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## Vimmk C04

# Vimmk Upper Arm Blood Pressure Monitor

Model: C04

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## INTRODUCTION

This user manual provides detailed instructions for the safe and effective operation of your Vimmk Upper Arm Blood Pressure Monitor. This device is designed for home use to measure systolic and diastolic blood pressure and pulse rate. Please read this manual thoroughly before first use and retain it for future reference.



Image: The Vimmk Upper Arm Blood Pressure Monitor, featuring a large LED display and an adjustable arm cuff.

## SAFETY INFORMATION

### Important Safeguards:

- This device is intended for adult use only.
- Do not use on injured or damaged skin.
- Consult a doctor before use if you have any pre-existing health conditions or concerns.
- Do not attempt to repair or modify the device yourself. Refer to qualified service personnel.
- Keep the device out of reach of children and pets.

## PACKAGE CONTENTS

Please check the box for the following items:

- 1 x Vimmk Blood Pressure Monitor
- 1 x Large Arm Cuff (22-40cm)
- 1 x USB Type-C Cable

- 1 x User Manual (this document)

## SETUP

### Powering the Device

The Vimmk Blood Pressure Monitor can be powered by either 3 AA batteries (not included) or via the included USB Type-C cable.

1. **Using Batteries:** Open the battery compartment on the back of the monitor. Insert 3 AA batteries, ensuring correct polarity (+/-). Close the compartment securely.
2. **Using USB Type-C Cable:** Connect one end of the USB Type-C cable to the port on the side of the monitor and the other end to a USB power adapter (e.g., phone charger), power bank, or computer USB port.



#### Cuff Self-Checking Function

The indicator displays √ when correctly wearing the cuff.  
The indicator displays X when incorrectly wearing the cuff.



#### Movement Error Symbol

The indicator displays when the body moves during the measurement.  
Need to remeasure.

Image: The blood pressure monitor connected via USB-C cable, with an inset showing the battery compartment for 3 AA batteries.

### Connecting the Arm Cuff

Insert the air tube connector from the arm cuff firmly into the air jack on the side of the blood pressure monitor.

## OPERATING INSTRUCTIONS

### 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.
- Take measurements at the same time each day for consistent results.

### Applying the Arm Cuff

1. Remove tight-fitting clothing from your upper arm.
2. Place the cuff on your bare upper arm, approximately 2-3 cm (0.8-1.2 inches) above the elbow joint. The air tube should run down the inside of your arm.
3. Ensure the cuff is snug but not too tight. You should be able to insert two fingers between the cuff and your arm.
4. The cuff is designed for arm circumferences from 22 cm to 40 cm (8.7 to 15.7 inches).

