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> Scian Blood Pressure Monitor LD-520 User Manual

## Scian LD-520

# Scian Blood Pressure Monitor LD-520 User Manual

Model: LD-520

## INTRODUCTION

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Thank you for choosing the Scian LD-520 Upper Arm 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 using the device to ensure correct operation and to obtain the most accurate readings.

## SAFETY INFORMATION

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- Consult your physician for interpretation of blood pressure measurements. Self-diagnosis and treatment based on measured results can be dangerous.
- Do not adjust medication based on measurements from this device without consulting a healthcare professional.
- Keep the device out of reach of children.
- Do not use this device on infants or individuals who cannot express their consent.
- Avoid using the device in strong electromagnetic fields (e.g., near mobile phones, microwave ovens).
- This device is intended for non-invasive measurement and monitoring of arterial blood pressure. It is not intended for any other use.

## PRODUCT OVERVIEW

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The Scian LD-520 Blood Pressure Monitor consists of the main unit and an adjustable arm cuff. It features an easy-to-read LCD display and a simple one-touch operation.



Image: The Scian LD-520 Blood Pressure Monitor main unit and its adjustable arm cuff.

### Key Features:

- **Advanced Accuracy Technology:** Provides accurate readings by measuring multiple data points.
- **One-Touch Operation:** Fully automatic measurement with a single button press.
- **Adjustable Adult Cuff:** Designed for arm circumferences from 8" to 13" (22-32 cm).
- **Memory Storage:** Stores up to 90 blood pressure readings.
- **Irregular Heartbeat Detection:** Alerts you to irregular heartbeats during measurement.
- **Automatic Power Off:** Conserves battery by turning off after 3 minutes of inactivity.

# FEATURES

## ✔ Memory Storage

Stores up to 90 blood pressure readings

## ✔ Easy-to-Read Display

Digital Screen for easy viewing

## ✔ One-Touch Design

Simply press the button to start

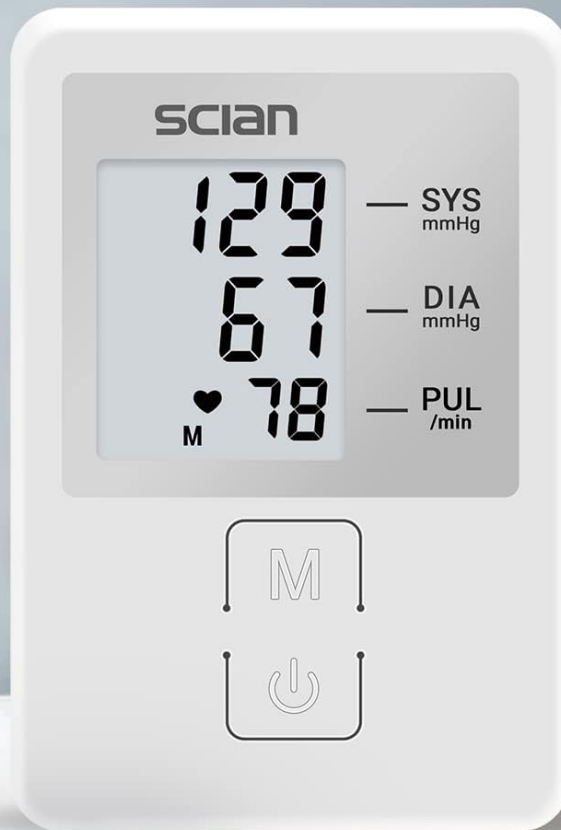


Image: Visual representation of the monitor's features including memory storage, easy-to-read display, and one-touch design.

# FEATURES

## ✔ Irregular Heartbeat Detection

Alerts you to irregular heartbeats while your blood pressure is being measured

## ✔ Clinically Validated Accuracy

Each model is tested according to the protocols of three major standards developing organizations



Image: Visual representation of the monitor's irregular heartbeat detection and clinically validated accuracy.

## SETUP

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### 1. Battery Installation

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

### 2. Connecting the Cuff

Insert the air plug of the arm cuff firmly into the air jack on the side of the main unit.

