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## DARIO DH-1165

# Dario Premium Blood Pressure Monitor

MODEL: DH-1165 USER MANUAL

## Introduction

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This manual provides essential instructions for the safe and effective use of your Dario Premium Blood Pressure Monitor, Model DH-1165. This device is designed for home use to measure systolic and diastolic blood pressure and pulse rate. Please read this manual thoroughly before using the device and retain it for future reference.

## What's in the Box

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Upon unpacking, please verify that all the following components are present and undamaged:

- Dario Blood Pressure Monitor (Model DH-1165)
- Adjustable Arm Cuff (8.75-16.5 inches / 22-42 cm)
- 4 Alkaline AA Batteries
- Travel Bag
- Quick Guide
- Owner's Manual (this document)

# WHAT'S IN THE BOX?



- ✓ Dario Blood Pressure Monitor
- ✓ Pressure Cuff: 9.4-17"
- ✓ AA Batteries (No AC Adapter Needed)
- ✓ Travel Bag
- ✓ Quick Guide
- ✓ Owner's Manual

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

## Setup

### 1. Battery Installation

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

**Note:** An A/C adapter is not required for operation as the device is battery-powered.

### 2. Cuff Connection

- Locate the air tube connector on the blood pressure cuff.
- Firmly insert the air tube connector into the air jack located on the side of the monitor. Ensure a snug fit to prevent air leakage during measurement.

### 3. App Pairing (Bluetooth)

- Download the Dario App from your device's app store.

- Enable Bluetooth on your smartphone or tablet.
- Follow the in-app instructions to pair your Dario Blood Pressure Monitor. This will allow for automatic synchronization of your readings.

## Operating Instructions

### Preparation for Measurement

For accurate readings, follow these guidelines before and during measurement:

- Avoid talking during the measurement process.
- Sit upright in a chair with your feet flat on the floor.
- Ensure your arm is supported so that your elbow is approximately at heart level.
- Refrain from showering, exercising, smoking, or consuming caffeine for at least 30 minutes prior to testing.

Image: Visual guide for preparing to take a blood pressure reading.

### Taking a Measurement

1. **Apply the Cuff:** Place the cuff on your bare upper arm, approximately 0.8 to 1.2 inches (2-3 cm) above your elbow joint. Ensure your palm is facing upwards. The air tube should run down the inside of your arm.

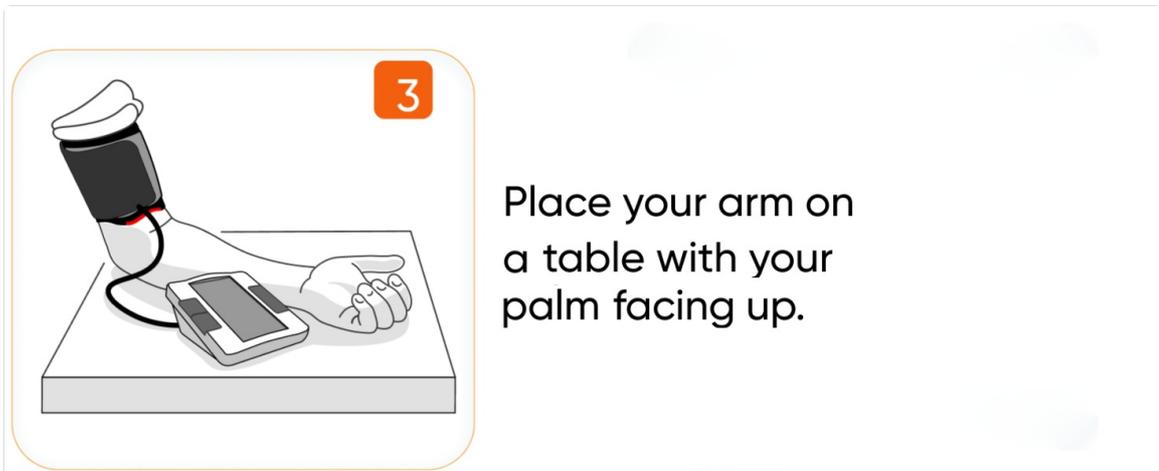


Image: Step 1 - Cuff placement on the arm.