## Intuitive Numerical & Bargraph Display, Quickly Show Your Physical Condition

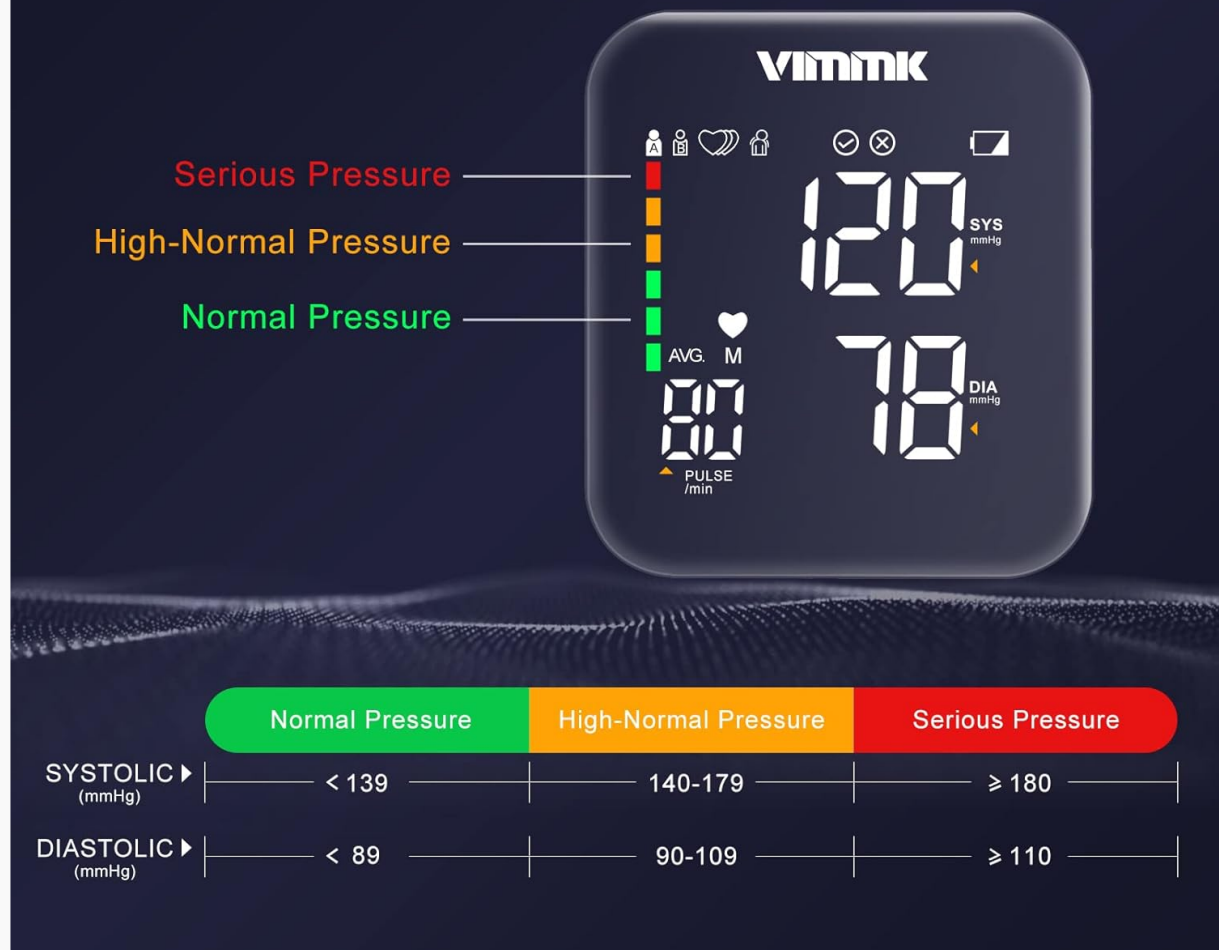
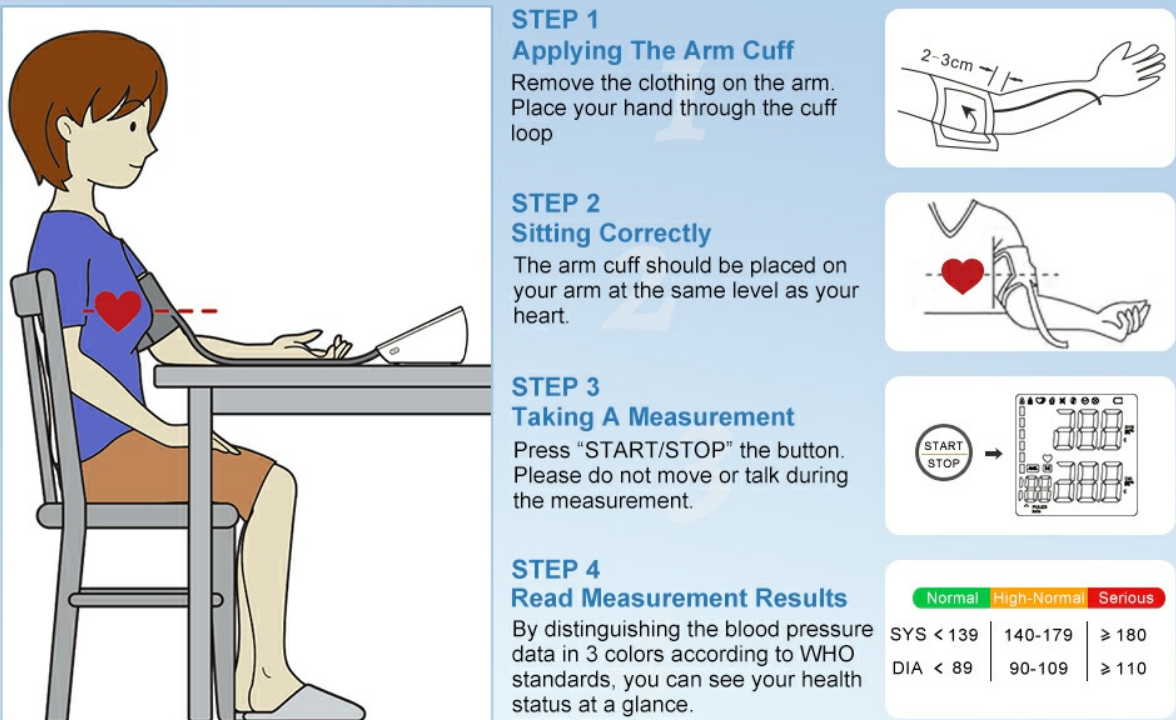


Image: Illustration demonstrating the correct positioning of the adjustable arm cuff on the upper arm.

### Correct Measurement Posture

- Sit comfortably with your back supported.
- Place your arm on a flat surface, such as a table, with the cuff at heart level.
- Keep your feet flat on the floor and do not cross your legs.
- Remain still and silent during the measurement.



**STEP 1**  
**Applying The Arm Cuff**  
Remove the clothing on the arm. Place your hand through the cuff loop

**STEP 2**  
**Sitting Correctly**  
The arm cuff should be placed on your arm at the same level as your heart.

**STEP 3**  
**Taking A Measurement**  
Press "START/STOP" the button. Please do not move or talk during the measurement.

