

## Multilaser HC206

# Multilaser Multi Saúde Arm Blood Pressure Monitor - HC206 User Manual

## 1. INTRODUCTION

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This manual provides essential instructions for the safe and effective use of your Multilaser Multi Saúde HC206 Arm Blood Pressure Monitor. Please read it thoroughly before first use and keep it for future reference. This device is designed for accurate and convenient monitoring of blood pressure and heart rate.

## 2. SAFETY GUIDELINES

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- Consult your physician before using this device if you have any medical conditions.
- 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.
- Do not use the device in a moving vehicle or during medical procedures.
- Avoid taking measurements immediately after exercise, bathing, or consuming alcohol/caffeine.
- Ensure the cuff is correctly placed and not too tight or too loose.
- Use only the cuff provided with the device.

## 3. PRODUCT FEATURES

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- **Automatic Inflation and Deflation:** Provides simple and comfortable measurement.
- **Arrhythmia Detection:** Monitors and signals irregular heart rhythms, aiding in early health problem identification.
- **Average Calculation:** Displays the average of the last three measurements for more precise and reliable results.
- **Memory Storage:** Stores up to 99 measurements per user for detailed tracking over time.
- **Two User Profiles:** Ideal for shared use, allowing two individuals to monitor their data on the same device.
- **Certified Accuracy:** Validated and approved by ANVISA and INMETRO for precise and reliable

results.

## 4. COMPONENTS OVERVIEW

Familiarize yourself with the main components of your blood pressure monitor:



**01** Braçadeira com inflação e desinflação automática

**02** Usuário

**03** Data e hora

**04** Botão de memória

**05** Pressão sistólica

**06** Pressão diastólica

**07** Frequência do pulso

**08** Botão de ligar/desligar e iniciar medição

**Image:** Detailed view of the Multilaser HC206 Arm Blood Pressure Monitor and its cuff, with numbered labels indicating various parts.

1. Arm Cuff with automatic inflation and deflation
2. User Indicator
3. Date and Time Display
4. Memory Button
5. Systolic Pressure (SYS) Display
6. Diastolic Pressure (DIA) Display
7. Pulse Rate (Pulso/min) Display
8. ON/OFF and Start Measurement Button

## 5. SETUP

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### 5.1 Battery Installation

The monitor requires 4 AAA batteries (included). To install:

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



**Image:** The open battery compartment of the monitor, showing slots for 4 AAA batteries.

## 6. OPERATING INSTRUCTIONS

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### 6.1 Preparing for 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.
- Remove any tight clothing or accessories from your left arm.

### 6.2 Taking a Measurement (Arm Monitor)

1. **Prepare the Cuff:** Open the arm cuff by pulling the lower part to the right without unrolling it completely.
2. **Position the Cuff:** Place the cuff on your left arm, approximately two finger-widths above your elbow. The air tube should run down the center of your arm.
3. **Secure the Cuff:** Adjust the cuff so it fits snugly but not too tightly. You should be able to insert one finger between the cuff and your arm.
4. **Arm Position:** Rest your arm on a table or flat surface so that the cuff is at heart level. Keep your palm facing upwards.
5. **Start Measurement:** Press the ON/OFF button to start the measurement. The cuff will automatically inflate.
6. **Remain Still:** Relax, do not talk, and do not move during the measurement process.
7. **View Results:** The monitor will automatically deflate and display your systolic pressure (SYS), diastolic pressure (DIA), and pulse rate (Pulso/min) on the screen.



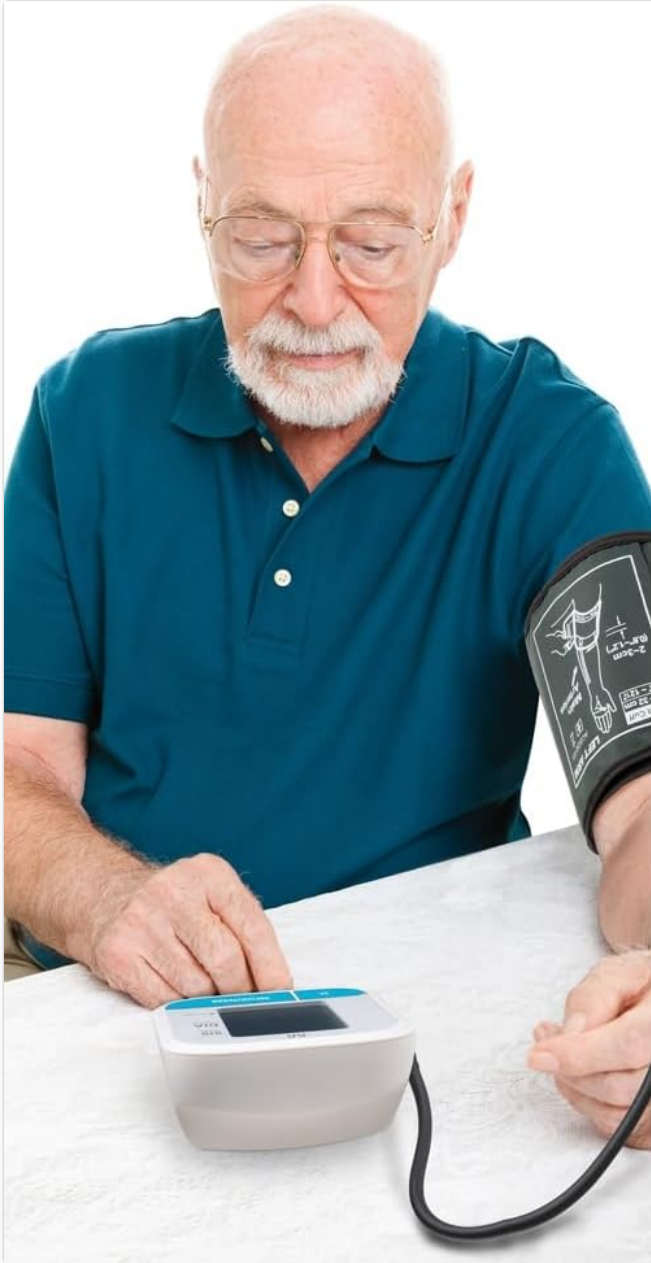
## Medição precisa para ajudar nos hábitos de uma vida mais saudável!