2. **Secure the Cuff:** Wrap the end of the cuff snugly around your arm and secure it with the fastener. It should be firm but not uncomfortably tight.

The cuff should be 0.8 - 1.2 inches above the elbow joint.

**1**

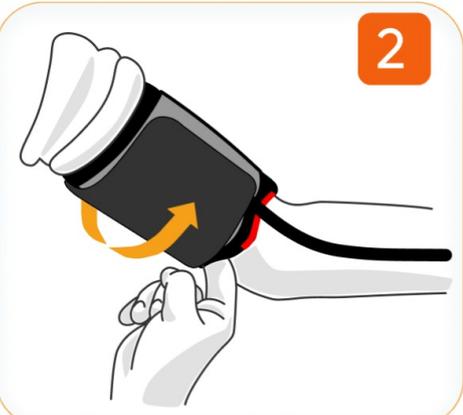


Put on the cuff, with your palm facing up

Image: Step 2 - Securing the cuff.

3. **Position Your Arm:** Rest your arm on a table with your palm facing up.

**2**



Wrap the end of the cuff over your arm to secure it in place. Don't make it too tight.

Image: Step 3 - Arm positioning.

4. **Ensure Heart Level:** Make sure the cuff is at the same height as your heart.

**4**



Make sure the cuff is at the same height as your heart.

Image: Step 4 - Cuff at heart level.

5. **Sit Correctly:** Sit up straight and ensure your feet are flat on the ground.

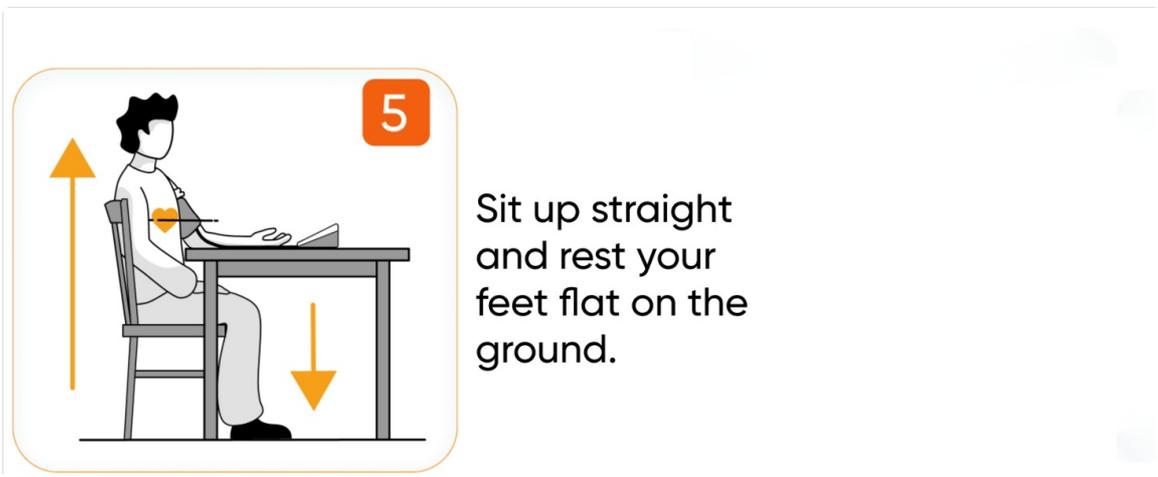


Image: Step 5 - Correct sitting posture.

6. **Start Measurement:** Press the 'Start' button on the monitor. The cuff will inflate, and the measurement will begin automatically. Remain still and silent during this process.
7. **View Results:** Once the measurement is complete, the monitor will display your systolic pressure (SYS), diastolic pressure (DIA), and pulse rate (Beats/min).