**STEP 4**  
**Read Measurement Results**  
By distinguishing the blood pressure data in 3 colors according to WHO standards, you can see your health status at a glance.

	Normal	High-Normal	Serious
SYS < 139	140-179	≥ 180	
DIA < 89	90-109	≥ 110	

Image: A four-step diagram showing how to apply the cuff, sit correctly, take a measurement, and read results.

### Taking a Measurement

1. Press the "**START/STOP**" button. The cuff will begin to inflate automatically.
2. Remain still and do not talk during the measurement process.
3. Once the measurement is complete, the monitor will display your systolic pressure (SYS), diastolic pressure (DIA), and pulse rate.

# Easily See The Readings

The backlit LED screen allows you to clearly see the readings even in the dark, convenience to track health anytime, anywhere.



Image: A clear view of the backlit LED screen displaying blood pressure and pulse readings, designed for easy readability.

## Understanding Your Readings

The monitor displays your readings and provides indicators for interpretation:

- **WHO Classification Indicator:** A color scale on the left side of the screen indicates your blood pressure level according to World Health Organization (WHO) guidelines (Green: Normal, Orange: High-Normal, Red: Serious Pressure).
- **Irregular Heartbeat Detection:** If an irregular heartbeat is detected, a heart symbol will appear on the display. If this symbol appears frequently, consult your doctor.
- **Cuff Self-Checking Function:** The monitor displays a checkmark (✓) if the cuff is worn correctly or an 'X' if it needs adjustment.
- **Movement Error Symbol:** An icon indicating body movement will appear if you move during measurement. Remeasure if this occurs.

## Two Power Options

Use the bp monitor anywhere and anytime



Image: The monitor's display showing the intuitive numerical readings and the WHO color-coded bar graph for quick interpretation of blood pressure levels.

# Irregular Heartbeat Detection

Intelligent heart rate sensors measure your pulse and alert you if it detects an irregular heartbeat.



Image: The monitor displaying an irregular heartbeat symbol, with a diagram illustrating normal versus abnormal heartbeat patterns.

## Adjustable & Comfortable Cuff



Image: The monitor's display indicating correct cuff placement with a checkmark and a movement error symbol, advising re-measurement.

### Memory Function (2 Users)

The monitor can store up to 120 readings for each of two users (User A and User B), totaling 240 records. It also calculates the average of the last 3 readings.

- Press the **"SET"** button to switch between User A and User B. Ensure the correct user is selected before taking a measurement.
- Press the **"MEM"** button to view stored readings. Each press will cycle through previous measurements.

## 2\*120 Groups of Memories, Large Storage Capacity

Automatically stored up to 240 data sets (120 readings for each).  
Display the latest 3 sets of average measurement value.



Image: The monitor displaying readings for two different users, highlighting its large storage capacity for up to 240 data sets.

### MAINTENANCE

- **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 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:** Ensure the cuff is not twisted or kinked during storage.

### TROUBLESHOOTING

Problem	Possible Cause	Solution
No display when powered on.	Batteries are dead or incorrectly inserted; USB cable not connected.	Check battery polarity, replace batteries, or ensure USB cable is securely connected.
Inaccurate readings.	Incorrect cuff placement; movement during measurement; not resting before measurement.	Ensure cuff is correctly applied and snug. Remain still and silent. Rest for 5 minutes before measuring.
Cuff does not inflate or inflates too little/much.	Air tube kinked or disconnected; cuff leak; device malfunction.	Check air tube connection. Ensure cuff is not damaged. If problem persists, contact customer support.
Irregular heartbeat symbol appears frequently.	Actual irregular heartbeat; movement during measurement.	Ensure stillness during measurement. If persistent, consult a medical professional.

## SPECIFICATIONS

- **Model:** C04
- **Measurement Method:** Oscillometric
- **Measurement Range:**
  - Pressure: 0-299 mmHg
  - Pulse: 40-199 beats/minute
- **Accuracy:**
  - Pressure:  $\pm 3$  mmHg
  - Pulse:  $\pm 5\%$  of reading
- **Cuff Size:** 22-40 cm (8.7-15.7 inches)
- **Memory:** 2 x 120 sets of measurements
- **Power Source:** 3 x AA batteries (not included) or USB Type-C (cable included)
- **Product Dimensions:** 7.6L x 6.6W x 12.1Th cm
- **Weight:** 420 g
- **Manufacturer:** Vimmk
- **Country of Origin:** China
- **UPC:** 782944664660

## WARRANTY AND SUPPORT

Vimmk is committed to providing high-quality health products. For any questions, concerns, or technical support regarding your blood pressure monitor, please contact Vimmk customer service. Refer to the product packaging or the official Vimmk website for contact details.

Please retain your purchase receipt as proof of purchase for warranty purposes.