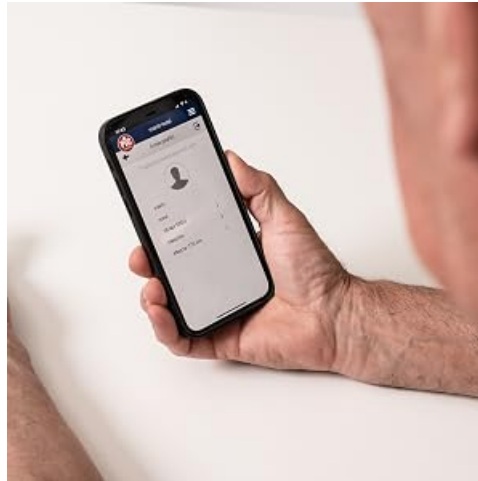


Image: Smartphone displaying the Pic Health Station app.

OPERATING INSTRUCTIONS

1. Preparation for Measurement

- Rest for at least 5 minutes before taking a measurement.
- Avoid eating, smoking, or exercising for 30 minutes prior to measurement.
- Sit in a comfortable position with your feet flat on the floor and your arm resting on a table.
- Remove any tight clothing from your wrist.

2. Applying the Wrist Cuff

1. Place the monitor on your left wrist with the display facing upwards.
2. Ensure the monitor is positioned approximately 1-2 cm from your palm.
3. Tighten the cuff snugly but not too tightly around your wrist.
4. Position your wrist at heart level during the measurement.



Image: Correct placement of the wrist blood pressure monitor.

3. Taking a Measurement

1. Select your user profile (User 1 or User 2) using the dedicated buttons if applicable.
2. Press the **START/STOP** button. The cuff will inflate automatically, and the measurement will begin.
3. Remain still and silent during the measurement.
4. The display will show your systolic pressure (SYS), diastolic pressure (DIA), and pulse rate (Pul/min) once the measurement is complete.



Image: User initiating a measurement.

4. Understanding Readings

- **Systolic (SYS):** The top number, indicating the pressure in your arteries when your heart beats.
- **Diastolic (DIA):** The bottom number, indicating the pressure in your arteries when your heart rests between beats.
- **Pulse (Pul/min):** Your heart rate, measured in beats per minute.
- **Irregular Heartbeat Indicator:** If an irregular heartbeat is detected, a specific icon may appear on the display. Consult your physician if this occurs frequently.

5. Data Synchronization with Pic Health Station App

- After a measurement, the device will automatically attempt to synchronize data with the Pic Health Station app if your smartphone is nearby and Bluetooth is enabled.
- The app allows you to save, track, and analyze your blood pressure statistics over time, providing weekly or monthly averages.



Image: Monitor synchronized with the Pic Health Station app on a smartphone.

MAINTENANCE

1. Cleaning

- Wipe the device and cuff with a soft, dry cloth.
- If necessary, use a slightly damp cloth with a mild detergent, then wipe dry.
- Do not use abrasive cleaners, solvents, or immerse the device in water.

2. Battery Replacement

- When the low battery indicator appears on the display, replace both AAA batteries simultaneously.
- Dispose of used batteries according to local regulations.

3. Storage

- Store the device in its protective pouch in a cool, dry place, away from direct sunlight, extreme temperatures, and humidity.
- Remove batteries if the device will not be used for an extended period.



Image: The included carrying pouch for safe storage.

TROUBLESHOOTING

- **No Display/Device Not Turning On:** Check battery polarity and ensure batteries are not depleted. Replace if necessary.
- **Inaccurate Readings:**
 - Ensure correct cuff placement and tightness.
 - Maintain proper body posture and wrist position at heart level.
 - Rest for 5 minutes before measurement.
 - Avoid talking or moving during measurement.
 - Consult your physician if readings consistently seem incorrect.
- **App Connection Issues:**
 - Ensure Bluetooth is enabled on your smartphone and the monitor.
 - Restart the app and/or your smartphone.
 - Ensure the monitor is within range of your smartphone.
 - Refer to the Pic Health Station app's help section for specific troubleshooting.
- **Error Codes:** If an error code appears on the display, refer to the full user manual (if available from the manufacturer's website) or contact customer support.

SPECIFICATIONS

Feature	Detail
Model Name	Pic Solution MobileRAPID Digital Wrist Blood Pressure Monitor
Model Number	02010292000000
Brand	Pic Solution
Power Source	Battery Powered (2 AAA Batteries required, included)
Display Type	Digital, Backlit LCD
Age Range (Description)	Adult
Cuff Size	21 cm (Wrist)
Product Dimensions	16.9 x 12.35 x 13.33 cm
Item Weight	0.62 g
Material Properties	Durable, Reusable
Intended Body Part Use	Wrist

WARRANTY AND SUPPORT

- **Warranty:** The Pic Solution MobileRAPID Digital Wrist Blood Pressure Monitor comes with a 3-year warranty. Please retain your proof of purchase for warranty claims.
- **Customer Support:** For technical assistance, troubleshooting beyond this manual, or warranty inquiries, please contact Pic Solution customer service. Refer to the product packaging or the Pic Solution website for contact details.