### Understanding Your Readings

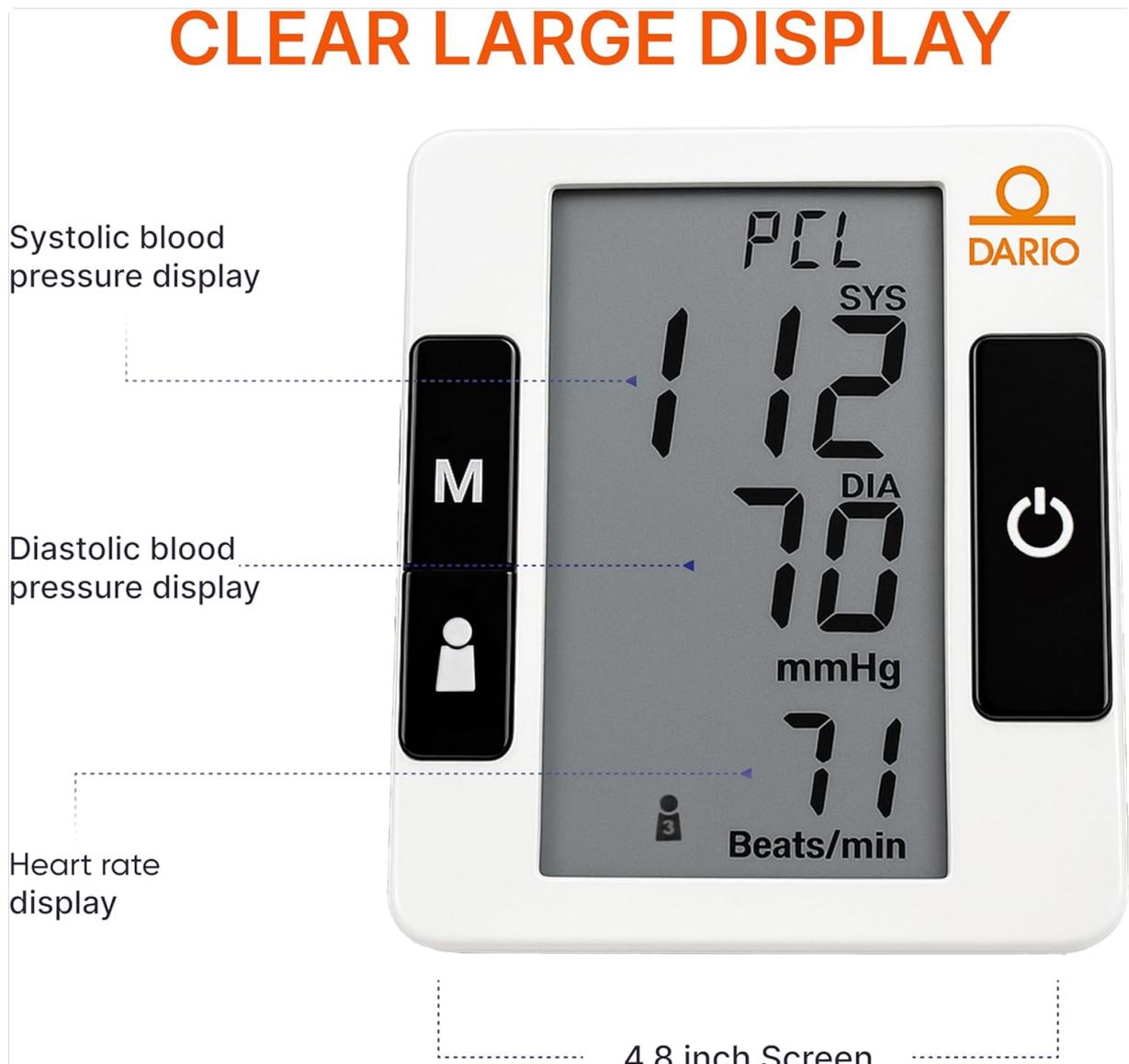


Image: Clear display of the Dario Blood Pressure Monitor showing measurement results.