**Praticidade ao medir a pressão:**  
Com a inflação e desinflação automática da braçadeira você dispensa a montagem do monitor.



Image: Correct placement of the arm cuff for measurement.



## Ao usar o monitor de pressão você:



Identifica problemas de saúde precocemente, como hipertensão ou batimentos cardíacos irregulares.



Previne e faz o monitoramento de doenças cardiovasculares.



Acompanha as mudanças de estilo de vida que refletem nos níveis da pressão melhorando a saúde do coração.

**Image:** The monitor in use, emphasizing its role in early health problem identification and cardiovascular monitoring.



Armazena as 99 últimas medições por usuário para facilitar o acompanhamento.



Com dois perfis de usuários para medir a pressão.



O monitor detecta e sinaliza batimentos cardíacos irregulares.

Image: The monitor display showing readings and features like user profiles and irregular heartbeat detection.

### 6.3 Understanding Your Results

- **SYS (Systolic Pressure):** The highest pressure in your arteries when your heart beats.
- **DIA (Diastolic Pressure):** The lowest pressure in your arteries when your heart rests between beats.
- **Pulso/min (Pulse Rate):** Your heart rate, or the number of times your heart beats per minute.
- **Irregular Heartbeat Indicator:** If an irregular heartbeat is detected, a symbol will appear on the display. Consult your doctor if this occurs frequently.

### 6.4 Memory Function

The monitor stores up to 99 measurements for each of the two user profiles. To access stored readings:

- Press the 'M' (Memory) button to view previous measurements.
- Use the arrow buttons (if available) to navigate through the stored readings.
- The monitor can also display the average of the last three readings.

### 6.5 Video Demonstration

Watch this video for a visual guide on how to properly use the blood pressure monitor. Note that this video demonstrates both arm and wrist monitors, but this manual focuses on the HC206 arm monitor.

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**Video:** A demonstration on how to correctly measure blood pressure using both arm and wrist monitors from Multi Saúde. This video guides users through the proper steps for accurate readings.

## 7. CARE AND MAINTENANCE

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- **Cleaning:** Wipe the monitor and cuff with a soft, dry cloth. Do not use abrasive cleaners or immerse the device in water.
- **Storage:** Store the device in a cool, dry place, away from direct sunlight and extreme temperatures.
- **Battery Replacement:** Replace all batteries when the low battery indicator appears on the display. Remove batteries if the device will not be used for an extended period.
- **Cuff Care:** Do not fold the cuff tightly or apply excessive force.

## 8. TROUBLESHOOTING

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If you encounter issues with your monitor, refer to the following common problems and solutions:

Problem	Possible Cause	Solution
Monitor does not turn on	Batteries are dead or incorrectly inserted.	Replace batteries or check polarity.
Error message on display	Cuff not properly applied, movement during measurement, or air leakage.	Reapply cuff, remain still, check cuff connection. Repeat measurement.
Inconsistent readings	Improper measurement technique, external factors (stress, caffeine).	Ensure proper technique, rest before measurement, avoid stimulants. Consult a doctor if readings remain inconsistent.

## 9. TECHNICAL SPECIFICATIONS

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Specification	Detail
Product Name	Monitor de Pressão Multilaser Arterial de Braço Silencioso - Hc206
Model Number	HC206
Brand	Multilaser
Power Source	4 x AAA batteries (included)
Product Dimensions	11 x 8.5 x 16 cm
Product Weight	440 g
Memory Capacity	99 measurements per user (2 users)
Certifications	ANVISA, INMETRO
GTIN	7899838874876

## 10. WARRANTY AND SUPPORT

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Multilaser offers a **6-year warranty** for this product, demonstrating our commitment to your satisfaction and peace of mind. For warranty claims, technical support, or any questions regarding your Multilaser Multi

Saúde HC206 Arm Blood Pressure Monitor, please refer to the contact information provided in your product packaging or visit the official Multilaser website.

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