## OPERATING INSTRUCTIONS

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### 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.
- Place your arm on a table so the cuff is at heart level.

### How to Measure Your Blood Pressure:

1. **Wrap the cuff on your left arm:** Ensure the cuff is snug but not too tight, keeping it level with your heart.

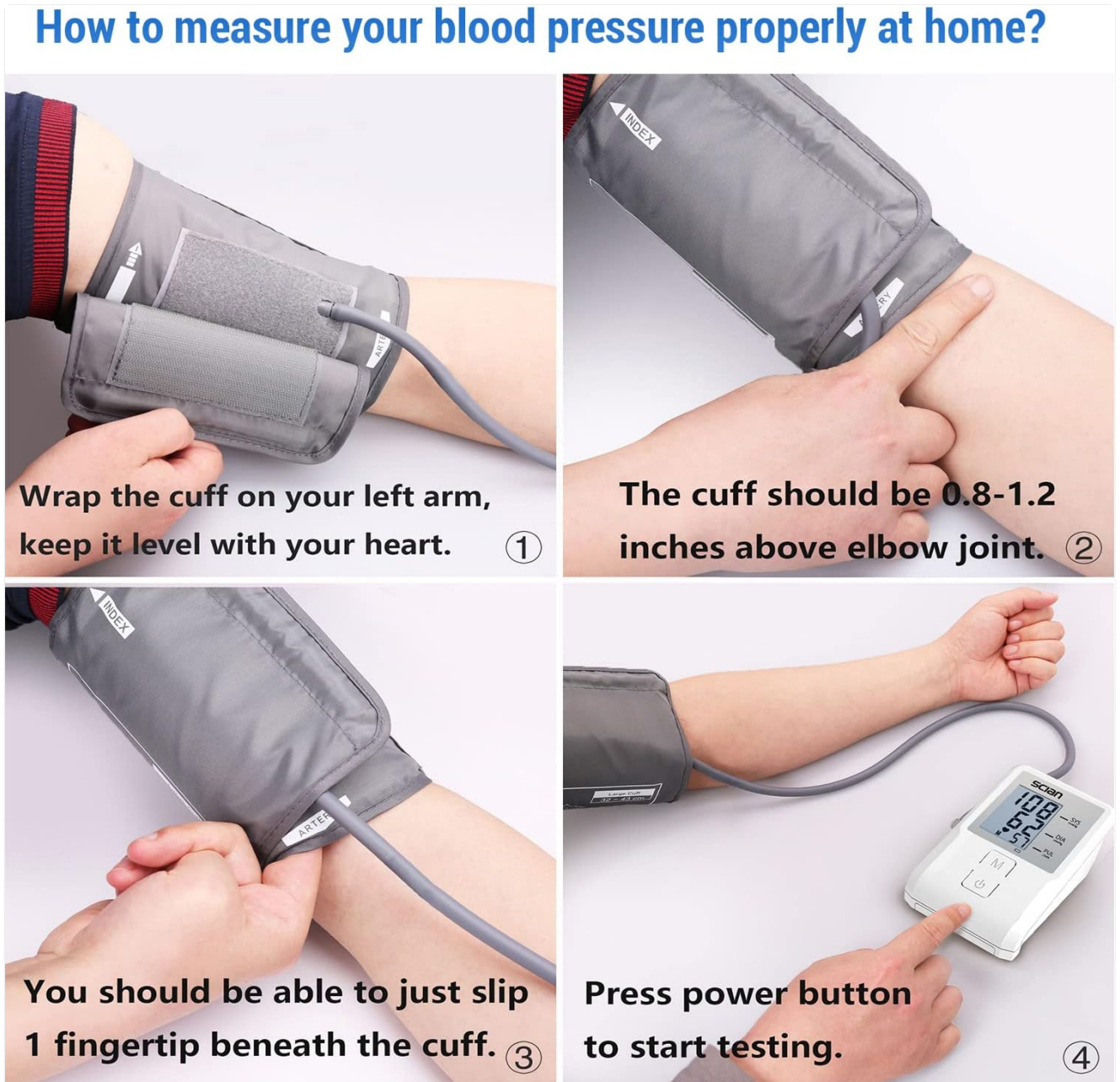


Image: Step-by-step guide for cuff placement and measurement. Panel 1 shows wrapping the cuff.