- **Systolic Blood Pressure (SYS):** The top number, indicating the pressure in your arteries when your heart beats.
- **Diastolic Blood Pressure (DIA):** The bottom number, indicating the pressure in your arteries between beats.
- **Pulse Rate (Beats/min):** Your heart rate, measured in beats per minute.
- **Irregular Heartbeat (IHB) Detection:** The monitor can detect irregular heartbeats (arrhythmia). If an IHB symbol appears, it indicates a pulse irregularity. This feature is for detection and does not replace a cardiac examination. Consult a healthcare professional if you frequently observe this symbol.

## Dual User Mode

The device supports two users, allowing each to store their measurements separately on the monitor. To switch between users, press the user selection button (often labeled with a person icon) before taking a measurement. The monitor saves up to 400 memory records with dates and times for each user.



Image: The Dario Blood Pressure Monitor supports dual user profiles.

## App Integration

The Dario App enhances your blood pressure management by providing advanced tracking and sharing capabilities via Bluetooth connectivity.

- **Unlimited Readings:** The app stores an unlimited number of readings, providing a comprehensive history.
- **Track Trends:** Visualize your blood pressure trends over time with charts and statistics.
- **Share with Doctor:** Easily share your blood pressure logbook with your doctor or caregivers directly from the app.

# Dario

## Smart Blood Pressure Monitor Gen 1



Image: Dario App interface displaying blood pressure data and sharing features.



Image: The Dario App facilitates easy sharing of health data with healthcare providers.

## Maintenance

### Cleaning

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

### Storage

- Store the device in its travel bag in a cool, dry place, away from direct sunlight and extreme temperatures.
- Remove batteries if the device will not be used for an extended period to prevent leakage.

### Battery Replacement

When the low battery indicator appears on the display, replace all four AA batteries with new ones. Ensure correct polarity during installation.

### Troubleshooting

If you encounter issues with your Dario Blood Pressure Monitor, please refer to the following common problems and solutions:

- **No Power/Display Not Turning On:** Check battery installation and ensure batteries are fresh. Replace if necessary.
- **Inaccurate Readings:** Ensure proper cuff placement, correct arm position (at heart level), and that you are relaxed and still during measurement. Avoid talking. Verify the cuff size is appropriate for your arm circumference.
- **Cuff Not Inflating:** Check that the air tube is securely connected to the monitor and the cuff. Ensure there are no leaks in the cuff or tubing.
- **Bluetooth Pairing Issues:** Ensure Bluetooth is enabled on your smart device and the Dario App is open. Try restarting both the monitor and your smart device.
- **Irregular Heartbeat (IHB) Symbol Appears Frequently:** While the device detects irregularities, it is not a diagnostic tool. Consult a healthcare professional for evaluation.

If problems persist, contact Dario customer support for further assistance.

## Specifications

Feature	Detail
Model Number	DH-1165
Product Dimensions	7.63"L x 5.13"W x 3.13"Th
Item Weight	1.65 Pounds
Cuff Size	8.75" to 16.5" (22-42 cm)
Power Source	4 AA Batteries (included)
Display Type	LCD
Memory Records	400 per user (Dual User Mode)
Pressure Accuracy	$\pm 3$ mmHg or $\pm 2\%$ of reading
Pulse Rate Accuracy	$\pm 4\%$ of reading
Connectivity	Bluetooth

## Important Safety Information

Statements regarding dietary supplements have not been evaluated by the FDA and are not intended to diagnose, treat, cure, or prevent any disease or health condition.

Always consult with a healthcare professional for diagnosis and treatment of any medical condition. Do not self-diagnose or alter your medication based solely on blood pressure readings from this device.

## Warranty and Support

For warranty information or technical support, please refer to the warranty card included in your product packaging or visit the official Dario website. You may also contact Dario customer service directly for

assistance with your device.