2. **Position the cuff correctly:** The cuff should be approximately 0.8-1.2 inches (2-3 cm) above the elbow joint.

## How to measure your blood pressure properly at home?



Image: Step-by-step guide for cuff placement and measurement. Panel 2 shows positioning the cuff above the elbow.

3. **Check cuff tightness:** You should be able to just slip one fingertip beneath the cuff.

## How to measure your blood pressure properly at home?



Image: Step-by-step guide for cuff placement and measurement. Panel 3 shows checking cuff tightness.

4. **Press the power button to start:** Press the "Start" button. The cuff will inflate, and the measurement will begin automatically. Remain still and quiet during the measurement.

## How to measure your blood pressure properly at home?



Image: Step-by-step guide for cuff placement and measurement. Panel 4 shows pressing the power button to start.

Once the measurement is complete, your systolic pressure (SYS), diastolic pressure (DIA), and pulse rate (PUL) will be displayed on the screen. The device will automatically store the reading.

### Understanding Your Readings:

Blood pressure readings are typically presented as two numbers: systolic (the top number) and diastolic (the bottom number). The pulse rate indicates your heart beats per minute.

# Blood Pressure Stages

Grade	Systolic mmHg (lower number)		Diastolic mmHg (lower number)
Normal	less than 120	and	less than 80
Elevated	120-129	and	less than 80
Hypertension Stage 1	130-139	or	85-89
Hypertension Stage 2	140 or higher	or	90 or higher
Hypertension Crisis	higher than 180	and/or	higher than 120

Image: Chart illustrating different blood pressure stages (Normal, Elevated, Hypertension Stage 1, Stage 2, Crisis) with corresponding systolic and diastolic ranges.

**Note:** This chart provides general guidelines. Always consult a healthcare professional for personalized advice and interpretation of your blood pressure readings.

## MAINTENANCE

### Cleaning:

Wipe the monitor and cuff gently 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 or immerse the device in water.

### Storage:

Store the device in a clean, dry place away from direct sunlight, extreme temperatures, and humidity. Keep it in its original packaging or a protective case when not in use.

### Battery Replacement:

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

## TROUBLESHOOTING

Problem	Possible Cause	Solution
No display when powered 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.	Re-apply cuff correctly, remain still, check cuff and tube for damage.

Problem	Possible Cause	Solution
Inaccurate readings	Incorrect cuff placement, talking/moving during measurement, or recent activity.	Follow "Preparing for Measurement" guidelines. Ensure cuff is at heart level.
Low battery indicator	Batteries are running low.	Replace all four AA batteries.

## SPECIFICATIONS

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**Model:** LD-520

**Product Dimensions:** 4.3 x 3.2 x 2 inches; 7.76 ounces

**Item Weight:** 220 Grams

**Cuff Size:** 22-32 cm (8.7 inch - 12.6 inch)

**Power Source:** Battery Powered (4 x AA batteries)

**Display Type:** LCD

**Measurement Method:** Oscillometric

**Measurement Range:** Blood Pressure: 0-299 mmHg; Pulse: 40-199 beats/minute

**Accuracy:** Pressure:  $\pm 3$  mmHg; Pulse:  $\pm 5\%$  of reading

**Memory:** 90 readings

**Manufacturer:** HONSUN (NANTONG) CO., LTD.

**Country of Origin:** China

## WARRANTY & SUPPORT

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### Warranty Information:

The Scian LD-520 Blood Pressure Monitor comes with a **three-year warranty** from the date of purchase, covering manufacturing defects. Additionally, a 45-day money-back guarantee is offered if you are not satisfied with the product. This warranty does not cover damage caused by misuse, accident, unauthorized alteration, or failure to follow operating instructions.

### Customer Support:

For any questions, technical assistance, or warranty claims, please contact Scian customer support. Refer to the contact information provided with your product packaging or visit the official Scian website for the most up-to-date support details. We are committed to providing high-quality products and excellent customer service.

